



Project Code: Hamza C

APD 1210 RESEARCH PRACTICUM COURSE

PROJECT DESCRIPTIONS 2026-27

FALL/WINTER

Name and Title:

The CARE LAB (Coping, Affect & Resiliency in Education Lab)

Principal investigator: Brooke Farrell, MA, PhD Candidate

Lab Director: Dr. Chloe Hamza, Associate Professor & Tier 2 Canada Research Chair

Lab Website: <https://thecarelab.ca/>

TITLE OF RESEARCH PROJECT: Exploring the role of nonsuicidal self-injury reveal experiences in recovery among post-secondary students

NUMBER OF STUDENT PLACES AVAILABLE: 1

PRIMARY MODE OF RESEARCH PLACEMENT PARTICIPATION (circle one option and describe):

☐ *IN PERSON*

☐ *REMOTE (ONLINE)*

☒ *HYBRID/FLEXIBLE*

Please describe: This position will involve both remote and in-person activities. Many responsibilities (e.g., participant correspondence, recruitment coordination, attendance at meetings/trainings, data transcription) can be completed remotely. In-person involvement will be required for on-campus recruitment activities across the University of Toronto campuses.

OBJECTIVES AND METHODOLOGY: Nonsuicidal self-injury (NSSI) is common among post-secondary students and is associated with many mental health concerns. Although research suggests that NSSI reveal experiences (e.g., disclosures or discoveries of one's NSSI) may play an important role in NSSI recovery (e.g., through facilitating social support and help-seeking), little research has explored student experiences of NSSI reveals and their impact on recovery. The successful applicant will support a qualitative research project examining how undergraduate students with lived experience of NSSI perceive the role of reveal experiences in their recovery during post-secondary school. Participants will complete a brief online questionnaire and a one-hour semi-structured interview conducted virtually through Microsoft Teams. The project uses reflexive thematic analysis to examine students' lived experiences and aims to inform student-centered mental health supports within post-secondary settings.



DESCRIPTION OF STUDENT PARTICIPATION: The successful applicant will be involved in a variety of research activities within the CARE Lab. Responsibilities may include:

- Assisting with participant recruitment and participant correspondence
- Supporting scheduling and coordination of virtual interviews
- Assisting with data organization and management
- Supporting qualitative data preparation (i.e., transcription of interviews)
- Assisting with dissemination activities (e.g., presentations, manuscripts, conference preparation)
- Participating in regular lab meetings and research training opportunities

The student will receive mentorship and training in qualitative mental health research, ethical research practices, participant recruitment, data management procedures, and writing / dissemination of findings. The successful applicant will also participate in regular lab meetings as part of a large interdisciplinary team. Students are expected to spend approximately 8–10 hours per week involved in research activities from September to April.

DESCRIPTION OF PREFERRED SKILLS/BACKGROUND (OPTIONAL):

- Previous research assistant experience is considered an asset
- Experience in qualitative research methods is considered an asset
- Strong organizational and communication skills
- Strong writing and editing skills
- Ability to work collaboratively within a research team
- Enthusiasm for being involved in qualitative research that examines people's lived experiences

DAY AND TIMES OF LAB MEETINGS:

Lab meetings are virtual and typically held biweekly for approximately 1–1.5 hours (schedule to be determined in Fall 2026) via Zoom.