1. **What is the research study about?**

You are invited to take part in this research study. The research study aims to assist in the evaluation and further development of a new smartphone application (app) to support the mental health and wellbeing of all Junior Medical Officers (JMOs; including Interns, Residents, Registrars, and Junior Career Medical Officers) in New South Wales (NSW). The app also includes a module on how to address concerns resulting from the ongoing coronavirus outbreak.

The aim of this study is to assess the general effectiveness of the app as well as its usability, feasibility, and acceptability. Results from this study will help us to make any improvements to the app to ensure that it is tailored to the needs of JMOs.

1. **Who is conducting this research?**

The study is being carried out by the following researchers:

|  |  |  |
| --- | --- | --- |
| **Name** | **Position** | **Organisation** |
| A/Prof Sam Harvey | Head, Workplace Mental Health Research Program | Black Dog Institute |
| Ms Isabelle Counson | Senior Project Manager | Black Dog Institute, UNSW |
| Dr Samineh Sanatkar | Postdoctoral Fellow | Black Dog Institute, UNSW |
| Ms Alexandra Bartholomew | Research Assistant | Black Dog Institute |

Research Funder: This research is funded by the NSW Ministry of Health and is one of the 10 initiatives outlined in the JMO Wellbeing and Support Plan. As the primary funder, NSW Health assists with the promotion of this research. This projects also receives funding from Insurance and Care NSW.

1. **Inclusion/Exclusion Criteria**

Before you decide to participate in this research study, we need to ensure that it is ok for you to take part. The research study is looking to recruit people who meet the following criteria:

* Are willing to provide consent to participate
* Currently employed as a Junior Medical Officer (Intern, Resident, Registrar or Junior Career Medical Officer) in New South Wales
* Own an internet-enabled smartphone that has an Apple or Android operating system

Participants who do not meet one or more of the above criteria will be excluded from the study.

1. **Do I have to take part in this research study?**

Participation in any research study is voluntary. If you do not want to take part, you do not have to.

If you decide you want to take part in the research study, you will be asked to:

* Read the information carefully (ask questions if necessary)
* Complete the online screening, registration, and questionnaire
* Download the app (instructions will be provided) and use it over 4 weeks
* Complete another online questionnaire at the end of the 4-week period

1. **What does participation in this research require, and are there any risks involved?**

If you decide to take part in the research study, we will ask you to complete a screening survey to assess your eligibility, a registration page to create your app account, and an online questionnaire. The questionnaire will ask you questions about your mental health (we will provide you with instant feedback if you score at elevated levels), your work and social relations and whether you have sought help for emotional problems. The second questionnaire will also ask you questions about what you liked and disliked about the app and your reasons for signing up to the study. It should take approximately 20 minutes each time to complete the first and second battery of questions.

Participation in this study involves providing your first name, email address and telephone number for the purpose of creating an app user account (this will happen electronically in an automated process). When you use the app, basic app usage data will be collected such as which app components you accessed and completed, the length of time you used the app for and the number of days the app was accessed. You will receive automated notifications and two email reminders three and nine days after the follow-up survey becomes available, if applicable, to let you know when the second research questionnaire is ready for you.

To reimburse some of you for your time participating in this project, we will randomly select four winners out of everyone who completed the first and second questionnaire to win one of four $100 eGift Cards (redeemable at various branches and businesses such as Uber, Coles, Woolworth, Myer, Bunnings, Hoyts, Endota Spa and others). We will ask you at the end of the second questionnaire whether you would like to enter the prize draw.

If you experience discomfort or feelings of distress while participating in the research and you require support, you can stop participating at any time. You can also tell a member of the research team and they will provide you with assistance or, alternatively, a list of support services and their contact details are provided below.

If at any stage during the study, you become distressed or require additional support from someone not involved in the research please call:

**Contact for feelings of distress**

|  |  |
| --- | --- |
| **Name/Organisation** | Lifeline |
| **Description** | Crisis helpline |
| **Telephone** | 13 11 14 |
| **Website** | https://www.lifeline.org.au |
|  |  |
| **Name/Organisation** | Beyond Blue |
| **Description** | Counsellors |
| **Telephone** | 1300 22 4636 |
| **Website** | https://www.beyondblue.org.au |

Please also speak to your GP or mental health professional. The above helplines can assist you with getting in touch with an appropriate mental health professional in your area.

1. **What will happen to information about me?**

Submission of the online questionnaire is an indication of your consent. By clicking the ‘I agree to participate’ button you are providing your permission for the research team to collect and use information about you for the research study.

The research team will store the data collected from you for this research project for:

* A minimum of 5 years after the publication of the research results

The information about you will be stored in a:

* Re-identifiable format where any identifiers such as your name, email address, and mobile phone number will be replaced with a unique code.

You will be asked to provide your consent for the research team the share or use the information collected from you in future research that:

* Will be specific to the aims of this research;
* Will be an extension of, or closely related to, the original project; or is in the same general area of research;

Your information will only be shared in a format that will not identify you.

Please note that technical staff at the Black Dog Institute will have access to your identifiable information in case you need any technical support. The research team will access your name and email address for the purpose of determining the prize draw winners if you choose to opt in at the end of the second questionnaire or if you contact us with any questions that make it necessary to verify your identity.

Results of this research will be reported in scientific journals, professional publications, or conferences. In any case, findings will be disseminated in a de-identified manner and on a group-based level to ensure the anonymity of all respondents.

1. **How and when will I find out what the results of the research study are?**

The research team intends to publish and report the results of the research. All Information will be published in a way that will not identify you.

If you would like to receive a copy of the results you can let the research team know by contacting [shift@blackdog.org.au](mailto:shift@blackdog.org.au). We will only use these details to send you the results of the research.

1. **What if I want to withdraw from the research study?**

If you do consent to participate, you may withdraw at any time. You can do so by completing the ‘Withdrawal of Consent Form’ which is provided at the end of this document. Alternatively, you can email the research team at [shift@blackdog.org.au](mailto:shift@blackdog.org.au) and tell us you no longer want to participate. If you decide to leave the research study, the researchers will destroy any information that has already been collected (unless you give permission for this information to be kept) and no additional information will be collected from you. Your decision not to participate or to withdraw from the study, will not affect your relationship with UNSW Sydney, the Black Dog Institute, NSW Health, Insurance and Care NSW, or any other organisation.

The information you provide is personal information for the purposes of the Privacy and Personal Information Protection Act 1998 (NSW). 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 on how the University protects personal information is available in the [**UNSW Privacy Management Plan**](https://www.legal.unsw.edu.au/compliance/privacyhome.html).

1. **What if I have a complaint or any concerns about the research study?**

If you have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

**Complaints Contact**

|  |  |
| --- | --- |
| **Position** | Human Research Ethics Coordinator |
| **Telephone** | 02 9385 6222 |
| **Email** | [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au) |
| **HC Reference Number** | **HC200212** |

1. **What should I do if I have further questions about my involvement in the research study?**

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

**Research Team Contact**

|  |  |
| --- | --- |
| **Name** | Dr Samineh Sanatkar |
| **Position** | Postdoctoral Fellow |
| **Telephone** | 02 9382 4368 |
| **Email** | s.sanatkar@unsw.edu.au |

**Chief Investigator**

|  |  |
| --- | --- |
| **Name** | A/Prof Samuel Harvey |
| **Position** | Chief Investigator |
| **Telephone** | 02 9382 8356 |
| **Email** | [s.harvey@unsw.edu.au](mailto:s.harvey@unsw.edu.au) |

**Consent Form – Participant providing own consent**

**Declaration by the participant**

By checking the I agree/start questionnaire option below:

* I understand I am being asked to provide consent to participate in this research study;
* I have read the Participant Information Sheet, or it has been provided to me in a language that I understand;
* I provide my consent for the information collected about me to be used as described in section 6 of this document.
* I provide my consent for the information collected about me to be made available to other researchers as described at section 6 of this document.
* I understand that if necessary, I can ask questions and the research team will respond to my questions.
* I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the study and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
* I understand that I can download a copy of this consent form from **[INSERT weblink URL TBC]**
* If I would like to receive a copy of the study results via email or post, I can provide my details to the research team via shift@unsw.edu.au and ask that they be used for this purpose only.

|  |
| --- |
| **I agree to participate** |

**Form for Withdrawal of Participation**

I wish to **WITHDRAW** my consent to participate in the research proposal described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of New South Wales, the Black Dog Institute, NSW Health, Insurance and care NSW, or any other organisation.

* I am withdrawing my consent and I would like any identifiable information collected about me which I have provided for the purpose of this research study withdrawn. This means that I will not receive any more notifications about this research, my responses will not be analysed, and I will not be able to keep using the Shift app since all my data, including my login data, will be permanently destroyed.

OR

* I am withdrawing my consent to participate in further components of this research and provide my permission for the research team to retain the information collected about me which I have provided for the purpose of this research. This means that I will not receive any more notifications about this research and my responses will not be analysed, however, my app login data is retained to allow me to keep using the Shift app.

**Participant Name**

|  |  |
| --- | --- |
| Name of Participant  (please type) |  |
| Date |  |

**The section for Withdrawal of Participation should be forwarded to:**

|  |  |
| --- | --- |
| CI Name: | A/Prof Samuel Harvey |
| Email: | s.harvey@unsw.edu.au |
| Phone: | 02 9382 8356 |
| Postal Address: | Black Dog Institute, Hospital Road, Randwick NSW 2031 |

|  |
| --- |
| **Submit withdrawal of consent to** [shift@blackdog.org.au](mailto:shift@blackdog.org.au) |