



## Parent/Guardian Information & Consent Form Youth Aware of Mental Health (YAM) Study

As part of the Wellbeing initiative at your school, all Year 9 students will be participating in YAM for five hours over a three-week period. This program is an evidence-based mental health and wellbeing program, which is free and will be delivered at school by qualified YAM Instructors (more information on YAM can be found here: [insert link](#)). The school has agreed to participate in a study of YAM and we now seek your permission for your child to participate.

Researchers at the Black Dog Institute would like to invite your child to participate the study, 'LifeSpan Trial of Youth Aware of Mental Health (YAM) Program in ACT Schools' (UNSW Human Research Ethics Committee approval: [insert code](#)). This study aims to examine the effect of the YAM program and is being carried out by Dr Michelle Tye and Dr Lauren McGillivray from Black Dog Institute (at UNSW), and Dr Alison Calear from the National Institute for Mental Health Research (at ANU). The study is being funded by ACT Health.

### What does the study involve?

The study will focus on Year 9 students in the ACT aged between 14 to 16 years old. Students will be asked to complete a survey at three time points: a pre-intervention, an immediate post-intervention, and a 3-month follow up. The survey will take about 30 minutes to complete each time and asks questions about their mental and emotional wellbeing. After completing the survey, your child will either be in a school that participates in the YAM program straight away or one that delivers YAM at the end of the year. Program delivery will be assigned to schools at random.

### Remuneration

If you complete the consent form, whether you say 'yes' or 'no' to participation, your child will be entered into the draw to win a prize at the school (tbd in consultation with schools but could include movie tickets, iTunes voucher) valued up to \$30. The draw will take place after the first surveys are completed at their school and will be drawn by a researcher involved in the study.

### Risks

Although we have found that most students participating in similar programs find it a valuable experience, some find it upsetting to answer questions, receive information, or participate in activities related to their moods and feelings. This study includes some questions that are sensitive in nature and ask about students' thoughts and feelings about depression and suicide. We don't expect this survey to cause any harm or discomfort. However, students will be made aware of and provided with a list of helplines and services, including their school counselling service, should they experience distress because of participation in this study. Further, if survey responses indicate a student may be experiencing mental health problems requiring support, their name will be confidentially communicated to school wellbeing staff to check in with them and offer support.

### Benefits

The current project aims to decrease suicidal thoughts and have a positive influence on students' mental, social and emotional wellbeing, which is an important outcome given the high rates of suicidal ideation and self-harm currently exhibited in young people in Australia. Given the success of the YAM program in Europe, North America, and locally across the state of NSW, the trial has the potential to significantly impact the wellbeing of young people in the ACT. We also hope that this evaluation of the YAM program will benefit other young people by providing more information about mental health promotion and suicide prevention for young people in Australia.



### Confidentiality and Privacy

Only the researchers involved in this project will have access to the data. All data will be stored on a secure, password protected university server for 5 years after publication, at which time all data will be then destroyed. All publications and reports of study results will be presented in an aggregate manner so individuals will not be identifiable. If you would like to receive a copy of the overall study results, you can let the research team know by adding your email or postal address to the consent form.

In collecting personal information within this research, the UNSW must comply with the provisions of the Privacy and Personal Information Protection Act 1998 (NSW), Privacy Act 1988 (ACT), and the Australian Privacy Principles (APPs). You have the right of access to personal information held about you by the University, the right to request correction and amendment of it, and the right to make a complaint about a breach of the Information Protection Principles as contained in the PPIP Act. Further information about the UNSW Privacy Management Plan can be found at [https://www.legal.unsw.edu.au/compliance/privacy/unsw\\_pmp.pdf](https://www.legal.unsw.edu.au/compliance/privacy/unsw_pmp.pdf)

### Does my child have to take part in the study?

Participation in this project is completely voluntary. Your choice to allow your child to participate in the study will not affect their ability to participate in the program. That is, your child can still be involved in the program even if they are not part of the study. If you decide that you do not want your child to participate in the *program*, you can advise the school of this decision; [this Parent/Guardian Information and Consent Form is to ask for your consent to allow your child to participate in the study.](#)

Knowing what is involved in the study will help you decide whether you would like your child to take part. Please read this information carefully. We advise discussing participation with your child before deciding whether or not you consent to their taking part. If you allow your child to participate, they will then be asked for their consent to participate in the study. Your decision will not affect your or your child's relationship with the Black Dog Institute, the University of New South Wales, or the Australian National University.

If you allow your child to participate, you are both free to withdraw from the study at any time, without any repercussions and without having to give a reason. You can do so by notifying the research team either in person or by phone or email, saying that you no longer want your child to participate. Alternatively, you can complete the 'Withdrawal of Consent Form', provided here: [insert link](#). If you or your child decide to withdraw, no additional information will be collected and any identifiable information about your child will be removed.

### Questions or concerns

If you have further queries about the project, please contact the Primary Investigator or Postdoctoral Research Fellow:

Dr Michelle Tye  
Primary Investigator  
Black Dog Institute, University of New South Wales  
Email: [m.torok@unsw.edu.au](mailto:m.torok@unsw.edu.au)

Dr Lauren McGillivray  
Postdoctoral Research Fellow  
Black Dog Institute, University of New South Wales  
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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) 9385 6222. If you or your child are currently feeling distressed, or begin to feel so during the survey or at any point in the program, please do not continue. There are services to help you. Please talk to your school wellbeing staff, GP, or contact one of the following services: **Lifeline** (13 11 14, [www.lifeline.org.au](http://www.lifeline.org.au)); **Kids Helpline** (1800 55 1800, [www.kidshelpline.com.au](http://www.kidshelpline.com.au)); **Suicide call-back service** (1300 659 467, [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)); **Beyondblue** (1300 224 636, [www.beyondblue.org.au](http://www.beyondblue.org.au)); **SANE** (1800 187 263, [www.sane.org](http://www.sane.org)); or **Headspace** (6201 5343, [www.headspace.org.au](http://www.headspace.org.au)).



## Declaration of Consent

### The LifeSpan trial of Youth Aware of Mental Health (YAM) Study

If you agree with the following statements, please complete and sign the bottom of this form:

- I have read the Parent/Guardian Information Sheet or someone has read it to me in a language that I understand;
- I understand the aims, study tasks and potential risks of the research;
- I have had an opportunity to ask questions or been provided with a contact to ask questions or express concerns;
- I provide my consent for the information collected about me or my child to be used for the purpose of this research study only;
- I freely agree to my child being provided with the opportunity to participate in this study and understand that I am free to withdraw this consent 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 consent for my child (full name) \_\_\_\_\_ to participate in the project (surveys). YES  NO

If yes, please provide your child's school email address: \_\_\_\_\_

Parent/guardian full name: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

If you would like a summary of the study findings, please provide your email or postal address:

\_\_\_\_\_

**\*\*By submitting this form your child will receive an entry into the prize draw (whether consent is Yes or No)\*\***