

PARTICIPANT INFORMATION SHEET FOR PARENTS & CHILD

The acceptability and feasibility of Smooth Sailing: A research study by the Black Dog Institute

What is this study about?

The Black Dog Institute has built an online service called “Smooth Sailing”. This service aims to help students cope with worry, stress, and feelings of sadness. We now wish to test this service in high schools. We will do this by conducting a research study. Your child’s school has decided to take part and we’d like to invite your child to participate. This research study is being carried out by Dr Bridianne O’Dea from the Black Dog Institute and is funded by HSBC Philanthropic Foundation. It is approved by the NSW Department of Education.



What does this study involve?

This project is a 10 week research study. A participant will follow these steps:

- 1 Together, the student and their parent or guardian signs this consent form and returns it to the school. It will then be passed on to the research team.
- 2 The student will then go online and register to use the Smooth Sailing website in school time or at home. Registration involves creating a username and password. This will make sure that all students’ details are kept confidential and secure.
- 3 After registering on the website, the student will be asked to answer questions about themselves (e.g. name, gender, age, history of mental health problems) and questions about how they have been feeling lately (e.g. depression and anxiety symptoms, thoughts about suicide).
- 4 After answering these questions, Smooth Sailing will then create a personalised care plan for the student. This care plan will be based on how well a student is doing. These care plans consist of a range of internet activities and programs that are proven to improve mental health. They can be done in a student’s own time, either at home or school, without supervision.
- 5 Every 2 weeks, the student will receive an email or SMS “check-in” questionnaire to see how they are doing.
- 6 After 6 weeks, the student will be sent an email to complete the final set of questionnaires. This will allow the researchers to test whether or not Smooth Sailing improved the mental health of the students. After this, the study will be complete.

If a student reports that they are feeling **suicidal**, or very **depressed** or **anxious** in the trial, the school counsellor will be informed immediately. The school counsellor will then do an assessment of the student, and will follow the procedures outlined by the school. Mandatory reporting requires that a parent or guardian is informed if a student is at risk of suicide or self-harm.

What happens to the information collected?

The information entered into Smooth Sailing is stored using 128-bit encryption on the website platform. This is the same level of encryption used for internet banking. The website platform is owned by the Black Dog Institute, and UNSW. For analysis, data will be completely de-identified. This will mean that each student is allocated a unique ID code that is used instead of their name. It is a requirement of the ethics committee that all data is stored for 7 years. This will be stored on the UNSW computer server, and will only be able to be accessed with specific permission of the ethics board and research team. In any publication and/or presentation of the research, the information shared will not be individually identifiable.

Each student will receive a \$10 gift voucher for the school canteen as reimbursement for their participation in the study

Please turn over

Are there any risks?

Aside from giving up your child's time, we do not expect that there will be any other risks or costs associated with taking part in this study. This study may identify mental health symptoms; however, this will be responded to accordingly and appropriate care will be provided.

Does a student have to participate?

No. Participation is entirely voluntary. There is no obligation to take part. This decision will not affect your relationship with your child's school, the University of New South Wales or the Black Dog Institute.

How can I find out the results of the study?

If you would like to receive electronic feedback via email, please indicate this when signing consent. An overview will also be published on the Institute's website.

What if I want to withdraw my child?

You can withdraw consent at any time by contacting the research team using the details below. No reasons need to be given.

What if I have questions or complaints?

If you have any questions, contact the chief investigator Dr Bridianne O'Dea by b.odea@blackdog.org.au or 02 93828509. If you wish to make a complaint, contact the Human Research Ethics Committee humanethics@unsw.edu.au or 02 93856222 using project reference number 16724.

DECLARATION OF CONSENT

DO WISH TO PARTICIPATE

Please indicate the following:

- I have read the Participant Information Sheet above;
- I understand the purposes, tasks, and risks of this research project and I have discussed these with my child;
- I understand that de-identified mental health data about my child will be stored on UNSW computer servers for 7 years.
- I **freely agree to my child participating** in this research study as described above and understand that I am free to withdraw at any time during the project and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
- I am satisfied with the information I have received;
- I would like to receive feedback from the Institute on the study results via email;
- I would like to receive information about a study evaluating parents' thoughts on the Smooth Sailing trial.

DO NOT WISH TO PARTICIPATE

Please indicate the following:

- I **do not** provide consent for my child to participate in this study.

OPTIONAL—Please tell us why you do not wish to participate (tick all that apply):

- I feel that the study may increase my child's workload
- I am concerned that the study may distress my child
- I am worried what might happen to my child's information
- I am concerned my child will not be adequately cared for throughout the study
- I do not want my child to receive mental healthcare at school
- My child did not want to take part

Other reasons:

| | |
|----------------------------|--|
| Name of Parent | |
| Signature of Parent | |
| Parent email address | |
| Parent phone number | |
| Name of Child | |
| School of child | |
| Signature of Child | |
| Child email address | |
| Date | |

PLEASE RETURN TO YOUR CHILD'S SCHOOL AS SOON AS POSSIBLE. THANK YOU.

Declaration by Researcher (Office use only)

I believe that the participant has understood the above information and hereby authorise their participation in the study.

| | | |
|------------------|-----------------------|-------|
| Researcher Name: | Researcher Signature: | Date: |
|------------------|-----------------------|-------|