**MENTAL HEALTH STIGMA IN SCHOOLS**

1. **What is the research study about?**

You are invited to take part in this research study. Researchers at the Black Dog Institute have developed an Online Mental Health Check for Australian Primary School Children.In this study, we are conducting a clinical trial to evaluate whether the Mental Health Check impacts mental health stigma for children.

This clinical trial aims to answer the research question:

*“Does the mental health check significantly impact stigma for children aged 6 to 12 years and their parents, compared to children who do not complete regular mental health checks and their parents?”*

1. **Who is conducting this research?**

This research is being conducted by Professor Jennie Hudson (Chief Investigator) Dr Deanna Francis (Co-Investigator), Miss Chloe Lim (Research Assistant), Mrs Abigail Allsop (Project Manager) and Miss Emma McDermott at the Black Dog Institute.

This research is funded by the Johnston Foundation and AMP. These funders do not contribute to the design or delivery of this study, or interpretation or dissemination of results. They provide funding to a topic of their interest. The research team will provide regular updates on the progress of the study to them.

1. **Inclusion/Exclusion Criteria**

Before you decide to participate in this research study, we need to ensure that it is ok for your school to take part. This research study is looking to recruit schools who meet the following criteria:

* Mainstream Government or Independent Primary School in Australia (we will include a mix of co-ed and single sex schools from both rural and non-rural areas)
* Classes ranging from 15 to 35 students with Year K to 6 children (where schools have more than one Year class, all Year classes will be invited to participate.
* Capacity to provide children with a device (i.e., laptop, desktop, tablet) to complete the assessments

If your school decides to participate in this research, all children in Years 3 to 6 with the capacity to answer questions online via a device (i.e., laptop, desktop, tablet), who can consent and complete questions online (with help if needed) will be invited to complete the Mental Health Check outcome assessment during class time. If the child’s parent has opted out, the child will be excluded from the study.

**Do I have to take part in this research study?**

Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the study at any stage without cause or consequence.

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

* Read the information carefully (ask questions if necessary)
* Attend an information session via telehealth with the research team
* Complete the online consent form if you decide to participate in the study
* You can download a copy of this form if you would like to keep it
1. **What does participation in this research require, and are there any risks involved?**

If you agree to participate your school, your school will be asked to complete the following research procedures.

**Screening:** Once we receive your completed consent form; the research team will contact you via telephone or email, and you will be sent a link to complete the eligibility questionnaire (approximately 5 to 10 minutes). This screening check will ask you about your school’s demographics (e.g., geographic area, number of students, type of school, class compositions, class size, mental health service/support, capacity to provide students with a device). If your school meets the criteria for inclusion, then you will be able to commence the research project. If the screening process shows that you cannot be in the research project, there will be no further involvement in this research study.

**Randomisation:** The aim of the research is to compare the outcomes of the Mental Health Check compared to control. To ensure that each school has an equal chance of being placed in either group to start with, a computer allocates each school into a group randomly, like the flip of a coin. Once randomised, schools will be allocated to either the 1) monitor, or 2) control condition. The differences between conditions are shown in the table below.

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| --- | --- |
| **Monitor** | **Control** |
| ScreeningBaseline assessment (check, outcome tests)6 weeks (check, outcome tests)12 weeks (check, outcome tests) | Outcome assessmentBaseline assessment (outcome tests, check)6 weeks (outcome tests)12 weeks (outcome tests, check) |

These questionnaires will be online for your students to complete. The questionnaires should take approximately 15-20 minutes to complete. These questionnaires will ask about your students’ mental health and perceptions on mental health.

**Additional Costs and Reimbursement:** There are no costs associated with participating in this research project, nor will you or your school be paid.

**Psychological Distress:** Some children may find answering questions about their mental health stressful or upsetting. Children and their parents will be advised that if they do not wish to answer a question, they may skip it, or they may stop immediately. If anyone becomes upset or distressed as a result of participation in the research project, the research team will be able to arrange for counselling or other appropriate support, or follow up with the below freely available services:

* **If you are in immediate danger, call 000**
* NSW Health Mental Health Line (1800 011 511)
* [Beyond Blue](https://www.beyondblue.org.au/) – 1300 22 4636
* [Lifeline Australia](http://www.lifeline.org.au/) – 13 11 14
* The Kids Helpline (1800 55 1800).
* [Suicide Call Back Service](http://www.suicidecallbackservice.org.au/) – 1300 659 467
1. **What are the possible benefits of taking part?**

We cannot guarantee or promise that you will receive any benefits from this research. However, possible benefits include:

* Your school will receive a report detailing the “mental health” of your school. You can use this report to plan for future wellbeing action within your school.
* We will invite and provide your school with early bird access to future teacher training studies at the Black Dog Institute to support your students’ mental health
* You and your school will contribute to our understanding of whether the Mental Health Check impacts mental health stigma for children.
* Parents who participate, and parents of participating children, will also be entered into a draw to win one of 2 x $250 gift cards to spend at a store of their choosing. The prize will be drawn at the completion of the study, and winners will be notified via phone or email within two days of the prize being drawn.
1. **What will happen to information about my school and students?**

By signing the consent form, you consent to the research team collecting and using information about your school for the research study. The research team will store the data collected from your school’s students for this research project for a minimum of 15 years after the completion of the research, or until the participants reach 25 years of age, as per the retention period for clinical trials involving children. Questionnaire data and participant data collected will be stored online via Qualtrics. This research will be encrypted and stored electronically on a UNSW password protected OneDrive only accessible to the approved research investigators. Your data will be stored in a non-identifiable format where your students’ identities will be unknown.

The information you provide is personal information for the purposes of the Privacy and Personal Information Protection Act 1998 (NSW). You have the right of access to personal information held about you by the University, the right to request correction and amendment of it, and the right to make a complaint about a breach of the Information Protection Principles as contained in the PPIP Act. Further information on how the University protects personal information is available in the [UNSW Privacy Management Plan](https://www.legal.unsw.edu.au/compliance/privacyhome.html).

1. **How and when will I find out what the results of the research study are?**

The research team intend to publish results of the research in peer reviewed journals. We will also write a brief summary of the main research outcomes on the BDI website at the end of this trial. All Information will be published in a way that will not identify your school or students. If you would like to receive a copy of the results you can let the research team know by inserting your email or mailing address in the consent form. We will only use these details to send you the results of the research.

1. **What if I want to withdraw from the research study?**

If you do consent to participate, you may withdraw at any time. You can do so by completing the ‘Withdrawal of Consent Form’ which is available on the study website. Alternatively, you can ring the research team and tell them you no longer want to participate. If you decide to leave the research study, the researchers will destroy any information that has already been collected and no additional information will be collected from your school. Your decision not to participate or to withdraw your school from the study, will not affect you or your school’s relationship with UNSW Sydney or the Black Dog Institute.

1. **What if I have a complaint or any concerns about the research study?**

If you have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

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| **Position** | Human Research Ethics Coordinator |
| **Telephone** | + 61 2 9385 6222 |
| **Email** | humanethics@unsw.edu.au  |
| **HC Reference Number** | **HC220332** |

1. **What should I do if I have further questions about my involvement in the research study?**

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

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| --- | --- |
| **Name** | Emma McDermott |
| **Position** | Research Assistant |
| **Telephone** | 9065 9092 |
| **Email** | emma.mcdermott@blackdog.org.au |
| **Name** | Chloe Lim |
| **Position** | Research Officer |
| **Telephone** | (02) 9065 9061 |
| **Email** | chloe.lim@blackdog.org.au |
| **Name** | Abigail Allsop |
| **Position** | Project Manager |
| **Telephone** | (02) 9065 9163 |
| **Email** | a.allsop@blackdog.org.au |
| **Name** | Dr. Deanna Francis  |
| **Position** | Co-Investigator |
| **Telephone** | (02) 9065 9351 |
| **Email** | deanna.francis@blackdog.org.au |

**Chief Investigator**

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| **Name** | Prof. Jennie Hudson  |
| **Position** | Chief Investigator |
| **Telephone** | (02) 9065 9251 |
| **Email** | jennie.hudson@blackdog.org.au |

**Consent Form – Principal providing school consent**

**Declaration by the participant**

By selecting the “I agree” button below:

* I understand I am being asked to provide consent for my school to participate in this research study;
* I have read the Participant Information Sheet, or someone has read it to me in a language that I understand;
* I understand the purposes, study tasks and risks of the research described in the study;
* I provide my consent for the information collected about my school to be used for the purpose of this research study only.
* I have had an opportunity to ask questions and I am satisfied with the answers I have received;
* I freely agree to participate in this research study as described and understand that I am free to withdraw my school at any time during the study and withdrawal will not affect my or my school’s relationship with any of the named organisations and/or research team members;
* I understand that I can download a copy of this consent form from [INSERT weblink]
* I understand that the results of the research will be made available on the Black Dog Institute Website.

Optional:

* I would like to receive a copy of the study results via email, using the school’s contact details;

Optional Consent for reuse of data and future research:

* I provide my consent for the information collected about my school to made available to other researchers as described at section 7 of the Participant Information Statement (insert link here).
* I provide my consent for my name and contact details to be retained in a register so I can be contacted about other research projects in the future.

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| --- | --- |
| Name of Participant  |  |
| Name of School  |  |

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| --- |
| **I agree** |

**Form for Withdrawal of Participation**

**To be completed by the school of the child participating**

I wish to **WITHDRAW** my consent for my school to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my or my school’s relationship with The University of New South Wales or the Black Dog Institute.

* I am withdrawing my consent for the school to participate and I would like any identifiable information collected about my school which I have provided for the purpose of this research study withdrawn.
* I am withdrawing my consent for the school to participate in further components of this research and provide my permission for the research team to retain and/or use information collected about my school which I have provided for the purpose of this research.
* I am withdrawing my consent for the school to participate and I understand that any information already published and/or not linked to my or my school’s identity cannot be withdrawn from the research.

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| --- | --- |
| Name of Participant |  |
| Name of School |  |

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| **Submit withdrawal of consent for my school** |