

PARTICIPANT INFORMATION STATEMENT

HREC Project Number:	HRECXXXXXX
Project Title:	Quality of Self-Advice
Principal Investigator:	Dr Trevor Mazzucchelli
Student Researcher:	Simren Bart
Version Number:	v0.1
Version Date:	06/08/2021

Writing is a cost-efficient intervention that has been shown to help people cope with negative events by expressively writing about that particular experience. This study investigates different ways of writing about our experiences to see if certain approaches are more helpful than others.

We are looking for healthy volunteers who are over the age of 18, fluent in English, have access to the internet, reside in Australia, and are interested in this project!

Who is doing the Research?

The project is being conducted by Simren Bart, a clinical psychology student, and Dr Trevor Mazzucchelli, Senior Lecturer at Curtin University.

What will I have to do?

If you agree to take part in this study, you will be asked to log onto a website where you will be randomly assigned to one of two writing tasks that will encourage you to write about a personal problem that you have experienced in the past. Before the writing tasks, after, and one week later, you will be asked to complete several questionnaires relating to your feelings about the personal problem and what you have written. Both online surveys and writing task will take about 60 minutes in total to complete. You will be asked to provide your email address so we can invite you to participate in the second part of this study.

Are there any benefits from participating?

There may be no direct benefit to you from partaking in this study. However, your participation will help contribute toward a greater understanding of self-compassionate advice.

Are there any risks?

Apart from giving up your time, we do not expect that there will be any risks or inconveniences associated with participating. If you do experience any distress, we encourage you to contact Lifeline support by:

Quality of Self-Advice

- Telephoning 13 11 44 (24 hours a day), or by
- Using their online chat service at <https://www.lifeline.org.au/get-help/online-services/crisis-chat> (7pm to midnight Sydney time).

Curtin students may contact the University Counselling Services by:

- Telephoning 08 92667850 or 1800 651 878, or by
- Emailing <http://counselling.curtin.edu.au/> (Office hours only)

Curtin staff members may contact Assure Employee Assistance by 1800 808 374

Who has access to my information?

Because you will be providing your email address, the information collected in this research may be considered identifiable. However, your responses will be treated as confidential and used only in the project. Once you have completed the second part of the study, your email will be removed from your other responses, and your data will be de-identified. The following people will have access to the information we collect in this research: the research team and, in the event of an audit or investigation, staff from the Curtin University Office of Research and Development. All information will be stored securely at Curtin University where electronic data will be password-protected. The information we collect will be securely stored for 25 years and then be destroyed.

If you are interested in obtaining a summary of the results please contact the researchers after November 2021.

Do I have to take part?

Participation is completely voluntary; it is your choice to take part or not. If you decide to take part and then change your mind, that is okay, you can withdraw from the project. You do not have to give us a reason, just tell us that you want to stop. If you choose not to take part or start and then stop the study, it will not affect your relationship with the researchers or University. With your permission, if you chose to leave the study, we will use any information collected unless you tell us not to.

Prize draw

You will be able to enter an optional prize draw to win one of three \$20 Coles Myer gift cards! The draw commences at 5pm Australian Western Standard Time (AWST) on 12 August 2021. Closing time is 5pm AWST on 1 October 2021. To enter the competition, you must submit your email address and click the 'I am entering the competition, and I accept these terms and conditions' button on the Participant Debrief Form on our second survey, before the closing time. Entries after the closing date will not be included in our draw. Winners will be informed within seven days of the draw by the email address they have provided.

What happens next?

If you decide to take part in this project, we will ask you to provide your consent by selecting the consent to participate checkbox below. Providing consent indicates that you understand what you have read and agree to be involved the research, and have your information used as described. Please take your time and ask any questions you have before you decide what to do.

Quality of Self-Advice

Please feel free to contact me, Simren Bart, at simren.bart@student.curtin.edu.au should you require further information or have any questions or concerns. Dr Trevor Mazzucchelli (trevor.mazzucchelli@curtin.edu.au) is also available to answer any questions or concerns.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number _____). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

- I have received information regarding this research and had an opportunity to ask questions.
- I believe I understand the purpose, extent and possible risks of my involvement in this project.
- I agree that I am aged 18 years or over, and currently live in Australia.

I voluntarily consent to participate in this research project.

I do not consent to participate in this research project.

Quality of Self-Advice Raffle – Terms and Conditions

1. Instructions on how to enter and other details contained within promotional advertisements for this competition form part of the conditions of entry.
2. By entering the competition, entrants agree to abide by these Terms and Conditions.
3. The Terms and Conditions of this competition are governed by the laws of the State of Western Australia.
4. The competition is being run by Curtin University, GPO Box U1987, Perth, Western Australia, 6845 (“Curtin University”).
5. The Quality of Self-Advice Raffle (“the competition”) commences at 5pm Australian Western Standard Time (AWST) on 12 August 2021.
6. The closing time for entering the competition is 5pm AWST on 1 October 2021.
7. Entry to the competition is limited to the study participants
8. To enter the competition, the entrant must submit their email address and click the ‘I am entering the competition, and I accept these terms and conditions’ button on the Participant Debrief Form before the closing time.
9. Entry to the competition is free. Entrants will be responsible for all costs associated with entering the competition, which may include costs associated with accessing the internet.
10. Entrants may only enter the competition once.
11. There will be three (3) prizes. This prize will be a \$20 Coles Myer gift card.
12. There will be one (1) draw at 2.00pm Australian Western Standard Time on 29 October 2021 at the office of Dr Trevor Mazzucchelli, Curtin University. The draw will be by random number generator using RANDOM.ORG.
13. The prize winner will be contacted within seven (7) days of the draw by the email address supplied by the entrant on the event registration form.
14. If the prize winner does not respond to claim the prize within 21 days of the draw, a re-draw will be conducted within 30 days of the original draw date, in the same location, and with the same method. Redraws will continue in the same manner until all prizes have been claimed by prize winners.
15. The prize may be collected in person by the prize winner or may be mailed/couriered.
16. If a prize winner who has been contacted and been made aware of their prize winning, and has agreed to collect the prize or for which collection is the only method for receiving the prize, does not collect the prize within 21 days of this contact, a re-draw will be conducted within 30 days of the original draw date, in the same location, and with the same method.
17. The prize winner will be responsible for all costs associated with collecting and using the prize.
18. By entering the competition, the entrant agrees that they are over the age of 18 years.
19. The prize is not redeemable for cash or an alternative prize.
20. The prize is not transferrable.
21. Curtin University is not responsible in any manner whatsoever for any problems or any financial costs incurred, or any combination thereof, including any injury or damage to participants or any other persons related to or resulting from participation in this competition.
22. Curtin University accepts no responsibility and shall not be held legally liable or responsible for any accident, loss, injury or damage to any individual or property whether direct or indirect, whether in contract, tort, negligence or otherwise arising out of or in connection with the competition or the prize, either during or after the competition.

23. Entry into the competition signifies acceptance of all conditions. Entrants are required to abide by the Terms and Conditions as presented.
24. Curtin University's decision will be final, and no correspondence will be entered into.
25. Personal information provided by an entrant to Curtin University for the purpose of entering the Competition will be collected, used and disclosed in accordance with Curtin University's Privacy Statement. A copy of the privacy statement is available at <http://rim.curtin.edu.au/privacy/>. Personal information collected will be kept strictly confidential and will not be sold, reused, rented, loaned or otherwise disclosed to any third party otherwise than in accordance with the privacy statement and these Terms and Conditions.