Introduction and purpose of study
You are invited to participate in a study examining how different behaviours are related to mood and emotional wellbeing. The primary aim of this study is to identify behaviours associated with good emotional wellbeing. Very little is actually known about the relationship between different behaviours and peoples’ levels of stress, anxiety, low mood, depression and general emotional wellbeing. This study aims to begin to address these gaps in our knowledge.

- Professor Nick Titov, Professor and Director MindSpot Clinic, Macquarie University.
- Dr Blake Dear, Director eCentreClinic and Clinical Psychologist, Macquarie University.
- Dr Rony Kayrouz, Clinical Psychologist / Research Fellow, Macquarie University.
- Dr Olav Nielssen, Senior Psychiatrist, Macquarie University.
- Dr Rhiannon Fogliati, Clinical Psychologist / Research Fellow, Macquarie University.
- Dr Lauren Staples, Research Fellow, eCentreClinic and MindSpot Clinic, Macquarie University.
- Dr Milena Gandy, Clinical Psychologist / Research Fellow, Macquarie University.
- Mr Eyal Karin, Statistician, Macquarie University.
- Dr Sarah McDonald, Clinical Psychologist / Research Fellow, Macquarie University.

PLEASE NOTE: You are also welcome to contact the eCentreClinic via email contact@ecentreclinic.org with any questions regarding this research or your participation at any point.

Who is eligible to participate?
Anyone over the age of 18 who can read and understand English, and who is living in Australia.

What will happen during the study?
If you decide to participate, you will be asked to complete some online questionnaires regarding: basic demographics, the frequency of certain behaviours (things you do), symptoms of stress and low-mood, life satisfaction. These questionnaires should take about 10 to 15 minutes to complete.

Risks and Benefits
You may experience some discomfort in being asked questions related to stress and low-mood. Beyond this, there are no known discomforts or risks expected in participating in this study.

You are able to withdraw from this study at any stage, without any penalty; your participation is voluntary.

If you find that you are experiencing emotional distress, and you want to find out about additional services, you can email: contact@ecentreclinic.org.

In the event of mental health crisis we advise you to immediately contact: (1) the emergency services on 000; (2) Lifeline on 13 11 14; (3) or the Suicide Callback Service on 1300 659 467. Or, if available, contact your general practitioner.

**Costs and Compensation**
There are no direct costs to you in participating, except that you have to provide your own access to the internet. No direct financial compensation is offered for participation in this study.

**Privacy, Confidentiality, and Results**
Any information or personal details gathered in the course of the study are confidential (*except as required by law*). The results of this study will be reported in a de-identified and group-based format in scientific publications and international conferences. Only the research staff will know whether or not you are participating in this study.

**Conflicts of Interest**
Professor Titov is the Director of the MindSpot Clinic, a national assessment and treatment service funded by the Australian Government. The MindSpot Clinic committed to developing strategies for improving the quality of care provided to patients, and this study may contribute to this knowledge base.

**Your Consent**
Your decision whether or not to participate will not prejudice your future relations with Macquarie University. If you decide to participate, you are free to withdraw your consent and to discontinue participation at any time without prejudice.
PARTICIPANT CONSENT FORM

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

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

1. You would like to participate in this research.
2. You have read the Participant Information Statement.
3. You have the opportunity to raise any questions or concerns with us at any time.
4. You can withdraw from the research trial at any time without prejudicing your relationship with the researchers or Macquarie University, Sydney Australia.
5. Research data gathered from the present research may be published in a de-identifed 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 Dr Blake Dear (contact@ecentreclinic.org) at the eCentreClinic 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 +612 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.