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Post-Event Rumination in Social Anxiety Disorder

**PARTICIPANT INFORMATION STATEMENT**

1. **What is this study about?**

You are invited to take part in a research study that aims to investigate ways in which people think about a speech task. It is hoped this study will provide greater understanding about rumination processes in social anxiety and lead to treatment recommendations.

You have been invited to participate in this study because you completed an online questionnaire as part of the SONA pre-screening. This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and 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 have read.
* Agree to take part in the research study as outlined below.
* Agree to the use of your personal information as described.

You will be given a copy of this Participant Information Statement to keep.

1. **Who is running the study?**

The study is being carried out by Hayley Donohue, who is conducting this study as part of the MCP/PhD at The University of Sydney. This will take place under the supervision of Associate Professor Maree Abbott.

1. **What will the study involve for me?**

You will be initially being asked to participate in a diagnostic screening interview to determine eligibility for this study, however even if you are not eligible to participate in the rest of the study you will still receive full course credit for the initial session. The structured interview is primarily used for research purposes and is not a comprehensive diagnostic tool, hence participants will not be provided with a formal diagnosis. Following this, participants will complete a series of questionnaires about thoughts, feelings, and behaviours. Then, participants will complete a short 3-minute speech task and some further questionnaires about the speech task. Some participants will then complete a task looking at the utility of negative thoughts about the speech task. Over the following four consecutive days all participants will be emailed a link to an online questionnaire which they need to complete each day, with these questions also in relation to the speech task. Finally, some participants will be invited to attend an optional interview for extra SONA credit on the final day.

1. **How much of my time will the study take?**

The first testing day will be on campus and take approximately 2 hours to compete. This will involve the interview, questionnaires, a speech task and for some participants a task looking at the utility of negative thoughts about the speech task. Over the following four consecutive days you will be emailed a link to an online questionnaire which can be completed at home and will take 5-10 minutes each day, and 15 minutes on the final day. Also on the final testing day, some participants will attend an optional interview at the same location as the first testing day, and will take a total of approximately 30 minutes. Total time is 2.5-3.5 hours and you will receive appropriate course credit for participation.

1. **Who can take part in the study?**

Participants who indicate experiencing anxiety in social situations that causes distress and interference in their life, over and above any other concerns they may have, are eligible to participate in this study. The reason for this inclusion criteria is due to rumination specifically in social anxiety being the primary area of interest in this study.

1. **Do I have to be in the study? Can I withdraw from the study once I've started?**

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney. If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this by notifying Hayley Donohue, who will be carrying out the study, or Maree Abbott.

You are free to stop the interview/s at any time. Unless you say that you want us to keep them, any recordingswill be erased and the information you have provided will not be included in the study results. You may also refuse to answer any questions that you do not wish to answer during the interview/s.Submitting your completed questionnaire is an indication of your consent to participate in the study. You can withdraw your responses if you change your mind about having them included in the study, up to the point that we have analysed and published the results.

1. **Are there any risks or costs associated with being in the study?**

While some questions in the interview/s are sensitive in nature, all responses are kept anonymous and you may also refuse to answer any questions that you do not wish to answer during the interview/s. Additionally, it is anticipated that completing a speech task may lead to some mild transitory distress but not dissimilar to completing a brief presentation in a tutorial class. If at any point you feel that you require ongoing assistance with any issues raised, you can ask Hayley Donohue who can provide recommendations of appropriate services, or alternatively contact the USYD Psychology Clinic (9114 4343), Counselling and Psychological Services (CAPS; 8627 8433), Lifeline (13 11 14), Beyond Blue (1300 22 4636) or your local GP. Aside from giving up your time, we do not expect any other potential risks or costs associated with taking part in this study.

1. **Are there any benefits associated with being in the study?**

Participants will be awarded course credit for participation in this study. Participants must take part in all compulsory sessions of the study (for which they are eligible) to receive course credit. The final interview is not compulsory but will result in extra credit being awarded. It is additionally hoped that data from this study will assist in determining how people can be assisted when negatively thinking about future social situations.

1. **What will happen to information about me that is collected during the study?**

Video recordings of the initial interview, speech task, brief intervention and final interview will be stored securely with only researchers having access to these recordings. They will be used for analysis only and stored on a School of Psychology network drive. All questionnaires will be completed on the Qualtrics Survey Software that the School of Psychology has a licence for. You will be asked to record your student number, student email, and mobile phone number (optional) in order to link questionnaires over time and so you can be contacted to complete the questionnaires. This information will not be used to identify you and you are asked to not record this information with any identifying information (i.e., your name). Electronic data will be stored on the Qualtrics Survey software during the study and then downloaded to a statistical software program following completion of the study, at which point your student number, student email and mobile phone number (if entered) will be deleted from the database. All information collected will be kept confidential and only the researchers will have access to it. Results will be published in a PhD thesis and a journal publication and data will be stored securely for twenty years before being destroyed.

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.Your information will be stored securely and your identity/information will be kept strictly confidential, except as required by law. Study findings may be published, but you will not be individually identifiable in these publications*.*

1. **Can I tell other people about the study?**

It is important that you do not discuss the specific details of the research project with others who may potentially participate in the study in order to reduce the risk of participant bias. Data collection for the study will be completed by November 2020, and you may discuss the study with others after this time.

1. **What if I would like further information about the study?**

When you have read this information, Hayley Donohue will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Hayley Donohue (email: hayley.donohue@sydney.edu.au) or A/Prof Maree Abbott (email: [maree.abbott@sydney.edu.au](mailto:maree.abbott@sydney.edu.au); phone: 9114 4342).

1. **Will I be told the results of the study?**

You have a right to receive feedback about the overall results of this study. You can tell us that you wish to receive feedback by ticking the relevant box on the consent form. This feedback will be in the form of a one page lay summary. You will receive this feedback after the study is finished.

1. **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 *[INSERT* protocol number once approval is obtained*].* 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](mailto:human.ethics@sydney.edu.au)
  + **Fax:** +61 2 8627 8177 (Facsimile)

# This information sheet is for you to keep