

## Study investigating the impact of professional secrecy on people's wellbeing

Key dates	The study is currently set to close recruitment on 1st July 2026.
Participants sought	Anyone aged 18+ years old, and currently employed, is eligible to participate in this study.
About	In this project, we're investigating the impact of professional secrecy on people's well-being. We know from existing research that most people hold at least one secret as part of their job, and we want to better understand what is most psychologically challenging for people keeping professional secrets. The results from this study will be used to help researchers develop interventions to ease the burden of professional secrecy.
What is involved	Participation is voluntary, and not connected to any employer or professional organization. Those who choose to participate in this study will complete an 8-minute survey asking some questions about them, their job, and broad questions about professional secrets they currently have. We never ask to reveal the content of professional secrets in detail.
How to get involved	If you are interested in participating in the study, please fill out the following survey: <a href="https://q-surveys.unimelb.edu.au/jfe/form/SV_eEsl64QAFPfOQLA">https://q-surveys.unimelb.edu.au/jfe/form/SV_eEsl64QAFPfOQLA</a>
Institution and investigator contact	For any questions about this study, please email the Project Supervisor (Dr Valentina Bianchi) at <a href="mailto:val.bianchi@unimelb.edu.au">val.bianchi@unimelb.edu.au</a> .  University of Melbourne Human Research Ethics Committee approval ID: 2026-34221-77961-3