



**Black Dog
Institute**



PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM

Young Patients aged 15-17 years

Integrating a digital mental health screening tool for youth into primary care

Dr Alexis Whitton

1. What is the research study about?

This study aims to test a new mental health service for young people aged 15-17 who visit their GP. This service, called **Youth StepCare**, is a web-based mental health screening tool that you can access on your mobile phone. It will ask you questions about your mental health, and your responses will be sent to your doctor so that you can discuss them in your appointment if you want to. This service is designed to support GPs in identifying young people who may want help with their mental health, and also to give young people an opportunity to discuss their mental health with their GP if they want to. You have been invited to participate because this GP practice is taking part in the research study.

2. Who is conducting this research?

The study is being carried out by the following researchers: Dr Alexis Whitton and Dr Belinda Parker from the Black Dog Institute, University of New South Wales (UNSW).

3. Can I participate?

If you are between 15 and 17 years old, are visiting your GP today, and have an active email address, you can take part.

Do I have to take part in this research study?

No. If you do not want to take part, you do not have to. Even if you say yes, you can change your mind later. Your decision not to take part will not impact your relationship with the Black Dog Institute or UNSW, nor your relationship with the participating GPs or General Practice.

If you decide you do want to take part in the research study, you will be asked to:

- Read the information carefully (ask questions if necessary) (5 minutes to read and ask questions);
- Let the Practice Staff know, and they will give you a QR code to scan with your phone;
- Answer the questions on your screen and click on "I Agree". The questionnaire will take about 7 minutes.
- Take a copy of this form with you to keep.

4. What does this study involve?

- Complete a brief series of questions about your mental health on your phone while you wait for your GP appointment. You will be asked for your contact details (name, age, gender, email), the reason for your visit, and questions about how you have been feeling lately (e.g. depression and anxiety symptoms, thoughts of suicide). You can only do the screener in the waiting room; if you don't get time, that's ok! Simply close your browser.
- Once you finish, some feedback on your responses will be displayed on your screen – you can close your web-browser after this. A summary of your results will be sent to your GP so they can discuss how you are feeling during your appointment.
- If you report that you are experiencing some mental health issues, we will send an automated email or SMS every fortnight for 12 weeks to check-in and see how you are going. Your GP will receive the results of your check-in and if needed, may contact you for a follow-up appointment.

5. Are there any costs or risks?

There are no costs for participating in this study. You may feel that some of the questions we ask are stressful or upsetting. If you do not wish to answer a question, you may stop immediately.



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If, at any stage during the study you become upset or distressed, please speak to your GP, or contact these free support services:

- **Kids Helpline** 1800 55 1800
- **HealthDirect** 1800 022 222
- **ParentLine** <https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you>

6. What if I change my mind and want to withdraw from the research study?

You can withdraw at any time by contacting the research team on the details below (phone or email). No reasons need to be given. If you decide to leave the research study, the researchers will not collect more information from you.

7. What will happen to information about me?

We will keep your personal information private. The information collected through the Youth StepCare webpage will be stored on the UNSW servers, which is protected by encryption. A copy of the de-identified data will be stored on UNSW servers for a minimum of 7 years after publication of the research findings. Only the research team can access this information. In any publication or presentation of the research, you will not be individually identifiable. We may use the information we have collected for future improvements of the service or conduct more analyses.

8. What if I have any questions or complaints about the study?

If you have any questions or would like more information, please contact Dr Alexis Whitton on a.whitton@blackdog.org.au or (02) 9382 8507. If you wish to make a complaint, please contact the Human Research Ethics Committee at University of New South Wales by emailing humanethics@unsw.edu.au or by phone 02 9385 6222 and quote the HC200968 as a reference number.



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Consent Form – Participant providing own consent

Declaration by the participant

- I understand I am being asked to provide consent to participate in this research study;
- I have read the information sheet, or someone has read it to me so I understand;
- I was allowed to ask questions and am happy with the answers I was given;
- I choose to take part in the study. No one is making me;
- I know what I will be asked to do during the study;
- I know that I can change my mind at any time and withdraw by contacting the research team;
- I know that the researchers will collect information about me, but that they will keep it private. No one else will know that I took part;
- I know that I will be emailed a copy of this form to keep;
- I know that the results of the research will be made available on the Black Dog Institute website, but that no one will be able to tell I was in the study;
- I know that the researchers might use my information in the future to make the program better or run more analyses.

By clicking on the “I Agree” button, you are providing your consent to participate.

I Agree