



Chief Investigator: Dr Blake Dear

PARTICIPANT INFORMATION AND CONSENT FORM

Exploring the effectiveness of a large self-guided internet-administered cognitive behavioural treatment for obsessive-compulsive disorder: A benchmarking study

You are invited to participate in a research trial of a self-management course, the *OCD Course*, for adults with symptoms of obsessive-compulsive disorder (OCD). The OCD Course is designed to provide good information and skills for managing symptoms of OCD. The research team have been developing the course over the last several years based on feedback from hundreds of adults living with symptoms of OCD. To date, the results have been very encouraging, with participants reporting significant reductions in their OCD symptoms.

This research is being conducted by:

- Dr Blake Dear, Director eCentreClinic and Clinical Psychologist, Macquarie University.
- Dr Bethany Wootton, Senior Clinical Psychologist, University of Technology Sydney and Honorary Senior Research Fellow, Macquarie University
- Dr Rhiannon Fogliati, Clinical Psychologist / Research Fellow, Macquarie University.
- Ms Bareena Johnson, Psychologist, eCentreClinic, 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.
- Professor Nick Titov, Professor and Director 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 care physician, as needed.

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.

1. What is the purpose of this research trial?

The purpose of this research is to 1) examine the effectiveness and acceptability of the OCD Course when offered in an entirely self-guided format; 2) understand who responds best to this kind of treatment; and 3) understand the treatment histories of individuals with OCD who are seeking internet delivered treatment.

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

You are eligible to participate in this trial if: (1) you experience OCD symptoms; (2) you are 18 years or older; (3) you are able to read and understand English; and (4) you have regular access to the internet

PLEASE NOTE: We strongly recommend you discuss your participation in the OCD Course with your doctors and any other health professionals involved in the management of your care.



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

Participation in this research trial is voluntary. It is up to you whether or not you decide to participate and your decision will not impact your relationship with the research investigators or their respective institutions. Importantly, you can also choose to withdraw from the research without any repercussion.

4. What does this research trial involve?

Once you have read this information sheet and decide you wish to participate, you can submit an application to participate in the research trial via the eCentreClinic website (www.ecentreclinic.org). This application process takes about 10 to 15 minutes and involves completing some questionnaires via the eCentreClinic website. These questionnaires assist us in understanding your symptoms and difficulties, as well as whether the Course is likely to be helpful for you. Eligible applicants will be emailed further information for participating in the trial.

The *OCD Course* consists of 5 lessons. You will be asked to complete these lessons over 8 weeks and to complete some simple homework assignments that will help you to remember the material you have learned. Each lesson provides important information about techniques for managing OCD symptoms, with illustrated examples of how people learn these techniques. Each lesson takes about 30 minutes to complete and the homework will take a further 4 hours each week. You will also receive weekly automatic emails to support you going through the course.

We will ask you to complete online questionnaires:

- In the first week of the course (time needed: 20 minutes).
- 9 weeks after starting the course (time needed: 10 minutes).
- 3 months after the Course (time needed: 10 minutes).

These questionnaires will help determine whether the Course has been helpful. We will also ask you for feedback about your experience of the course and things you believe we can improve for future participants. You will have access to the OCD Course for approximately 6 months should you continue to participate in the research.

5. How is this research being paid for?

There are no costs for participants in this research trial.. This research is funded from a grant provided to the investigators from the International OCD Foundation.

6. Will I benefit from participating in this research trial?

Based on our previous research, we expect that you will find this course interesting and helpful. We expect it will help you to manage your OCD symptoms and improve your emotional wellbeing. For example, based on previous research, we know that more than 80% of participants find the course worth their time and that they would recommend them to others. However, we cannot guarantee or promise that you will receive any benefit from participating.



7. Are there risks to participating in this research trial?

Although unlikely, it is possible that some individuals may become anxious or sad when completing the questionnaires or when reading through the Course materials. Importantly, if you become distressed or concerned, you are encouraged to speak about these issues with your primary care physician. You are also welcome to withdraw from this research at any time if you do not wish to continue with the trial.

It is very unlikely that the present study will result in physical harm. No adverse effects have been reported in similar studies reported in similar research.

PLEASE NOTE: In the event that you feel a significant deterioration in your mood or feel at risk of self-harm or become concerned about your OCD symptoms, please arrange to see your primary care physician or contact emergency services immediately. Participants in Australia can contact Lifeline on 13 11 14. International participants can use the befrienders website (www.befrienders.org) to find a telephone crisis service.

8. 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 key researchers affiliated with the eCentreClinic will have access to your personal information.

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

You are welcome to request a copy of any research manuscripts that are published. You are also welcome to contact Dr Blake Dear or the eCentreClinic to discuss this research and ask any questions you may have at any time.