



Survey: The impact of knitting on physical, mental and social wellbeing

Information for participants

Researchers from Cardiff University and Stitchlinks are investigating the relationship between knitting, health and wellbeing. We are inviting knitters with varying levels of experience to contribute to our research by taking part in a survey.

What is the purpose of the survey?

Our survey looks at the impact of knitting on physical, mental and social wellbeing.

Why have I been invited to take part?

As someone with experience of knitting we are interested in your views and perceptions of how knitting might impact on your personal wellbeing.

Do I have to take part?

We are looking for 1000 knitters to take part in our survey. Your participation is entirely voluntary. If you decide to take part, you can access the survey via the following link: <https://www.surveys.cardiff.ac.uk/knitting2/>

What will I need to do?

The hyperlink will take you to an online questionnaire that asks you for some demographic details, for example your age, gender, ethnicity and nationality followed by questions about why you knit, how knitting impacts on your mood and feelings, your skills and social life. The questionnaire should take about 15 minutes to complete.

Will I be identifiable?

You will not be asked to identify yourself. All the information that you give will remain anonymous. It will be stored securely by the software provider (Bristol University) under contract until the survey closes and then held by Cardiff University in accordance with the U.K. Data Protection Act 1998.

What are the benefits to taking part?

There are no direct benefits to taking part, but information gained from this survey will contribute to our understanding of the relationship between knitting, health and wellbeing and the potential use of knitting as a therapeutic activity.

Are there any disadvantages to taking part?

We do not anticipate any risks or disadvantages to taking part in the survey, but if you do find that any of the questions raise sensitive issues we recommend that you discuss these with your GP, health worker or counsellor.

What will happen to the results of the survey?

The results from this survey will be disseminated through the Ravelry and Stitchlinks websites. They will also be reported in magazines and academic journals.

Who is organising the research?

The research is organised by a small team of researchers from the School of Healthcare Studies, School of Psychology at Cardiff University U.K. and Stitchlinks.

Who has reviewed the study?

Our proposal for this research has been reviewed and approved by the School of Healthcare Studies ethics committee at Cardiff University.

Our contact details:

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