



THE UNIVERSITY
OF QUEENSLAND

This study adheres to the Guidelines of the ethical review process of The University of Queensland and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with project staff, Adam Lo, contactable on 07 3089 4100. If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Coordinator on 3365 3924.



Version: 5.0B	Last Amended: 01 February 2018	Next Scheduled Review: 01 February 2019
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Participant Information and Consent Form (For the Young Person)

Arts On Our Mind: The effectiveness of creative activities in promoting mental wellbeing and reducing psychopathological symptoms in children of families with a mental illness

Child and Youth Academic Clinical Unit
Metro South Addictions and Mental Health Services
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Metro South Health



Participant Information and Consent Form

Version 5.0B: 01 February 2018

Site: Child and Youth Academic Clinical Unit , Metro South Addiction and Mental Health Services

Full Project Title: **Arts On Our Mind: The effectiveness of creative activities in promoting mental wellbeing and reducing psychopathological symptoms in children of families with a mental illness**

Research Supervisor: Dr Matthew Bambling (Psychologist) – Principal Advisor
E.Professor Graham Martin (Psychiatrist) – Secondary Advisor

Principal Researcher: Adam Lo (Occupational Therapist – Mental Health)

You are asked to see if you would like to take part in a research which looks at whether creative activities can be used to bring good mental health, or to make less of/get rid of signs and symptoms of mental health problems in young people, especially children who came from families where someone has a mental illness.

Some of the participants (Experimental Group) will take part in the group straight away whilst completing a range of questionnaires in the process. Other participants (Waitlist Group) will also complete a range of questionnaires but not take part in the group straight away. However, after completing all the required questionnaires, these participants will then have the opportunity to take part in the intervention group as well.

You will be informed of how and which part of the research you will be involved in.

Please read this information carefully. Ask questions about anything that you do not understand or wish to know more about. Whether you want to take part in this research or not, it is totally up to you.

If you decide you want to take part in the group, you will be asked to sign this form. Only sign it if you

- understand what you have read;
- agree to take part in the research and its activities;
- allow us to use your personal and health information

ABOUT THE GROUP

- This research wants to see if creative arts activities can be used to help increase mental wellness and lower the signs and symptoms of mental health problems in young people, particularly children who are from families where someone has a mental illness.
- This research was started by Adam Lo, a mental health occupational therapist completing his Doctorate of Philosophy at the University of Queensland and supervised by Dr Matthew Bambling and Professor Graham Martin. He is also a worker at Metro South Health.
- This research may involve taking part in a creative activities group with five sessions (3 hours each time) every week for five weeks. Every week there will be different creative arts activities and exercises. Some participants will fill out three sets of questionnaires at the start of the interventions and again after the five weeks, as well as at one-month after finishing with the interventions. Other participants will only fill out the questionnaires but not take part in the interventions until after all the questionnaires are completed. They belong to the 'waitlist control' group. Three brief questionnaires (Session Rating Scale, Outcome Rating Scale and Group Outcome Rating Scale) will also need to be completed during each session. Your parents/guardians may also be asked to complete other questionnaires. The groups will be held at 51 Wembley Road, Logan Central, QLD.
- The research interventions may help you develop better self esteem, know what you are good at and what you can improve on, as well as how to better get along with others.
- There is no direct physical risk to you when participating in this

research. Any danger in your environment will be dealt with by the facilitators straight away.

- You may become upset when you remember sad or bad things that happened in the past. If this is the case you will be given the care that you need. This includes referral to a suitable mental health clinician or service for counselling and if required, further assessment and treatment.
- You can stop taking part in the research at any time and this is perfectly okay.
- You can ask for the progress and results of the research whenever you like.
- All information taken from this research will be kept safe and will not be shared with others unless they are involved in the project and given permission to do so. We may keep the information for up to 15 years. We will ask you if we want to share any information with other people not involved in the project. We might use the information in conferences, books and journals. Your personal details will not be shared at any stage.
- In the future we may want to do more study and need your help or permission. If you are happy to do this, please tick the box on the consent form. This is completely up to you.

Who can I contact?

If you would like any more information about this project or if you have any problems or concerns relating to your involvement in the project, you can contact the research coordinator, Adam Lo on (07) 3089 4100 or adam_lo@health.qld.gov.au

CONSENT

I have read, or have had read to me in a language that I understand, this document and I understand what this research project is all about.

I give permission for my information and other information I have shared about my family to be used for future research activities and that the information can be shared between the right people who are involved with the research but not other members of the public.

I have had the chance to ask questions and I am happy with the answers I have received.

I am happy to take part in this research project.

I understand that I can have a copy of this form if required.

I understand that the information I provide for this project may be used for other projects if I am happy for this to happen.

Participant's name (printed)

I have read the information contained in this Participant Information and Consent Form. I have been given the chance to ask questions and was provided with answers. I agree to take part in this study.

Name.....

DATE

Signature /..... /.....

- Please tick if you wish to receive a summary of the findings when this project is completed.**
- Please tick here if you consent to consider your participation in further study that may or may not be related to this particular research in the future. We will contact you and another consent form will need to be signed.**

Declaration by clinician/researcher* gaining consent: I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant and his or her parent/guardian have understood that explanation.

Clinician's name (printed)

Date

..... /..... /.....

Signature

Note: All parties signing the consent section must date their own signature.