

Research study: How do academics cope with occupational stress?

Dear potential participant,

As a full-time academic employed in a higher education institution, you are accordingly invited to participate in a research project concerning occupational stress and coping with stress in the workplace.

I am a doctoral candidate at the University of South Africa. I am currently undertaking a doctoral study to construct an instrument to determine which coping strategies academics in higher education institutions adopt in response to occupational stress. The results of this study should not only lead to the development of a new instrument, but also provide insight into the coping strategies that academics adopt. It is further anticipated that a conceptual model for coping with occupational stress will be developed. The conceptual model will allow higher education institutions to assist employees in regulating their emotions to change their perception of a workplace stressor.

If you are employed as an academic in a higher education institution and willing to participate in the study, kindly access the online survey by clicking on the following link:

<https://www.surveymonkey.com/r/CopingStrategiesQuestionnaire>

It should not take you more than 20 minutes to complete all the questions in the survey.

Approval to conduct this research has been obtained from the NWU Research Data Gatekeeper committee (NWU-GK-2017_002) and the University of South Africa (2014_CEMS/IOP_025). Your participation, however, is voluntary, and at any point in the process, you are free to withdraw from the study without offering any explanation. You do not need to share any information that you feel uncomfortable disclosing. All responses are completely anonymous and will not be traced back to a particular individual. The results of this study will be utilised for research purposes only.

Thank you in advance for your participation.

Kind regards

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