

 <b>Government of South Australia</b> SA Health	 <b>FLINDERS UNIVERSITY</b> <b>ADELAIDE • AUSTRALIA</b>	Reg Nixon, Ph.D. College of Education, Psychology and Social Work GPO Box 2100 Adelaide 5001 South Australia Telephone: (+61 8) 8201 2748 Fax: (+61 8) 8201 3877 Email: <a href="mailto:reg.nixon@flinders.edu.au">reg.nixon@flinders.edu.au</a> <a href="http://www.ssn.flinders.edu.au/psyc/">http://www.ssn.flinders.edu.au/psyc/</a>
<b>College of Education, Psychology and Social Work</b>		

## **PARTICIPANT INFORMATION SHEET**

### **Improving the effectiveness of Cognitive Processing Therapy for Posttraumatic Stress Disorder**

This is a research project, and you do not have to be involved. If you do not wish to participate, your care will not be affected in any way.

You are invited to take part in a study researching a way to make a therapy known to be effective, Cognitive Processing Therapy (CPT), even more effective. CPT was designed to help people recover after experiencing a traumatic event and has been widely used with veterans, military personnel and first responders.

If you choose to take part in the study, you will be asked to participate in assessments and therapy held in the School of Psychology, Flinders University. There will be three assessments: one before therapy begins, one just after therapy has finished, and three months after therapy has finished. At these assessments you will participate in an interview with a registered or advanced trainee psychologist and you will also be asked to complete questionnaires. The assessment interviews will involve asking about things such as previous life experiences and previous psychological difficulties. You will also be asked about the trauma and your current adjustment to that trauma. The questionnaires will ask about your current reactions to the trauma, your beliefs about the trauma and general questions about your emotions. You do not have to answer all questions, and may skip any that you find too difficult to answer. With your permission, parts of the interview will be voice-recorded. This taping is done so that we can check that the interviewer is asking the questions in the correct fashion. Each interview could take up to 1.5 hours, and it could take up to 1 hour to complete the questionnaires.

Therapy will involve attending one 60 minute session each week, up to 25 weeks. Therapy will be conducted by registered or advanced trainee psychologists. You will be receiving Cognitive Processing Therapy (CPT). CPT involves looking at how your beliefs about the trauma may affect your recovery. The therapy helps you develop different ways of thinking to help you recover from your symptoms. CPT has been shown to be effective in treating posttraumatic stress. As part of the current study, the CPT will include case formulation, which means working with your therapist to individualise therapy to your particular needs. This may mean spending more time working through post-traumatic issues that are particularly important/troublesome for you, adjusting the overall length of therapy (e.g., being shorter if required) and/or including other effective therapies/techniques that may assist with other issues that may be hindering your treatment progress (e.g., sleep problems, depression, general anxiety etc.).

With your permission, therapy sessions will be video recorded so that we can check that the therapists are conducting the treatment the way it should be delivered and to allow for assessment of emotional expression. The tapes may be randomly checked by another researcher (who is not directly involved in

the study). Please be assured we will be using a secure method of sending any tapes to researchers to protect your confidentiality. Recordings will be stored in a secure and confidential manner and will be destroyed 15 years after publication of the study's results.

Although we cannot predict whether you will benefit from the treatment offered to you in this study, people who have received similar therapies in the past have reported to have gained at least some benefit. It is hoped that the information gathered in this research will help increase understanding of the best ways to offer treatment to individuals who have been traumatised. At the final interview (three months after therapy has finished), we will discuss with you possible referrals for additional therapy if you believe this might be useful.

Although there are no anticipated risks in participating in the research, at times you may think about experiences that are sensitive or distressing. You will be seeing a trained therapist who is experienced in discussing such matters, and who will help you work through any difficult emotions during the course of therapy. Further, Mental Health Triage Service/Assessment and Crisis Intervention Services (ACIS; 13 14 65) and Lifeline (13 11 14) can be contacted at any time should you experience anxiety or distress out of office hours.

Your participation in the study is entirely voluntary and you have the right to withdraw from the study at any time. If you decide not to participate in this study or if you withdraw from the study, you may do this freely without prejudice to any treatment within the College of Education, Psychology and Social Work, Flinders University.

All records containing personal information will remain confidential and no information that could lead to your identification will be released, except as required by law. All information gathered through your interviews and questionnaires will be coded with a number so that it cannot be linked to you. The recordings of your interview and therapy sessions will be labelled with a code and will not contain any identifying information. When the research study has finished, the tapes will be wiped. It is also your right to obtain copies of certain parts of information gathered during the research should you wish. Please be aware that certain materials or information cannot be released if you do not possess the appropriate professional qualifications required for their interpretation.

You should be aware that data gathered through this research may be published or presented at conferences, but you will not be able to be identified in any manner in these publications/presentations.

You should also be aware that should a participant of this research suffer injury, he/she is not automatically entitled to compensation and may have to take legal action in order to receive payment or compensation for such injury.

If you would like more information about the project, either before, during or after the study, please contact the Chief Investigator, Prof. Reg Nixon, College of Education, Psychology and Social Work, Flinders University, GPO Box 2100, SA 5001, phone: 8201 2748, or email: [reg.nixon@flinders.edu.au](mailto:reg.nixon@flinders.edu.au).

**This study has been reviewed by The Southern Adelaide Clinical Human Research Ethics Committee (SAC HREC). Should you wish to discuss the project with someone not directly involved, in particular in relation to matters concerning policies, your rights as a participant, or should you wish to make a confidential complaint, you may contact the Research Ethics Office on 8204 6453 or at [research.ethics@health.sa.gov.au](mailto:research.ethics@health.sa.gov.au).**