RELEASE
REdressing Long-tErm Antidepressant uSE

The University Of Queensland
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# Participant information sheet

## Project: RELEASE: REdressing Long-tErm Antidepressant uSE in general practice

**General Practice Clinical Unit, The University of Queensland**

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## Information for Participants – Patients

### Invitation to participate

This research is conducted by The University of Queensland and funded by the Medical Research Future Fund and the National Health and Medical Research Council. You are invited to take part because your GP has identified you as being eligible to participate. Please take the time to read this information.

### *What is this research about?*

The University of Queensland research team is researching safe cessation of long-term antidepressants (defined as longer than 12 months) in general practice. The RELEASE study is testing interventions designed to support people to safely stop antidepressants when they decide to do so and when there is no clinical indication for continued use.

### *What will participation involve?*

At the start of the study, you will be asked to complete an online survey answering questions about well-being, quality of life and antidepressant use. You will also be asked to complete two follow-up online surveys, one at 6-months and the other at 12-months. Each survey takes about 15-20 minutes to complete. You will receive a $40 e-voucher for completing each survey ($120 e-vouchers in total).

You will be randomly allocated, along with your GP practice, to one of three groups: either the RELEASE intervention group, the RELEASE+ intervention group, or the Usual care group. You will be informed by the research team which group you have been allocated to about 6 to 8 weeks after you complete the first online survey. Participants allocated to the usual care group will receive care as usual from their GP. Participants allocated to either of the two intervention groups will receive a study package from the research team with information about long-term antidepressants and an invitation to schedule an appointment with their GP to discuss and review their antidepressant medication. Participants allocated to the RELEASE+ intervention group will have an opportunity to receive additional information and support.

In all groups, any decision to continue or stop taking antidepressants is made as usual by a patient together with their GP.

Some participants and GPs may be invited to consent to take part in a short interview (about 20 minutes) about their participation in the RELEASE study.

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### *What are the benefits of participation?*

Your involvement in this research will help develop new understanding about safely stopping long-term antidepressants in general practice. This will enable patients in the future to receive better care. Your participation will contribute to developing high quality evidence to support best practice and improve patient care.

### *Do I have to participate?*

No. Participation in this research is entirely voluntary. If you do not wish to take part, you do not have to. Whether or not you decide to participate, your decision will not disadvantage you or your relationship with your GP or The University of Queensland.

If you do consent to participate, you may withdraw at any time without needing to give a reason. If you decide to leave the research project, the researchers will not collect additional information from you, although information already collected will be retained to ensure that the results of the research project can be measured properly. Data collected up to the time you withdraw will form part of the research project results. If you do not want your data to be included, you must tell the researchers when you withdraw from the research project.

### *What will happen to information about me?*

All information collected about you will remain confidential and securely stored by The University of Queensland. Your information will only be used for the purpose of this research project.

By signing the consent form, you consent to the research team collecting and using information about you for the research project. The information the research team collects are your answers to the online survey questions, and relevant data from your GP health records such as health service use data, and antidepressant medication prescribing data.

### *How will the information collected be used?*

Findings from the study will be reported in peer reviewed publications and presented at conferences. Only aggregated data will be reported in any publications or presentations. This means that individual participants will not be identifiable from any reports arising from the project. Non-identifiable data may also be shared with other researchers to encourage scientific scrutiny, and to contribute to further related research. Future use of the data, if any, will not involve identifiable data.

A summary report of the findings will be provided to study participants who indicate this on the Consent Form.

### *Where can I get more information about the study?*

If there is anything you do not understand, or you have any questions or concerns about the research or technical aspects of the project please contact the RELEASE research team.

**Professor Katharine Wallis**

General Practice Clinical Unit, The University of Queensland

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with project staff (contactable on 0437 763 741), if you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinators on +617 3365 3924 / +617 3443 1656 or email humanethics@research.uq.edu.au.

***This information is provided for you to keep***

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