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Experiences that help ignite hope for mental health recovery

PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?

You are invited to participate in this survey to help us learn more about what experiences give people a feeling of hope for their future and their mental health recovery. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you are happy to take part in the research. Please read this sheet carefully and contact Nicola Hancock on 02 93519379 to ask questions about anything that you don't understand or want to know more about.

Participation in this research study is voluntary.

By giving your consent to take part in this study you are telling us that you:

- ✓ Understand what you read below.
- ✓ Agree to take part in the research study as described below.
- ✓ Agree that we can use what you tell us in the survey in the way we explain below.

(2) Who is carrying out the study?

Angela Yeung is conducting this study as the basis for the degree of Bachelor of Applied Science (Occupational Therapy) Honours at The University of Sydney. This will take place under the supervision of Dr Nicola Hancock, Dr Justin Scanlan and Dr Anne Honey.

(3) What does the study involve?

If you agree to be involved in this study we would like you to complete a few general questions and then two questions about hope.

(4) How long will it take?

The survey should take between 10 and 30 minutes depending on how much detail you are happy to share with us.

(5) Can I withdraw from the survey once I've started?

Participating in this study is completely voluntary. You do not have to agree to do the survey. If you do agree to be involved, you can stop doing the survey at any time without it affecting your relationship with The University of Sydney, the researchers or the staff from the organisation that told you about this study. You may stop the survey at any time if you do not wish to continue. Pressing the 'submit' button at the end of the survey will let us know you are happy to be involved in the study. Once you have pressed the submit button, your responses can not be withdrawn because it will be anonymous and therefore we will not be able to tell which one is yours.

(6) Are there any risks or costs associated with being in the study?

We hope that doing this survey will be a positive experience for you because we are asking about a positive recovery experience. There is a small risk that filling in the survey may make you may feel uncomfortable or distressed because it may remind you about something that was not positive. If this occurs you are welcome to stop completing the survey. At that time or afterwards, you are encouraged to call one of the phone numbers provided at the end of this information or get in touch with your usual mental health supports.

(7) Will the study benefit me?

Although we hope you enjoy telling this positive story, we cannot guarantee that you will receive any direct benefits from being in the study.

To thank you for participating in the study, you will have the option to provide us with your contact details to go into the draw for one of 10 \$50 vouchers as a sign of appreciation for the efforts you and others have made to taking the time to tell us about your experiences in this study. Any contact details you provide will be collected and stored completely separately from your responses on the survey, so we will never be able to link your contact details back to the information you provided in the survey.

(8) Will anyone else know the results?

Only the researchers will have access to the information you give us in the survey. Reports of this study will be submitted for publication in an Honours Thesis and will be published in a journal. We will also develop a user-friendly booklet to share many of the different experiences that made people hopeful with other consumers and mental health staff. We will make sure that none of the stories are identifiable.

(9) Can I tell other people about the study?

Yes, you are very welcome to tell other people about the study.

(10) What if I would like further information about the study?

If you would like to know more please feel free to contact Nicola Hancock on nicola.hancock@sydney.edu.au or 93519370.

(11) Will I be told the results of the study?

You are welcome to receive a summary of the results of this study. If you would like to, you will have the opportunity to tick a box at the end of the survey and provide your contact details. You can also provide you contact details if you would like to be told about any future mental health studies you could participate in. Note that these details will be collected and held separately from your

responses on the questionnaire, so we will never be able to link your contact details back to the information you provided in the survey.

(12) What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [2017/923]. As part of this process, we have agreed to carry out the study according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below. Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

If you feel distressed or concerned by issues brought up in the survey, please contact one of the following: Lifeline - 13 11 14, Beyondblue - 1300 22 4636 or make contact with your current mental health support or services.

Please print or save a copy of this information sheet for future reference

<https://redcap.sydney.edu.au/surveys/index.php?s=JRR7Y8XM4R>