



**A comparison of online and face-to-face Dialectical Behaviour Therapy:
A parallel group randomized trial and pragmatic evaluation**

Chief Investigator: Associate Professor Richard Lakeman (1)

Co-investigators: Stacey Anderson (1, 4), Professor Brenda Happell, Dr Claudia Herrera (2), Professor John Hurley (1), Dr Andrew Leggett (3), Dr Peter King (1,2), Dr Steve Provost (1), Dr Richard Tranter (3)

(1) Southern Cross University, (2) Australian DBT Institute, (3) Mid North Coast Local Health Service District (LHD), (4) PhD student, Psychologist in private practice.

Consent Form

At the end of each statement, tick the box that applies, sign and date the form and return it to the researcher at the address provided.

	YES	NO
I have read the information sheet and understand the information about my participation in the research project, which has been provided to me by the researchers.		
I agree to take part in the Southern Cross University research project specified above.		
I understand that I will be allocated to either a face-to-face or online mode of DBT delivery.		
I understand that information I provide during my treatment (as outlined in the information sheet) will be anonymised (that is any identifying information removed) and shared with researchers.		
I understand that my participation is voluntary, and I understand that I can cease my participation at any time.		
I understand that my participation in this research will be treated with confidentiality and that any information that may identify me will be de-identified at the time of analysis of any data.		
I understand that no identifying information will be disclosed or published.		

I understand that all information gathered in this research will be kept safely and securely at Southern Cross University for a minimum of 15 years after publication.		
I am aware that I can contact the researchers at any time with any queries. Their contact details have been provided to me.		
I authorise the Australian DBT Institute to share my contact details with the researchers in order to contact me about matters relating to my participation in this research as outlined in the information sheet.		
I understand that this research project has been approved by the SCU Human Research Ethics Committee.		

If you have agreed to all of the above, please consider the following optional contributions to this project. Note that even if consent is given, you may not be interviewed.

	YES	NO
I agree to be interviewed via Zoom by a researcher at the beginning, during and after completion of the programme.		
I agree to allow my therapist to participate in the interviews. (You can change your mind at any time in the future)		
I agree to allow the interview to be audio-recorded.		
I understand that I can ask for the recording to be paused if I wish to say something 'off the record'.		
I agree to make myself available for further interviews if required or if I choose to cease therapy or participation in the research project.		
I agree to make some additional material available to researchers such as diary cards, if I am selected for an interview about my experience.		
I authorise the Australian DBT Institute to share my contact details with the researchers in order to arrange interviews if necessary.		

Participant's name: _____

Participant's email address: _____

Participant's signature: _____ Date: _____

If you wish to receive a summary of the research when it is finished please scan the QR code below and enter your contact details:



Please return this consent form to the Australian DBT Institute research officer, Crystal Black (research@dbtinstitute.com.au) or leave it in the box marked 'research' in reception.