**Attachment B: Participant Information and Consent Form**

**Project title: Evaluating a digital game to prevent depression in trans young people**

**Name of Researchers:** Associate Professor Yael Perry, Professor Ashleigh Lin, Dr Penelope Strauss, Dr Helen Morgan, Holly Moss

**Invitation:**

You are invited to participate in a study for trans young people aged 14-18 which aims to evaluate a game, SPARX-T, delivered via smartphone app and designed to prevent depression in trans young people. You can take part if:

* You identify as trans or gender diverse
* You’re 14-18 years old
* You live in Australia
* You have access to an iPhone and the internet

**Aim of the Study (What is the project about?)**

SPARX-T is a serious game – a game designed for serious purposes – it is based on psychological principles and set in a fantasy world. The original version of SPARX has been found to be effective at reducing and preventing depression in young people, however, this version (SPARX-T) has been adapted for and with trans young people specifically. This study aims to test how effective the SPARX-T is at preventing or improving symptoms of depression, and other related aspects of mental health and wellbeing, in trans young people. We also want to understand how acceptable and feasible the SPARX-T app is for users.

**What does participation involve?**

In this study, you will be randomly allocated to either access the SPARX-T app a) immediately or b) three months after you complete the baseline survey. Regardless of when you get access to SPARX-T, you will be asked to complete three brief surveys at baseline, approximately 5 weeks later and again 8 weeks after that. These surveys will include questions about your demographics, mental health, quality of life and gender identity. For some participants, you will also be asked to provide feedback on your experience of playing the SPARX-T game.

The time commitment for this study is dependent on if you’re allocated the intervention group or the waitlist group. Those in the intervention group will complete 3 surveys at 3 different time points (week 0, week 5 and week 13) which will take approximately 45 minutes total. Additionally, the intervention group will use the app over 5 weeks. There are seven levels, each taking about 20 minutes to complete which totals to approximately 2 hours and 20 minutes of time. You can choose how many levels you complete each week with the ideal being 1 or 2 so you finish all 7 within 5 weeks. For those in the waitlist group, you will complete 3 surveys at 3 different time points (week 0, week 5 and week 13) which will take approximately 35 minutes. Once all three are completed, you may access the SPARX-T app and can choose to complete it if you’d like to.

**Voluntary Participation and Withdrawal from the Study**

Participation in this study is entirely voluntary. If you need to leave the study at any time or are no longer able to continue, you can do this at any time without needing to explain why. If you withdraw, your data will be destroyed. If you choose to leave the study, there will be no consequences on your relationship with Telethon Kids Institute or the research team and you may still participate in any future research that you’re eligible for.

**Your privacy**

Your privacy is important. We understand that not everyone in your life may be aware or understanding, or accepting, of your gender identity. We emphasise that your participation in this study and any information you provide will be treated confidentially.

The data collected will be kept in a de-identified format (not linked to your name or details), in a password protected computer on a secure server at Telethon Kids Institute. The data will be stored for a minimum of 7 years after the last publication date, or until all participants are aged 25, whichever is later. Once complete, the de-identified results of the study will be available on the Telethon Kids Institute website.

**Possible Benefits**

We cannot guarantee any benefits associated with participating in this study. However, by taking part, you may find SPARX-T to be helpful for your own mental health, and you will help us to better understand the impact of using SPARX-T on the mental health of trans young people in general. This may support the translation of evidence-based mental health interventions such as SPARX-T into the community, allowing other trans young people to benefit in the future.

**Possible Risks and Risk Management Plan**

We hope that contributing to this research will be a positive experience and that you may feel like you’re contributing to positive change for young people like you. However, it is possible that you may feel some emotional discomfort whilst working through this app or completing the surveys. During the surveys, we will ask you about different elements of your mental health and if your answers indicate you may be having a hard time, we will provide you with contact details for support services that may help. We will also offer to contact you by phone to talk through options for support and if you agree, can call a trusted adult that you nominate on your behalf. You can also contact us if you’d like some additional help connecting to local support services for your mental health on sparx-t@telethonkids.org.au.

We understand that asking for parent consent isn’t possible for all young people in this study and may not be safe for many participants. For this reason, we don’t require consent from your parents and just require you to answer some questions to make sure you fully understand what participating in this study involves. We do ask for the phone number of a trusted adult, but this does not need to be a parent or guardian. We will not contact this person without your permission over the phone and will not share the specific details of the study beyond being related to youth mental health.

 If you have any other questions about taking part you can contact sparx-t@telethonkids.org.au so we can help answer them.

**Reimbursement**

If you choose to participate, you will be reimbursed with a $50 gift card after you complete the second survey (about 5 weeks into the study) and another $30 gift card after you complete the third survey (another 8 weeks after the second).

If you would like support, here are some places to try:

QLife

Call 1800 184 527 3pm to midnight (AEST), web chat 3pm to midnight (AEST)

[www.qlife.org.au](file:///C%3A%5CUsers%5CHMoss%5CDocuments%5Cwww.qlife.org.au%C2%A0)

Lifeline

Call 13 11 14, web chat 7pm to midnight (AEST), text 0477 13 11 14 12pm to midnight (AEST)

[www.lifeline.org.au](http://www.lifeline.org.au)

Suicide Call Back Service

Call 1300 659 467 24 hours, web chat 24 hours

[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Beyond Blue

Call 1300 22 4636 24 hours, web chat 11am to 12am (AEST)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Kids Helpline

Call 1800 55 1800 24 hours, web chat 24 hours

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

1800RESPECT

Call 1800 737 732 24 hours, web chat 24 hours

[www.1800respect.org.au](http://www.1800respect.org.au)

13YARN: Aboriginal or Torres Strait Islander Crisis Support

Call 13 92 76, 24 hours

[www.13yarn.org.au](file:///C%3A%5CUsers%5CHMoss%5CDocuments%5Cwww.13yarn.org.au%C2%A0)

If you would like, we can also help link you in with youth mental health services or LGBTQA+ networks near you as well.

**Contacts**

If you would like to participate or discuss any aspect of this study please feel free to contact Holly Moss via email at holly.moss@telethonkids.org.au.

Thank you in anticipation of your time - we greatly appreciate your input in this study.

**Associate Professor Yael Perry**

**Chief Investigator**

---------------------------------------------------------------

Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 3703 or by emailing to humanethics@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.

Please click here to take part in the eligibility survey.

**Eligibility Survey**

[Note: the Participant Information Form is presented first, followed by the Eligibility survey before being displayed the Participant Consent Form].

**3. Demographics**

Do you live in Australia?

[Yes/No]

“No” ⇒ “Thank you for your interest in this study. This study is looking for trans or gender diverse young people who live in Australia. You have said that you do not live in Australia, which unfortunately means that you can’t take part in this study. Thank you for your time. This is now the end of the survey. You may close the survey now.”

How old are you?

[drop down options for the following:

* Under 14 years old
* 14
* 15
* 16
* 17
* 18
* Over 18 years old]

If “Under 14 years old” or “over 18 years old” ⇒ “Thank you for showing your interest in this study. This study is looking for trans or gender diverse young people who are between 14 and 18 years old. You have said that you are not in this age range, which unfortunately means that you can’t take part in this study. Thank you for your time. This is now the end of the survey. You may close the survey now.”

Do you identify as trans or gender diverse? This includes any gender identity that is different to the gender that was presumed for you at birth.

[Yes/No]

“No” ⇒ direct to survey exit text: Thank you for showing your interest in this study. This study is looking for trans or gender diverse young people. You have said that you are not trans or gender diverse, which unfortunately means that you can’t take part in this study. Thank you for your time. This is now the end of the survey. You may close the survey now.”

Do you have access to an iPhone?

[Yes/No]

“No” ⇒ “Thank you for your interest in this study. This study requires participants to have access to an iPhone to be able to access the intervention. As you selected no to having access, this unfortunately means that you can’t take part in this study. Thank you for your time. This is now the end of the survey. You may close the survey now.”

**Comprehension questions**

Thank you for reading about the study. Please answer the next few questions. These questions will check your understanding of the study. Choose “True” or “False” to answer each question.

1. I know that this study involves an iPhone app designed to prevent depression.
2. The app is a fantasy game with multiple levels which take about 20 mins each to complete.
3. The app is based on evidence-based psychological skills.
4. Some participants in the study will get access to the game straight away and some will have to wait for 13 weeks.
5. Taking part in this study involves completing surveys and playing the game.
6. I am unsure what this study is about.
7. Taking part in this study is my choice.
8. I don’t have to take part in this study if I do not want to.
9. I can stop taking part in this study at any time.
10. I don’t need to give a reason if I want to stop taking part.
11. I can do other studies even if I stop taking part in this one.
12. Anything that might identify me is confidential.
13. I can ask the researchers any questions I have about the study.
14. I can talk to other people about the study if I want to.
15. I need to give the phone number of a trusted adult to take e part in this study.
16. This trusted adult will only be called if I need additional support and I tell the researchers that they are allowed to contact them.

Outcome:

Outcome:

If any question is answered with “False” (except for statement 6, which is correctly answered with a “False” response) -> “Thank you for expressing interest in this study. Not all of the answers you chose were the right ones. This could mean that you are unsure what this study is about, which means that you won’t be able to take part at this time. If you have any questions, please contact sparx-t@telethonkids.org.au

If all questions are answered with “True” (with the exception of question 6) -> continue to consent form

**Participant Consent Form - Young Person**

**Project title: Evaluating an online game to prevent depression in trans young people**

By typing my email and choosing an option below, I acknowledge that I have read the information provided and any questions I have asked have been answered to my satisfaction. I confirm that I am between the age of 14 and 18 and identify as trans or gender diverse, and I agree to participate in this research project. I understand that I may withdraw at any time without reason and without prejudice.

I understand that I am being asked to provide the phone number of a trusted adult in case my answers suggest that I am at risk of harming myself and may need support. I understand that this person does not need to be a parent or family member but can be another adult who supports my wellbeing. I understand that this person will not be contacted without my agreement and only if I verbally give permission during a phone call with the research team. I understand that during this phone call, the researcher will not share details about this study and will only ask this trusted adult to check in on my wellbeing.

I am aware that data I provide in the surveys about my mental health and data from using the app will be deidentified (not linked to your name or details) and stored on a secure server at Telethon Kids Institute.

I understand that all identifiable information that I provide is treated as confidential and will not be released by the investigator in any form that may identify me unless I have consented to this.

Email: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [forced response]

Phone number of trusted adult \_\_\_\_\_\_\_\_\_\_ [forced response]

Please select one of the following options to indicate if you consent to taking part in the SPARX-T study. You can withdraw your consent at any time by contacting us.

* I agree to participate in this study evaluating the SPARX-T app

***Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time.***

***In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics Office at the University of Western Australia on (08) 6488 3703 or by emailing to to humanethics@uwa.edu.au***

***All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.***

***Next***