



# Personal Project Assignment Workbook

A documentation tool through the **Accessible Digital  
Research** training modules

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# Personal Project Assignment #0

## What is the Personal Project Assignment?

The Personal Project Assignment is an activity that will span the entire series of modules. In each chapter, we will give you the opportunity to design your own digital survey research project to practice what you learn.

For this **Personal Project Assignment**, you may use your own research question OR use one of the preset project ideas provided below. External resources may be used to support completion of this personal project.

### Preset 1: LGBTQIA+ youth and mental health services

An online survey carried out by Toronto Metropolitan University researchers will explore the mental health and wellbeing of LGBTQIA+ youth living in Ontario, and their perceived satisfaction with mental healthcare services.

Suggested resources:

- Blais, M., Bergeron, F.-A., Duford, J., Boislard, M.-A., & Hébert, M. (2015). [Health Outcomes of Sexual-Minority Youth in Canada: An Overview](#). *Adolescencia & Saude*, 12(3), 53–73.
- Choi, K. R., Wisk, L. E., & Zima, B. T. (2023). Availability of LGBTQ Mental Health Services for US Youth, 2014 to 2020. *JAMA Pediatrics*, 177(8), 865–867. <https://doi.org/10.1001/jamapediatrics.2023.1473>
- Simeonov, D., Steele, L. S., Anderson, S., & Ross, L. E. (2015). Perceived Satisfaction With Mental Health Services in the Lesbian, Gay, Bisexual, Transgender, and Transsexual Communities in Ontario, Canada: An Internet-Based Survey. *Canadian Journal of Community Mental Health*, 34(1), 31–44. <https://doi.org/10.7870/cjcmh-2014-037>

### Preset 2: Informal caregivers in rural Canada

An online survey will be conducted to explore the experiences of and feelings about the roles and responsibilities of informal caregivers (including family members and friends) for people with disabilities Canada.

- Wittenberg, Y., Kwekkeboom, R., Staaks, J., Verhoeff, A., & de Boer, A. (2018). Informal caregivers' views on the division of responsibilities between themselves and professionals: A scoping review. *Health & Social Care in the Community*, 26(4), e460–e473. <https://doi.org/10.1111/hsc.12529>
- Ploeg, J., & Markle-Reid, M. (2018, April 5). *Stressed and exhausted caregivers need better support*. The Conversation. <http://theconversation.com/stressed-and-exhausted-caregivers-need-better-support-92340>
- Gutowska, A. (2022). The Care of Adults with Intellectual Disabilities: Informal (Family) Caregivers' Perspectives. *International Journal of Environmental Research and Public Health*, 19(23), Article 23. <https://doi.org/10.3390/ijerph192315622>

### Preset 3: Social participation and belonging for immigrant women

An online survey-based exploration of immigrant women living in British Columbia, measuring their self-reported social participation (participating in leisure, social, cultural and spiritual activities), and their perception of community and belonging.

- Gupta, J., & Sullivan, C. (2013). The Central Role of Occupation in the Doing, Being and Belonging of Immigrant Women. *Journal of Occupational Science*, 20(1), 23–35. <https://doi.org/10.1080/14427591.2012.717499>
- Machado, S., Zaki, S., Villasin, R., Berry, N. S., Laverne, R., Wiedmeyer, M., Krüsi, A., & Goldenberg, S. (2023). “When I came to Canada, I almost forgot myself: Where I am, who I am”: A qualitative exploration of how im/migration shapes young women’s experiences of pregnancy, motherhood, and marriage. *SSM - Qualitative Research in Health*, 4, 100299. <https://doi.org/10.1016/j.ssmqr.2023.100299>
- Government of Canada, S. C. (2023, June 28). *Immigrants’ sense of belonging to Canada by province of residence*. <https://www150.statcan.gc.ca/n1/pub/36-28-0001/2023006/article/00003-eng.htm>

Set up your research project!

**Research question:**

What is your overarching, guiding research question?

**Objectives:**

What are the overarching objectives of the research project?

**Population:**

How would you describe the population you want to work with?

**Context:**

Describe the context of your population. Where are they living? What is unique about this population? What might they be experiencing?

**Does your target population include any structurally or systemically marginalized groups?**

List any structurally or systemically marginalized groups here...

# Personal Project Assignment #1

## Module 1: Online Surveys- Advantages and Disadvantages

Considering your previously documented project in the [introductory assignment](#), write responses to the following questions.

When conducting an online survey for your research project, what barriers do you think you may encounter?

List 3-4 possible issues that you may encounter with online survey research...

How might you overcome these barriers?

List some possible solutions...

Do you believe an online survey is the best method for your research topic?

Why or why not? If not, what method would you use instead?

## Module 2: Co-Designing Research

Would co-design be valuable in your research?

Why or why not?

Who will be important stakeholders during your co-design process?

List possible co-design groups (consider community leaders, government officials, healthcare workers, non-profit organizations)...

### Module 3: Choosing a Survey Platform

Which survey platform do you think will support your research? Why?  
State which platform you will use and why...

What are potential pitfalls to using the selected platform(s)? How might you overcome them?  
List the potential pitfalls and solutions here...

## Personal Project Assignment #2

### Module 4: Designing Survey Questions

Using information from [Module 4](#) and your own research, answer the following questions about your personal project.

What do you want to learn from your survey? Recall your overarching research question, developed in the [Personal Project Assignment #0](#).

List 3-4 things you wish to learn about your topic...

What demographic questions will you ask?

Develop at least 1 demographic question, including all possible options for participants.

What main survey questions will you ask to answer your overarching research question?

Develop at least 1 main survey question, including all possible options for participants...

### Module 5: Language Matters

Using information from [Module 5](#) and your own research, answer the following questions about your personal project.

Considering your target participant population, what language considerations do you need to make?

List 3-4 language considerations here...



What accommodations can you build into your survey and recruitment materials that will enable informed participation?  
List 3-4 accommodations here...

### Module 6: Formatting an EDIA digital survey

Using information from [Module 6](#) and your own research, answer the following questions about your personal project.

What question formats will you use in your online survey?  
List the 2-3 formats here...

### Module 7: Participant Recruitment and Retainment

Using information from [Module 7](#) and your own research, answer the following questions about your personal project.

How will you recruit your participants? Why?  
List possible methods and rationale here...

What barriers do you predict you will face when recruiting your target population?  
List 3-4 barriers here...

Will you be using incentives, compensation, or reimbursements? If so, what will they be, and how will you ensure that they are ethical?  
Explain your response and rationale here...

## Personal Project Assignment #3

### Module 8: Informed Consent and Assent

Using information from [Module 8](#) and your own research, answer the following questions about your personal project.

Will your participant population include people who may not legally be able to consent to research? Will you provide alternative options, such as assent, or caregiver or guardian responses?

Please explain here...

How will you support informed decision-making for your target population? What tools, resources, and accommodation might you need to provide?

List 3-4 possible supports here...

### Module 9: Support for Participants

Using information from [Module 9](#) and your own research, answer the following questions about your personal project.

"Provide a list of directly relevant support services with website and contact information. These resources should be free, accessible and culturally and/or geographically relevant. Where available, there should be at least one 24/7 hotline (e.g., Distress Centre)" ([TMU, 2018](#))

Add this list here...

What other support might your participants need?

List 2-3 additional supports...

## Module 10: Dealing with Deception

Using information from [Module 10](#) and your own research, answer the following questions about your personal project.

What fraudsters might you face? What strategies will you employ to combat "fraudster participants"? List potential "fraudsters" and the strategies you will use...

## Module 11: Ethical Data Storage and Privacy

Using information from [Module 11](#) and your own research, answer the following questions about your personal project.

What level of psychological risk does your survey incur? Psychological risk refers to potential for emotional distress, anxiety, or embarrassment due to research or other activities.  
(Low, medium, or high)

What level of social risk does your survey incur? Social risks may include reputational damage, loss of status, or social stigma.  
(Low, medium, or high)

What steps do you plan to take to ensure privacy and data security? Are there any extra steps you would take, based on your target population?  
List 3-4 steps here...

## Final Personal Project Summary Assignment

### Chapter 1 Summary: Before You Begin

How do your own biases or assumptions influence the way you think about digital research, and what steps can you take to address them?

Write your answer here...

What is your key takeaway from this chapter?

Chapter 1 discussed the advantages and disadvantages of online surveys, co-designing research and how to choose a survey platform. Write your answer here...

### Chapter 2 Summary: Developing A Research Study

Think about your research topic, how might you adapt your surveys to be more accessible and inclusive?

Write your answer here...

What is your key takeaway from this chapter?

Chapter 2 discussed why language matters, how to design survey questions, and participant recruitment and retainment. Write your answer here...

### Chapter 3 Summary: Data Collection and Storage

Have you ever encountered ethical dilemmas in research? Explain your experience. How would you handle such a situation moving forward?

Write your answer here...

What is your key takeaway from this chapter?

Chapter 3 discussed informed consent, how to best support your participants, fraud, and ethical data storage.

### Personal Reflection Summary

How has your understanding of ethical and accessible digital research evolved throughout this training?

Write your answer here...

Describe specific insights or changes in your perspective that you will carry forward in your research practices.

Write your answer here...

In the future, how do you see yourself applying what you have learned in this training module? How do you see yourself and your research contributing to more inclusive research practices?

Write your answer here...

After completing this module, what concept(s) would you like to deepen your knowledge on?  
Write your answer here...