

Informed Consent and Declaration of Consent

Purpose of Data Collection

The purpose of collecting data is to assess the current stress level, recovery ability, and overall health status in order to create a personal stress profile. After evaluation, personalized advice and tips on how to handle stress will be provided. The data will not be analyzed or published for research purposes without your consent.

Legality of Data Collection

Consent; Article 6(1)(a) GDPR and Article 9(2)(b) GDPR

What Data Will Be Collected?

For contact purposes: Name, email address, and, in exceptional cases, phone number.

For the creation of the stress and resource profile: Gender, age, and data related to health status and stress management. These details will be pseudonymized, i.e., encoded, without the inclusion of your name, email address, or phone number, and stored in password-protected servers with strict access control (accessible only to LIR project staff and LIR responsible personnel). Third parties will *not* have access to your data.

Data protection agreements have been made with the survey provider "SoSci" (according to Article 28 GDPR).

Storage Duration

Since there is the possibility to access health services at LIR, we will store the contact and health data for a maximum of 12 months and then delete it. You may request the deletion of your data at any time. Your data will be treated with the utmost confidentiality.

Data Transmission: After evaluating the data, you will receive your individual profile via SoSci-Survey and, depending on your preference, an email. This will indicate, via a traffic light system, how pronounced your current stress level and recovery ability are. You will also receive initial recommendations for stress management and resilience strengthening if needed.

Special Notes for Individuals Filling Out the Screening Not in the Context of a Corporate Partnership ("Private Individuals")

Immediate feedback via the traffic light system is reserved for employees of cooperating companies and is not available to private individuals.