

## INFORMATION SHEET FOR PARTICIPATING INDIVIDUALS

### Project Title: C.H.A.T Mental Wellness Survey for Singapore Companies

You are invited to participate in a study on the state of mental wellness within Singapore's workforce by participating in the C.H.A.T. Mental Wellness Test. This study is organized and conducted by Chatty Caterpillar Pte Ltd, a mental wellness technology company based in Singapore.

The C.H.A.T. Mental Wellness Test is a gauge of the state of mental wellness of the participants based on interpersonal and intrapersonal mental wellness indicators. The aim of the study is to provide all participants with a confidential individual report on their state of mental wellness and for participating companies to receive a confidential company report on the state of mental wellness of their employees on an aggregate level. No personal and confidential information on individual employees will be shared to the participating companies in any way.

At the end of the survey, every employee will receive a personalized report on their state of mental wellness and be given pointers on how to care for their personal mental health. For the participating company, they will receive reports on their employees' overall state of mental wellness.

This study will take each individual employee approximately 10 to 15 minutes to complete. All respondents will be asked to acknowledge their consent through an electronic consent form before the start of the survey. The survey will be administered online.

All participation in the study is voluntary. Any participant has the right to withdraw from the study at any time without penalty. If the respondent does not wish to complete the survey, they can withdraw at any time by closing the browser. All previously inputted data will be deleted.

There is no monetary compensation for participating in the study. All participants will receive a personalized report on their state of mental wellness at the end of the study. All participating companies will receive a report with aggregated data containing no personal or identifiable information about any of the employees that have participated in the test. All information shared with participating companies will be averaged and reported in aggregate.

Any identifiable information such as names, e-mail addresses or contact numbers are confidential and will be coded (i.e. only identified with a code number) at the earliest stage of other research. Identifiable information will not be used in any publication or presentation, other than the generic type of institution (for example private, public, NGO, INGO, etc.) and will be destroyed within three years of implementing this survey. All other research data collected will be kept for 10 years in accordance to Data Management laws.

Should you have any questions about the research study, please contact the Ms Gwendolyn Thong at [gwenthong@chattycaterpillar.com](mailto:gwenthong@chattycaterpillar.com)

This information sheet is for you to keep as a reference.