

Participant Information Statement and Consent Form – Youth

The MobiliseMe study: Testing different smartphone activities to help improve young people's mental health

What is this study about?

Mental health is a big concern for many young Australians. Researchers at the Black Dog Institute are committed to changing this. We are interested in finding out what smartphone activities may help improve young people's mental health.

This study will randomly allocate young people to receive one of three different smartphone activities, to be completed over 6 weeks. This clinical trial will allow us to test which activity is most beneficial for young people's mental health.

What are the benefits?

- You'll have the opportunity to develop a better understanding of yourself, learn skills and strategies to help with your mental health.
- You'll be helping other young people by taking part in important research that aims to improve the mental health of Australian youth.
- You'll receive access to trusted mental health information and support produced by the Black Dog Institute, a reputable Australian mental health organisation.
- All the activities suggested to young people are based on high quality scientific evidence and have been shown to improve young people's mental health.

Who is conducting this study?

This clinical trial is being carried out by Dr Bridianne O'Dea and a team of researchers from the Black Dog Institute, UNSW, Sydney. This team includes Dr Sophie Li, Dr Aliza Werner-Seidler, Dr Mirjana Subotic-Kerry, Associate Professor Jill Newby, Professor Philip Batterham and Professor Helen Christensen. This research is funded by the Goodman Foundation.

What is involved?

If you take part, you will be asked to:

1. Answer online survey questions about yourself (e.g. name, age, gender) and your mental health (e.g. depression, anxiety, thoughts of suicide) at 3 different times during the study (at the beginning, at 6-weeks, at 4-months). Each survey will take approximately 20 minutes to complete.
2. Spend 20 minutes each week (for six weeks) completing your activity on your smartphone. There are three different smartphone activities in this study. You will be randomly allocated to receive **one** of the following: the weekly SMS tips and information for your mental health **OR** a new mental health smartphone app called

ClearlyMe **OR** the ClearlyMe smartphone app + a weekly SMS chat delivered by trained Institute staff.

3. You'll receive a \$10AUD GiftPay e-Voucher for each survey that you complete (total of \$30AUD for all surveys completed). This will be sent at the end of the study and you can redeem your voucher at a variety of major retailers (e.g., Myer, Rebel Sport, Priceline).

Your responses to the surveys will be confidential and will not be linked to your name when being analysed. Researchers will use the data collected from the surveys and your use of the smartphone activities to determine which activity leads to better mental health.

Who can participate?

This study is the right fit for you if you:

- Are aged 12–17 years
- Are located in Australia
- Are currently experiencing mild to moderately–severe depressive symptoms
- Own or have access to a smartphone (iOS or Android)
- Have internet access, an active email address and mobile phone number
- Are comfortable with reading English at Year 7–8 level
- Have a parent or guardian who can provide consent for your participation
- Are **not** currently getting **OR** about to start (in the next 2 weeks) psychological treatment for feelings of low mood, depression or anxiety from a psychologist, psychiatrist or other mental health professional
- Are **not** currently taking **OR** about to start (in the next 2–weeks) any daily prescribed medication for your mental health (e.g., anti-depressants).
- Are **not** currently experiencing severe suicidal ideation
- Have **not** experienced serious suicidal ideation or a suicide attempt in the past month.

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

No. Participation is completely your choice. You can change your mind or leave at any time. Your decision will not affect your relationship with the Black Dog Institute or UNSW. You can withdraw by emailing the research team or by clicking the withdrawal link in the welcome email. If you actively withdraw from the research study, your identifiable data (e.g., name, email address, mobile phone number) will be removed, and no more information will be collected from you.

Are there any risks?

We do not expect that this research will cause you significant harm or distress. You may experience the following during the study:

- Some of the activities require emotional effort to complete (e.g. thinking of negative feelings or events). There is a very small chance that this may cause a short-term increase in your emotional distress. We provide information on what you can do to manage this and where you can go to for help.
- Some participants may experience some emotional discomfort related to being asked questions about their mental health during the surveys.

What if I become distressed?

If you become upset or distressed, you can stop the study activities or surveys at any time. You also have the option to contact the research team on mobiliseme@blackdog.org.au and a psychologist will follow-up with you, free of charge. For immediate, 24/7 support, please contact the following services:

[Kids Helpline](#) | 1800 55 1800

[Beyond Blue chat](#) | 1300 22 4636

[Suicide Call Back service chat](#) | 1300 659 467

*Some people may have suicidal thoughts when things are too hard and painful. If you feel like life is no longer worth living, it's really important to seek immediate help. With help, you can overcome these thoughts and stay safe. If you feel in danger or that you might hurt yourself, please call **Emergency Australia** on **000***

What will happen to the information collected?

By giving your consent, you agree to the research team collecting and using information about you for this study.

1. Your answers to the screening questions will be stored for reporting purposes.
2. If you are eligible to participate, you will be invited into the study. You provide your consent by clicking the consent button below. By doing so, you are giving permission for the research team to collect and use information about you. Your mobile phone number and email address are only collected so that you can receive the study invitations, survey reminders, a weekly SMS tip or chat your GiftPay voucher, and so we can get in touch if you request extra support.
3. Your responses to the mental health surveys and completion of the smartphone activities will be collected and stored by the Black Dog Institute Research Engine. A copy will also be stored on the UNSW OneDrive.
4. The data will be exported to statistical software for analysis. We will remove your personal information (i.e., name, mobile phone number, email addresses, IP addresses, and free response data) for data analysis so that none of the results are directly linked to you.
5. The research team will store the data collected from you for a minimum of 15 years as this is a requirement of the Australian government.
6. You will also be asked to provide consent for the research team to share or use the information collected from you in future research, but only for studies



related to youth mental health. You will also be asked to consent to the publication of a de-identified dataset that will contain your mental health scores and other data collected in the study.

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 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](#).

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 are the alternatives to taking part in the research?

If you are suitable for this research but don't want to take part in the study, we encourage you to reach out to a trusted adult (e.g. parent or teacher), or health professional, to discuss how you have been feeling lately. You can also visit a [Headspace centre](#) to chat with someone. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#).

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

If you experience any mental health problems as a result of this research project, you should contact the research team mobiliseme@blackdog.org.au as soon as possible and you will be assisted with arranging appropriate support. 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 and mention HC210889.

What do I do if I have more questions?

If you want more information, you can email the research team mobiliseme@blackdog.org.au .



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