**Participant Information Sheet-Mindfulness study**

**Project Title:** A pilot feasibility trial of a web-based mindfulness program for adolescents and young people with cancer

**Project Summary:** You are invited to participate in a research study being led by Dr. Sheeja Perumbil Pathrose. The research isto assess if a web-based mindfulness program is beneficial for young people with cancer.

If you decide to be involved in this study, it is important that you discuss your involvement with your parent/guardian.

**What will I be asked to do?**

If you decide to participate in the study, you will be asked to provide personal information (age, gender, education, employment) and some details of your health condition (Diagnosis, Duration of cancer treatment, Type of treatment received) through an online survey on two occasions (at the beginning of the study and after 6 weeks).

You will either be in the study group or will be in the waiting group. If you are in the study group, you will be given access to the web-based mindfulness program when you complete the first survey. The program has 6 modules. Each week, we will ask you to please read and practice one module, which takes about one hour to finish. You can complete it at your own pace. The study will use software to monitor how much time you spend in each module.

If you are in the waiting group, you will be given access to the program after completing the second survey 6 weeks later.

The mindfulness program includes a series of formal and informal mindfulness meditation and activities which have shown promise in managing stress and anxiety. These can be accessed on your mobile phone/tablet. It doesn’t require much internet data to access or use.

We will send you a reminder email every week encouraging you to complete the activities. If you want to get SMS reminders, you can provide us with your mobile number.

Following the 6-weeks of reading and practicing, we will ask you to fill out a short survey to assess if you find the modules are engaging, contents are appropriate, useful and to get your recommendations for further improvements. To thank you for your time spent participating in this study, you will receive a gift voucher worth $50.

**How much of my time will I need to give?**

There are two surveys and they both take about 15 minutes to complete. You will be asked to spend one hour each week on a module, every week for 6 weeks. You can complete the module at your own pace in the given six weeks period.

**What benefits will I receive from participating?**

The web-based mindfulness program may give you strategies to practice mindfulness that may potentially promote your health and wellbeing, although individual benefits cannot be guaranteed.

**What are the risks of participating?**

We do not anticipate that engaging in the program will cause any undue distress however should you feel you need support; you may discontinue the study at any time and seek support through:

* CanTeen Australia (https://www.canteen.org.au/)
* Redkite (www.redkite.org.au);
* Beyondblue (1300 22 4636); and
* Headspace (1800 650 890)

You may also wish to talk with your key worker at Canteen if you access Canteen’s services.

**Can I quit being in the study?**

Being in this study is completely voluntary - you are not under any obligation to be in the study. If you do participate, you can decide to quit at any time without giving reason and your data will be deleted.

If you want to withdraw and stop being in the study, you will need to contact Dr. Sheeja Perumbil Pathrose.

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

Yes, you can tell other people about the study by directing them to the Canteen website for this project/ Facebook/ twitter/ the video link and they can access the information and the link to the survey. They can also contact Dr. Sheeja Perumbil Pathrose if they are interested in being involved or finding out more information.

**How will you share the study results?**

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be presented in such a way that you or any other participants cannot be identified.

**Will the data and information that I provide be disposed of?**

Please be assured that only the researchers will have the access to the raw data you provide. Please note that the minimum retention period for data retention is five years post publication. The data and information you have provided will be securely disposed of after this time. We may use the data set for future research in an anonymised format.

**How is the study being paid for?**

This study has been initiated by Dr. Sheeja Perumbil Pathrose, Lecturer, Western Sydney University. This project is funded by Western Sydney university and Canteen Australia mainly to web design the mindfulness program and none of the members of the research team will receive any personal financial benefit with your involvement in this research project.

**What if I require further information?**

Please contact Dr. Sheeja Perumbil Pathrose (Lecturer) +61 424998479

[S.Pathrose@westernsydney.edu.au](mailto:S.Pathrose@westernsydney.edu.au) should you wish to discuss the research further before deciding whether to participate.

**What if I have a complaint?**

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email [humanethics@westernsydney.edu.au](mailto:humanethics@westernsydney.edu.au).Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome. This study has been approved by the Western Sydney University Human Research Ethics Committee. The Approval number is.