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The Health4Life app Pilot study
PARTICIPANT INFORMATION STATEMENT – Adolescent version

(1) What is this study about?

You are invited to take part in a new research project, which will involve testing a new app, called the Health4Life app.

The Health4Life app is designed to help keep your health on track, and possibly even make some improvements to things like your sleep, being active, and eating well. The app also encourages you to limit screen time and avoid alcohol and smoking. We are interested in finding out what adolescents like you think about the Health4Life app and the best ways to encourage adolescents to use the Health4Life app. For example, the best time of day to send a text message to remind adolescents to use the app.

This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent you are telling us that you:

- ✓ Understand what you have read.
- ✓ Agree to take part in the research study as outlined below.
- ✓ Agree to the use of your personal information as described.

(2) Who is running the study?

The study is being carried out by the following researchers: Dr Louise Thornton, Professor Maree Teesson, Dr Katrina Champion, Prof Angela Webster, Associate Professor Nicola Newton, Associate Professor Cath Chapman, Dr Louise Thornton, Associate Professor Tim Slade, Associate Professor Katherine Mills, Dr Matthew Sunderland and Dr Lauren Gardner from the University of Sydney, and Professor Frances Kay-Lambkin and Dr Hannah Brown from the University of Newcastle.

This research is being paid for by the Paul Ramsay Foundation and the National Health and Medical Research Council's Clinical Trials Centre.

(3) What will the study involve?

If you consent to take part in this research study, you will be asked to:

1. Complete a short confidential online questionnaire which will ask about you (e.g. your gender and age) and your current health behaviours, emotions and beliefs. The survey should take no longer than 20 minutes.
2. Download the Health4Life app to your smartphone and use it for 30 days. During this time, you will receive text messages to encourage you to use the app. The timing and content of these messages will vary day to day.
3. Complete a second short confidential online questionnaire, at the end of the 30 days. At this time, you will also be asked to indicate your interest in participating in a telephone or zoom interview regarding your opinions and experiences with the Health4Life app. Interviews will be approximately 20 minutes long and will be conducted with a member of the research team over the phone or via zoom (depending on your preference).

(4) How much time will the study take?

The baseline online survey and follow-up online survey will take no longer than 20-30 minutes each to complete. You can then choose to use the Health4Life as much or as little as you would like. The app encourages users to record their health behaviours each day which takes less than 5 minutes. The app also contains seven detailed modules that you can choose to work through to learn tips and strategies for improving your health behaviours, which will take approximately 20 minutes each to work through. If you decide to take part in a telephone or zoom interview, it should last approximately 20 minutes.

(5) Who can take part in the study?

- Young people aged 13-17 years who are living in Australia;
- have access to a smartphone; and
- are willing to download the Health4Life app.

(6) Do I have to be in the study? Can I withdraw from the study once I've started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your relationship with the researchers or anyone else at the University of Sydney or the University of Newcastle, now or in the future.

If you decide to take part in the study and then change your mind later, you are free to withdraw from the study at any time via this link [[link to online withdrawal form](#)]. Alternatively, you can email or ring the research team and tell them you no longer want to participate.

Your questionnaire responses can be withdrawn after submission and will not be included in publications, up to the point that we have analysed and published the results.

(7) Are there any risks or costs associated with being in the study?

We don't expect the study to cause any harm or discomfort, but if you experience feelings of distress because of your participation in this study, you can contact a member of the research team (their details are listed below). Alternatively, contact details for services such as Lifeline and KidsHelpline are provided in the Health4Life app and at the end of each online questionnaire.

(8) Are there any benefits associated with being in the study?

We cannot guarantee that you will receive any direct benefits from being in the study. After you have completed the baseline survey and downloaded the Health4Life app you will receive a \$25 e-gift voucher, and when you complete the follow-up survey 30 days later you will receive a \$15

e-gift voucher. If you participate in a telephone or zoom interview you will receive a \$15 e-gift voucher.

(9) What will happen to information that is collected during the study?

By providing your consent, you are agreeing to us collecting your personal information for the purposes of this research study. Your personal information will only be used for the purposes outlined in this Participant Information Statement.

Your information will be collected via online questionnaires and stored securely and confidentially, on a secure server at the University of Sydney. Information entered into the Health4Life app is hosted by our web development company on an external server. The external server is based in Australia, and complies with Australian standards in security, ethics, and integrity. At the end of the study all data collected by Health4Life app will be transferred to a secure server at the University of Sydney and deleted from the external server. Study findings may be published, but you will not be individually identifiable in these publications.

We will keep the information we collect for this study for a minimum of 20 years, after which time it will be securely disposed. We may use data collected in this study in future projects. By providing your consent you are allowing us to use your information in future projects. We don't know at this stage what these other projects will involve, however we will seek ethical approval before using the information in these future projects.

We may give the information from this project to other researchers so that they can use it in their projects. Before we do so, we will take out all the identifying information so that the people we give it to won't know whose information it is. The other researchers won't know that you participated in the project, and they won't be able to link you to any of your personal information.

(10) Can I tell other people about the study?

You are free to tell other people about this study and we would be grateful for you to do so.

(11) What if I would like further information about the study?

If you would like to know more at any stage during the study, please feel free to contact Dr Louise Thornton (Senior Research Fellow, louise.thornton@sydney.edu.au). Dr Thornton will happily discuss the study with you further and answer any questions you may have.

(12) Will I be told the results of the study?

You can receive feedback about the overall results of this study. This feedback will be in the form of a one or two-page summary document and will be provided after the study is finished.

(13) What if we have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [.....]. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176

- **Email:** ro.humanethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

You can download a copy of this information sheet here [\[link to downloadable copy of PIS\]](#)



PARTICIPANT CONSENT FORM

After reading the information sheet, if you wish to participate complete the form below.

Research Study: The Health4Life app Pilot Study

Dr Louise Thornton (Responsible Researcher)

The Matilda Centre for Research in Mental Health and Substance Use

Phone: +61 403744089 | Email: Louise.Thornton@sydney.edu.au

In giving my consent I state that:

- ✓ I understand the purpose of the study, what I will be asked to do, and any risks/benefits involved.
- ✓ I have read the Information Statement and have been able to discuss my involvement in the study with the researchers if I wished to do so.
- ✓ The researchers have answered any questions that I had about the study, and I am happy with the answers.
- ✓ I understand that being in this study is completely voluntary and I do not have to take part. My decision whether to take part in the study will not affect my relationship with the researchers or anyone else at the University of Sydney or University of Newcastle now or in the future.
- ✓ I understand that I can withdraw from the study at any time.
- ✓ I understand that my personal information that is collected over the course of this project will be stored securely and will only be used for purposes that I have agreed to. I understand that my information will only be told to others with my permission, except as required by law.
- ✓ I understand that the results of this study may be published, and that publications will not contain my name or any identifiable information.

I agree to take part in this research study.

- Yes
- No

First Name

Surname

Mobile number

Email Address

Age:

- 13
- 14
- 15
- 16
- 17

For participants aged 13-15

To participate in the Health4Life study, we will also need your Parent or Guardians consent. Please provide your parent or guardian's details below and we will send them an email letting them know you are interested in participating in this study.

Parent/Guardian First name _____

Parent/Guardian Surname _____

Phone or mobile number (include area code for land lines) _____

Parent/Guardian Email address _____

ONLINE FORM FOR WITHDRAWAL OF PARTICIPATION

You can complete this form at any time to revoke consent and withdraw from this study.

I wish to **WITHDRAW** my consent to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of Sydney.

Participant Details

Name of Participant (please print)	
Date	

SUBMIT