



Burnout Education, Normatives and Digital Tools for European Universities

BENDiT-EU

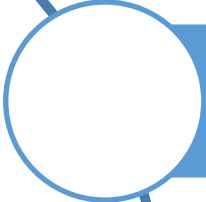
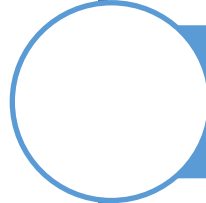
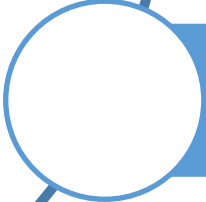
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**“Data Protection and the Ethics of Data Collection in Erasmus+ Projects” Training and Cooperation Activity
Bonn, 2nd of February 2024**

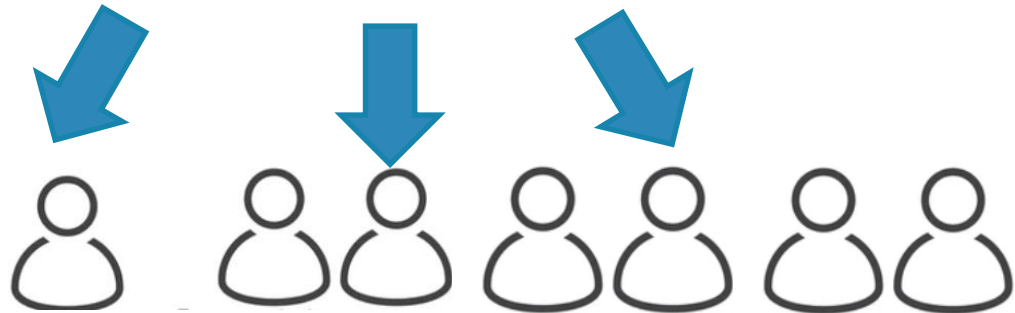


Outline

-  Aim, objectives and outcomes of the BENDiT-EU project
-  Data protection issues & solutions of the BENDiT-EU project
-  Data protection challenges of the BENDiT-EU project

Aim

To prepare a comprehensive set of resources that will address the issues of **burnout** in health and allied-health universities



Source: https://www.freepik.com/free-vector/tired-man-sitting-floor-with-paper-document-piles-around-flat-illustration_11235962.htm#query=burnout&position=45&from_view=search&track=sph&uuid=24e028c1-c29c-4d0f-ad94-a02f550c4ea7



Objectives & outcomes

- 1 Raising awareness about burnout and providing on a wide scale up-to-date, evidence-based information for the identification, the prevention and the interventions for academic burnout
- 2 Improving the wellbeing of medical and health allied professionals who are at risk of developing burnout and developing on-line tools to self-assess burnout
- 3 Improving the skills of medical students and staff working in university support services who directly address or refer to cases of academic burnout
- 4 Drive policy changes: providing recommendations for developing normatives and regulations designed to address and prevent academic burnout.



Source: www.bendit-eu.eu

<https://bwp.bendit-eu.eu/>



Data protection issues & solutions of the BENDiT-EU project

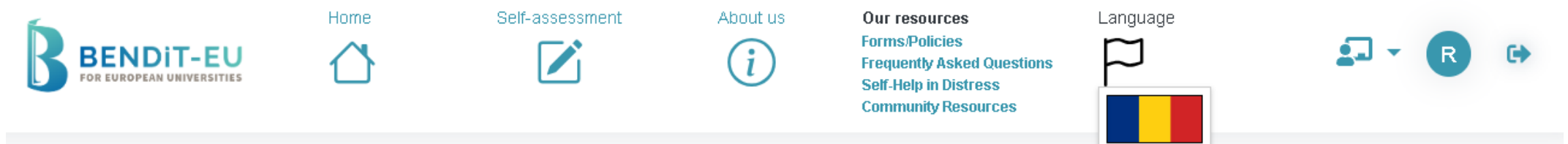
- **GDPR** – ensuring compliance with the General Data Protection Regulation in Handling personal data
- **Consent Management** – obtaining explicit content from individuals for data processing activities
- **Data security management and measures** – implementing security measures to protect data from breaches
- **Sensitive Data Handling** – additional protective measures
- **Data Subject Rights** – enabling individuals to handle their personal data anytime (accessibility, rectification, erasure)



GDPR

Since users will have to provide some personal data before taking the self-assessment tests, there will be a disclaimer confirming the **GDPR compliancy**

The **confidentiality** and the **anonymity** of the data collection was clearly stated to the users



This is not a clinical diagnosis; it is an evaluation of your self-report of the questionnaires you have filled in. It is only an estimation of your burnout status, level of well-being and indicators of depression !

Source: www.bendit-eu.eu

Free information & secured information which is accessible after an user registers



Consent Management

1. Who are we?

2. How and why we collect your personal data?

A. By registering and creating an account

Your personal data will be collected according to the Regulation (EU) 2016/679 of the of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (General Data Protection Regulation), according to the protocol and be stored in a protected database. Information will remain secret, confidential and will not be made public, but under conditions specified by the law. In the database, no reference to your name, IP address or other data that could reveal your identity, will be mentioned anywhere. The access to your private information, if you provide any, will be limited, and only the members of the Consortium will handle it.

B. Other methods of collecting information

Cookies

If you have an account and you log into the BENDiT-EU web platform, we will set up several cookies to save your login information. Login cookies last for two days, but if you select **Stay logged-in**, your login will persist for two weeks. If you log out of your account, the login cookies will be removed.



Informed Consent

1. Who are we?

The BENDiT-EU web platform is an intellectual output of the Erasmus+ project 2020-1-RO01-KA203-080261. The Consortium of Partners contributing to this web platform is made up of 6 countries from Romania, Bulgaria, Cyprus, Italy, Spain and Portugal. More information may be found at www.bendit-eu.eu.

By registering on the BENDiT-EU web platform, I have read and understood the privacy data policy, as well as how and where my information will be stored. Hence, I consent to voluntarily self-administer the questionnaires on the BENDiT-EU web platform, and to provide socio-demographic information.

I accept

I understand that, by self-administering the questionnaires on the BENDiT-EU web platform, private information about me, apart from the socio-demographic data, such as the results to a Burnout test, well-being test and depression test, will be collected and analyzed, and potentially be used in scientific articles, reports and books.

I accept

Start Questionnaire

Source: www.bendit-eu.eu



Consent Management (cont.)

3. With whom do we share the collected information?

Your anonymous data is shared within the Consortium of the project and, if needed, with the funding representatives, namely the Erasmus+ Agencies. The information you provide may be processed anonymously and may be used in scientific journals or may be displayed at several scientific events, exclusively for **scientific purposes**. No identifying information will be published however, since all results will be published in an aggregated form.

4. How long my data will be retained?

5. What rights do you have over your data?

6. Where do we send your data?

Nowhere. Your data will be stored in a secured database under the careful supervision of the Partner from Italy.

7. How do we protect your data?

The data collected on the BENDiT-EU web platform is transferred to a database, using an **encrypted (HTTPS) protocol**, ensuring no risk of this data being accessible by third parties.



Consent Management (cont.)

By registering on the BENDiT-EU web platform, **I have read and understood** the privacy data policy, as well as how and where my information will be stored. Hence, I consent to voluntarily self-administer the questionnaires on the BENDiT-EU web platform, and to provide socio-demographic information.

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Data security Management and Measures

Technology- A combination of *Articulate* and *HTML5/WordPress*.

This ensures:

- Optimized web experience;
- Responsiveness;
- Pleasing animations;
- Mobile-friendliness.

Only **3 persons** had access to the data collection interface, by registering with a user and a password.



Sensitive Data Handling

The platform does not need any particular routinely intervention; there might only be **exceptional** situations such as:

- **Server down** (probability: very low).
Consequence: service temporarily unavailable.
Solution: systems check/change hosting (same-day resolution).
- **Protocol updates and discontinued libraries** (probability: very low).
Consequence: services unavailable, content used incorrectly
Solution: internal technical update to improve performance to new libraries (same-day resolution).
- **Data inconsistency** (probability: very low)
Consequence: inconsistent data.
Solution: elimination of inconsistent data ← This issue concerns the database collecting and elaborating the users' results on the platform.



Data Subject Rights

Users can easily get back to the platform or their results in several ways:

- Retaining the data from the **registration** on the platform (with username and password) and therefore each user would have its **account** with the result always available;
- Using a functionality of Articulate which allows to **recognize a user** which has already taken the test, and ask him if he wants to go back to his result or retake the test.
- Users can also decide to **delete** their progresses/account on the platform and start anew from the first “compulsory” questionnaire
- Users can **save** their previous results as PDFs to compare how they have *performed* in time.



Data Subject Rights (cont.)

Account information

First name* Surname*

Gender* E-mail*

Password*

Language

Language

1

Stampa 5 pagine

Destinazione

Pagine

Layout

Altre impostazioni

LEVEL 1
Burned-out

Extremely high (high scores on Emotional Exhaustion, Cynicism and Low Professional Efficacy)

RESOURCES

Now you can take two more questionnaires

You obtained a high score in academic burnout, which can mean a high risk of further aggravation of this problem during and beyond your studies. In the graphs below you can identify the sources of burnout (personal, academic as a whole, related to colleagues, and related to teachers) that put you at the highest risk. If they are colored in yellow, this would indicate a moderately level, while if they are colored in red, this indicates significant signs of burnout in that area. You should know that this level of stress is contextual in nature and can be significantly reduced through psychological interventions. In order to obtain additional information regarding your resources and offer more personalized suggestion of interventions at your level, we recommend that you complete the other two tests following this one.

Save your progress



Data protection challenges the BENDiT-EU project

- **Data Minimization** – Limiting data collection to what is necessary and essential for the project's objectives
- **Publish the collected data in scientific journals**



Data minimization

Where do we stop?

Further information

Further information Required fields are marked with *

Gender

Date of birth *

What is your home country?*

Are you an international student?*

What is the language you are studying in? *

Study year *

University attendance *

University where you are studying *

Living situation *

Your perception of your physical health now is: *



Data minimization (cont.)

Living situation *

Other



Your perception of your physical health now is: *

Very good



What is your field of study? *

Psychology



How satisfied are you with your actual university?

Satisfied



How satisfied are you with your academic results? *

Satisfied



Healthy habits (ex. exercise, eat healthy food, meditate)

No



Chronic diseases or other medical conditions

- Yes
- No
- Other

Psychological or psychiatric conditions

- Yes
- No
- Other



Publish the collected results

Ethical approval by an Ethics Committee?

OR

Ethical statement:

The studies involving humans were approved by the University Research Ethics Committee/University of Nicosia. The studies were conducted in accordance with the local legislation and institutional requirements. The Ethics Committee/Institutional Review Board waived the requirement of written informed consent for participation from the participants or the participants' legal guardians/next of kin because written informed consent had been provided as part of the ERASMUS project requirements.

How do we publish?



Source:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10613055/>



Q & A

Thank you!

For additional inquiries or keep in touch:
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