

PARTICIPANT INFORMATION AND CONSENT FORM

“The Things You Do Model (Big 5) of Mental Health – the CATALYST Study”

Chief Investigator: Professor Nick Titov

You are invited to participate in this study which explores how the things we do each day can affect our mental health. We are inviting people to answer questionnaires to help us better understand how the things people do, their personality styles and life circumstances combine to affect their mental wellbeing.

This research is being conducted by:

- Professor Nick Titov, School of Psychological Sciences, Macquarie University
- Professor Blake Dear, Director eCentreClinic and Clinical Psychologist, Macquarie University
- Assoc Professor Lauren Staples, Database Manager / Research Fellow, Macquarie University
- Professor Mike Jones, School of Psychological Sciences, Macquarie University
- Dr Rony Kayrouz, School of Psychological Sciences, Macquarie University
- Dr Alana Fisher, School of Psychological Sciences, Macquarie University
- Professor Olav Nielssen, MindSpot Clinic, Macquarie University

Before you decide to participate in this research trial, it is important for you to understand why the research is being done and what participation will involve. Please take the time to read the following information carefully and discuss with others, including your primary physician or specialist, as needed.

PLEASE NOTE: You are also welcome to contact Professor Nick Titov via phone (0488 991 122) or email (contact@ecentreclinic.org) regarding this research or your participation at any point.

1. What is the purpose of this study?

The main purpose of this study is to collect reports from a large and broad cross section of people to help us better understand how the things people do each day, their personality styles and life circumstances combine to affect their mental wellbeing.

We will do this by examining people’s answers to questionnaires about activities, mental health, personality style, life circumstances and other factors. People will be invited to complete questionnaires at one occasion, or on repeated occasions up to a 24-month period. This information will help us understand the things people can do to support their own mental health based on their unique characteristics and circumstances. This information could lead to new public mental health education campaigns and psychological treatments.

2. Background to the trial

We have been developing and evaluating psychological treatments for almost two decades. We have observed that some people can improve their mental health by making changes in their daily routines and habits (that is, their actions), while other people need more intense treatments. Our recent work has identified that five groups of actions are more strongly to our mental health than others – we call these “The Things You Do”, or “The Big 5”). In recent studies we have demonstrated that asking people to restrict the Things You Do leads to a reduction in mental health, and that resuming those actions leads to an improvement in mental health.

This study extends on our previous work by examining the impact of a broader range of factors such as personality traits and life circumstances on mental health. This will help us better understand the combined

impacts of these factors, and also whether there are different patterns for people with different characteristics.

You are invited to participate in this trial and complete either one set of questionnaires (Survey Group) or a similar set of questionnaires each month for a period of up to 24 months (Longitudinal Group).

3. Who is eligible to participate in this research trial?

You are eligible to participate in this trial if:

- (1) You are 16 years or older

We cannot include people who:

- (1) Are unable to read or understand English

4. What does this research trial involve?

Once you have read this information sheet and have decided that you wish to participate, you can apply to participate in the “Things You Do Model (Big 5) of Mental Health – the CATALYST Study” on the eCentreClinic website (www.ecentreclinic.org). We will ask you to complete an online Survey, that is a series of questionnaires, some of which ask about symptoms of depression and anxiety, and which will take approximately 20 minutes to complete. You will then be invited to complete a similar set of questionnaires every month for up to two years, which we expect you will be able to complete in 15 minutes. It is completely up to you whether you choose to complete any of the questionnaires.

5. How is this research being paid for?

There are no costs for participants in this research trial. This study is funded by the eCentreClinic research centre, Macquarie University.

6. Will I benefit from participating in this research?

Based on the experience of participants in other trials, we expect that participating in this study will help you learn more about your mental health and the actions you can take each day to stay mentally healthy. However, we cannot guarantee or promise that you will receive any benefit from participating.

7. Are there risks to participating in this research?

There are no known risks with participating in this study. However, if you become concerned about your mental health, please consider contacting one of the following:

1. You can access free telephone information and support from Lifeline (ph 13 11 14) or Beyond Blue (ph 1300 22 46 36), and you can receive free psychological assessment and treatment via the MindSpot Clinic at www.mindspot.org.au.
2. And should also speak to your GP or primary care physician about the treatment and support options that might be available to you.

And, if it is an emergency, please call an emergency service (dial 000) or present to your nearest hospital.

8. What if I do not want to participate or I want to withdraw later?

Participation in this research study is voluntary. It is up to you whether or not you decide to participate. Your decision will not impact your relationship with the research investigators or their respective institutions. You can also choose to withdraw from the research at any time simply by emailing Professor Titov (contact@ecentreclinic.org) or not responding to our emails.

Importantly, any information and data you provide up until your withdrawal cannot be deleted or withdrawn; consistent with the standard principles for health research.

9. How will my confidentiality be protected?

Confidentiality arrangements will follow Australian Law. Any identifiable information that is collected about you will remain entirely confidential and will not be disclosed without your express permission unless we are required to do so by law.

We will publish the results of this research and discuss these results at national and international scientific conferences; however, in any publication, information will be presented in such a way that you cannot be identified. Moreover, only the eCentreClinic will have access to your personal information.

10. Can I see a copy of the published research?

We will send you annual summaries of the results for your information. You are welcome to request a copy of any research manuscripts that are published. You are also welcome to contact Professor Nick Titov or the eCentreClinic (contact@ecentreclinic.org) to discuss this research and ask any questions you may have at any time.

PARTICIPANT CONSENT FORM

“The Things You Do Model (Big 5) of Mental Health – the CATALYST Study”

Once you have read this Participant Information and Consent form, you can click the ‘consent’ button to enrol in this research trial.

Importantly, by submitting an application, you consent to the points below:

1. You would like to participate in this research study.
2. You have read the Participant Information Statement for this research.
3. You have the opportunity to raise any questions or concerns with us at any time.
4. You can withdraw from this research at any time without prejudicing your relationship with the researchers, the eCentreClinic, or Macquarie University.
5. You understand that, consistent with best practice in health research, the responses you provide up to the point of withdrawal will be retained from analysis.
5. Research data gathered from the present research may be published in a de-identified format; that is, in an entirely anonymous format where individuals cannot be identified.
6. Research data gathered from the present research may be used in future studies not described in the Participant Information Statement; however, all data would be in a de-identified format and all uses will be subject to approval from an Australian Human Research Ethics Committee.
7. You can raise any questions or concerns about this research project with Professor Nick Titov at the eCentreClinic (contact@ecentreclinic.org) at any time.

If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Ethics Review Committee through the Director, Research Ethics and Integrity (telephone +61 2 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

REVOCATION OF CONSENT FORM

If at any time you wish to withdraw from this study, please contact the eCentreClinic by **emailing the text below back to contact@ecentreclinic.org**.

I hereby wish to **WITHDRAW** my consent to participate in the research proposal described above and understand that such withdrawal **WILL NOT** jeopardise any treatment or my relationship with the eCentreClinic or Macquarie University.