

[A picture containing food

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**Participant Information Statement -**

**The MyMood&Me Project**

**What is this study about?**

This study is a clinical trial that aims to explore the relationship between linguistic style and mental health. We want to investigate the potential of text data for generating valid and reliable markers of individuals’ depression and anxiety.

**Who is conducting this study?**

The study is being carried out by Dr Bridianne O’Dea from the Black Dog Institute, University of New South Wales, Sydney. This research is funded by the National Health and Medical Research Council.

**What is involved?**

This study involves completing a variety of short, repetitive and one-off writing tasks spread over two months. You’ll also be asked to complete a quick fortnightly mental health survey to see how you’ve been thinking and feeling lately. All the writing tasks and surveys are completed online, on any device, at any time. It is estimated that the writing tasks and surveys will take no more than 10 minutes. Your responses will be confidential and will not be linked to any identifiable information when being analysed.

Due to the intensity of this research study, participants will be reimbursed for the tasks that they complete. Participants will receive an initial $5 for the baseline mental health survey. The value of the mental health surveys will then increase by $5 each fortnight. This is designed to keep you engaged with the study and reimburse you for your time. You will also earn $3 for some of the writing tasks to encourage completion. This means that participants can earn a total of $95, which will be paid to you via GiftPay vouchers. Your GiftPay voucher will be emailed to you at the completion of the study period and after the research team has reviewed the writing tasks to ensure that “junk” responses (i.e., incoherent text responses) have not been entered. This data quality check is required to encourage fair and genuine research participation.

**Who can participate?**

This study is the right fit for you if you are:

* Aged 18 years or older
* Have an active email address and mobile phone
* Currently have moderate or greater symptoms of depression or anxiety
* Have not had a recent suicide attempt
* Not currently experiencing extreme and unmanageable emotional distress.

Before signing up to the study, you will be asked to complete a short online screener to confirm your eligibility. Your consent to undertake this screening process will be implied by your completion of the questions.

**What are the benefits and risks?**

By participating in this study, participants will have the opportunity to contribute to this new and interesting area of psychological research. We hope to use the information we get from this research to better understand how we can identify mental health problems in the population and deliver the right support.

The writing tasks may have a small but positive impact on your mental health by reducing feelings of depression and providing an opportunity for self-reflection. There is a small possibility that some participants may find two of the writing tasks to increase feelings of emotional distress. If you experience this while participating in this study and you require support, you can stop the tasks at any time. All participants will be provided with a link to a list of support services at the completion of each survey and writing task. Participants may contact the research team to discuss any concerns that they have. They can do this by emailing the Chief Investigator: [b.odea@blackdog.org.au](mailto:b.odea@blackdog.org.au)

**What will happen to the information collected?**

Your answers to the initial screening questions will be anonymous and will be stored by the research team for reporting purposes. Once you are deemed eligible and invited into the study, you can provide your consent to the study by clicking the ‘I consent’ button. By doing so, you are providing your permission for the research team to collect and use information about you for this study. Your mobile phone number and email address are only collected so that you can receive the study invitations, survey reminders, and your GiftPay voucher.

Your responses to the mental health surveys and writing tasks will be collected and stored by the RedCap online survey platform. The data will then be exported to statistical software for analysis. The Chief Investigator will separate your identifiable information (your email address and mobile phone number) from your mental health data and text responses, and you will be allocated a unique code. This way, none of your responses will be linked to your identity when being analysed. The research results will not be shared in any way that will identify you. The research team will store the data collected from you for this research project for a minimum of 15 years after the completion of the research.

As part of this study, you will also be asked to provide your consent for the research team to share or use the information collected from you in future research that is in the same general area of research. You will also be asked to consent to the publication of a de-identified dataset, containing aggregated data only (e.g. mental health scores and linguistic features scores). This will enable other researchers to compare linguistic markers of mental health across different samples from around the world.

The information you provide in this study 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 compliant 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).

**Do I have to take part? What if I change my mind or want to withdraw?**

Participation is entirely voluntary. You may change your mind and can withdraw at any time by emailing the research team. If you actively withdraw from the research study, your data will be removed, and no more information will be collected from you. Your decision not to participate or to withdraw from the study will not affect your relationship with any of the researchers and Institutes

**How will I find out the study results?**

The research team intend to publish and report the results of the research. All information will be published in a way that will not identify you. All participants will receive a one-page summary of the study results via email at completion of the study.

**What should I do if I have more questions?**

If you want more information, you can contact the Chief Investigator Dr Bridianne O’Dea, Senior Research Fellow at the Black Dog Institute, on (02) 93828509 or email [b.odea@blackdog.org.au](mailto:b.odea@blackdog.org.au).

If at any stage during the study, you become distressed or require additional support, please contact the following mental health organisations:

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| Beyond Blue | 1300 22 4636 | <https://www.beyondblue.org.au/> |
| Lifeline | 13 11 14 | <https://www.lifeline.org.au/> |
| Kids Helpline (18 to 25 years) | 1800 55 1800 | <https://www.kidshelpline.com.au> |

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

If you have a complaint or concern, please contact the UNSW Human Ethics Coordinator by calling +61 2 93856222 or by email [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au) and mention HC210397.

**Consent declaration by the participant**

**Please indicate your consent by selecting all the options below:**

* I understand I am being asked to provide consent to participate in this research study;
* I have read the study information provided to me above;
* I provide my consent for the information collected about me to be used for the purpose of this research study;
* I understand that I can contact the research team to ask questions and they will respond;
* 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;

OPTIONAL

* I provide my consent for the information collected about me to be used for other secondary research purposes related to this general research topic and for the publication of a de-identified dataset.

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| **I consent, start questionnaire** |