



**Black Dog
Institute**



PARTICIPANT INFORMATION STATEMENT & CONSENT FORM

Examining the delivery of Smooth Sailing: A web-based mental health service for secondary school students

What is this study about?

The Black Dog Institute has developed and successfully evaluated a web-based mental health service for secondary school students called “Smooth Sailing”. This service uses a digital platform to assist School Counsellors in identifying and managing student mental health. We now wish to examine the implementation of this service in high schools and we are interested in hearing about your experiences with delivering the service at your school. The Chief Investigator for this project is Dr Mirjana Subotic-Kerry from the Black Dog Institute.

Research Funder: This research is supported by funding by the Australian Government Department of Health.

Who is this study suitable for?

This study is suitable for any School Principal, Schools Counsellor or Secondary School teacher involved in the delivery of the Smooth Sailing service at a secondary school in NSW. They must be available and employed at their school for the duration of the study (approximately 12 weeks)

What does this study involve?

Participation in this study is entirely voluntary. If you decide to take part this part of the project, you will be asked to:

- 1. Complete an online survey in your own time.** These questionnaires will be delivered at two time-points: once before the delivery of Smooth Sailing at your school and again 12 weeks later. The questionnaires will ask you about your expectations of, and experiences with the delivery of the Smooth Sailing service at your school. The questionnaires will also ask you some questions about yourself (first name, email, age, gender, role, employment status). As a thank you for your participation in this research, you will receive a \$15 e-gift voucher after completion of the questionnaires at each time point.
- 2. Complete a telephone interview.** A researcher will telephone you to ask you questions about your experience with the Smooth Sailing service. You will be given the opportunity to provide feedback and suggestions in your own words. The interview will take place after delivery of the service at your school at a time that best suits you during the week. This will be organised between you and the researcher and should take approximately 45 minutes. You will be reimbursed \$20 for your time via a voucher. The interview will be audio recorded so that it can be transcribed later. All information will be confidential and stored in a way that will not identify you.

Are there any risks?

Aside from giving up your time to answer these questionnaires, we do not expect that there will be any risks or costs associated with taking part in this study. Participants can withdraw at any time.

What are the benefits to the study?

This study provides an opportunity to implement an evaluated web-based mental health service for students at your school. This service has a good ability to identify students needing care and linking these students in with the School Counsellor and may improve School Counsellor efficiency and confidence in responding to students in need of care. The results of this study will help us identify any organisational barriers and

facilitators in delivering this service in the school setting. This will allow future large-scale dissemination of this service.

What happens to the information collected?

All study data is collected via the Black Dog Institute's secure e-health platform which is supported by the University of New South Wales servers. The Black Dog e-health platform has an internal function which enables researchers to download deidentified datasets where personal details have been removed. As such, all data viewed by the research team is de-identified. Data can only be accessed by approved researchers. Data will be destroyed 15 years after the completion of the study. Upon registration to the e-health platform, participants are allocated a unique study ID code which is then used instead of participant names for data analysis purposes. As this study is collecting information including your name and date of birth, this information is protected in accordance with the Australian Privacy Act 1988. This means that you have the right to access and destroy any personal information collected by this study. If you at any point have concerns about the way your data has been handled, you are encouraged to notify the Chief Investigator and the UNSW HREC with the details provided in this form.

How can I find out the results of the study?

If you would like to receive electronic feedback via email, please indicate this when providing consent. An overview will also be published on the Institute's website upon completion of the study. All results will be published in a way that will not identify you.

What if I want to withdraw from the study?

You can withdraw consent at any time by contacting the research team using the details below. No reasons need to be given. If you decide that you wish to withdraw, any data collected prior to withdrawal will be removed from the study. To do so, please contact the research team and provide your name.

What if I have questions or complaints about this study?

If you have any questions or would like more information, contact the you can contact the Smooth Sailing team via email (smoothsailing@blackdog.org.au) or phone **02 9382 8509**. If you wish to make a complaint, please contact the Human Research Ethics Committee by email humanethics@unsw.edu.au or by phone 02 9385 6222 and quote the HC reference number HC190382.

By clicking “I agree”, I am confirming that:

Please indicate the following:

- I understand I am being asked to provide consent to complete online survey questions;
- I have read this information and understand the purposes, tasks, and risks of this research project;
- I have had an opportunity to ask questions and I am satisfied with the answers I have received;
- I freely agree to 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 consent to participate in the interview;
- I would like to receive feedback from the Institute on the study results via email
[free response section to insert email address]
- I am happy to receive information about other youth mental health studies at the Institute
[free response section to insert email address]

Please fill in your details below [for use by the research team only if you would like to participate in the interview component]

First Name

Last Name

Phone Number

Email address

I agree, start questionnaire

I do not agree