

## ONLINE SURVEY

### SAVOURING AND RELATIONSHIP WELLBEING IN THE FLY IN FLY OUT MINING AND RESOURCES SECTOR

WE ARE SEEKING PARTICIPANTS TO TAKE PART IN AN ONLINE SURVEY

This project explores the relationship between the type of bonds we have with our partner (known as attachment), the capacity to appreciate the positive aspects of life (known as savouring) and feelings of wellbeing and relationship satisfaction in couples where one partner is a Fly in Fly out worker.

**WHAT DOES THE PROJECT INVOLVE?** You are invited to complete an anonymous online survey, which will take approximately 20 to 30 minutes.

**YOU CAN PARTICIPATE if you are** over 20 years old and are either the partner of, or a person in fly in fly out employment who is in a relationship. Your current relationship must be a minimum of 6 months and co-habiting. Couples are also welcome to participate, with each completing the survey individually.

**POTENTIAL BENEFITS:** While you may not receive a direct benefit, we hope the results of our study will contribute to our understanding of relationship well being and satisfaction with life which may help us to understand ways to better support individuals and couples, in the FIFO sector, in maintaining or improving their wellbeing.

**WHAT WILL HAPPEN WITH MY INFORMATION?** This study will form the basis of an honours research thesis. Your information will remain confidential and you will not be personally identified.

**IF YOU WISH TO PARTICIPATE** you can click on this link: **ONLINE SURVEY**. Or enter this URL into your internet browser [https://adelaideunisop.syd1.qualtrics.com/jfe/form/SV\\_clbc8i7DN1T6rzv](https://adelaideunisop.syd1.qualtrics.com/jfe/form/SV_clbc8i7DN1T6rzv)

**For more information** about the study you can contact:

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**This study has been reviewed and approved by the  
Human Research Ethics Committee, H-2020-51, The University of Adelaide.**

#### Available Resources for Support

Mining Family Matters  
[www.miningfm.com.au](http://www.miningfm.com.au)

Beyond Blue  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

Relationships Australia  
[www.relationships.org.au](http://www.relationships.org.au)