

## PARTICIPANT INFORMATION SHEET

### *Smooth Sailing: Evaluating an online service for student wellbeing*

#### **What is this study about?**

The Black Dog Institute has built an online service called “Smooth Sailing”. This service aims to help students cope with worry, stress, and feelings of sadness. We are currently evaluating this service through a large research study in high schools. Your high school recently participated in the Smooth Sailing evaluation, and we are now interested in hearing about your experiences with the service. This research study is being carried out by Dr Bridianne O’Dea from the Black Dog Institute and is funded by HSBC Philanthropic Foundation.



#### **What does this study involve?**

This part of the project involves completing a questionnaire. This questionnaire will be delivered at two time-points: once at the beginning of the study and again 12 weeks later. The questionnaire will ask you about your expectations of, and experiences with Smooth Sailing. There are no right or wrong answers to the questions, and you don’t have to answer them if you do not wish to. The questionnaire will also ask you some questions about yourself (age, gender), but will not include your name. Instead you will be allocated a unique ID code to ensure your responses are anonymous.

#### **What happens to the information collected?**

Your questionnaire responses will be stored on a password protected file on a UNSW computer server. It will only be accessible to members of the research team. Your unique ID code will be used to label the data—your name will not be included in any of the recordings or file names. It is a requirement of the ethics committee that all interviews are stored for 7 years. In any publication and/or presentation of the research, the information shared will not be individually identifiable. Only the research team will have access to any data collected.

#### **Are there any risks?**

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study.

#### **Do I have to participate?**

No. Participation is entirely voluntary. There is no obligation to take part. This decision will not affect your relationship with your child’s school, the University of New South Wales or the Black Dog Institute.

#### **How can I find out the results of the study?**

If you would like to receive electronic feedback via email, please indicate this when signing consent. An overview will also be published on the Institute’s website.

#### **What if I want to withdraw ?**

You can withdraw consent at any time by contacting the research team using the details below. No reasons need to be given. If you decide that you wish to withdraw, any data collected prior to withdrawal will be removed from the study. To do so, please contact the research team and provide your name.

#### **What if I have questions or complaints?**

If you have any questions, feel free to contact the chief investigator Dr Bridianne O’Dea at any time by email [b.odea@blackdog.org.au](mailto:b.odea@blackdog.org.au) or phone 02 93828509. If you wish to make a complaint, please contact the Human Research Ethics Committee by email [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au) or by phone 02 93856222 and quote the HC reference number 17910.

## DECLARATION OF CONSENT

Please indicate the following:

- I have read the Participant Information Sheet above;
- I understand the purposes, tasks, and risks of this research project;
- I understand that de-identified data about myself will be stored on UNSW computer servers for 7 years.
- I freely agree to participating in this research study as described above and understand that I am free to withdraw at any time during the project and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
- I am satisfied with the information I have received;
- I would like to receive feedback from the Institute on the study results via email.
- I am happy to receive information about other youth mental health studies at the Institute.

Name	
Signature	
Email address	
Phone number	
Date	

**PLEASE RETURN TO THE RESEARCH TEAM AS SOON AS POSSIBLE BY EMAIL**  
**b.odea@blackdog.org.au**  
**THANK YOU.**

---

**Declaration by Researcher (Office use only)**

I believe that the participant has understood the above information and hereby authorise their participation in the study.

**Researcher Signature**

Name of Researcher	
Signature of Researcher	
Date	