# PIS – Intervention Group.

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## **Information for Volunteers**

Personality, Beliefs, and Wellbeing

Nāku te rourou, nāu te rourou, ka ora ai te iwi

*With your basket and my basket, the people will live*

Thank you for showing an interest in this project. Please read this information sheet carefully, which will help you decide if you’d like to take part. Take time to consider what your participation would involve, what the benefits and risks to you might be, and what would happen after the study ends. If you wish, feel free to talk with relatives or friends before deciding whether to participate.

If you decide to participate, we thank you. If you decide not to take part, there will be no disadvantage to you, and we thank you for considering our request. If you do want to take part now, but change your mind later, you can pull out of the study at any time. Here’s what’s involved.

**What is this research project about?**

We seek to understand how personality influences how people think and feel over time, especially about suicide. Our aim is to find new ways to help young adults who experience suicidal thinking, by evaluating the progression of thoughts and feelings over time. Of course, we cannot achieve this goal without help from you and your peers. We invite you to join with us and tell us about your experiences, so that together, we can make a significant difference in advancing our understanding of suicidal thinking.

This research is being done by Rebecca Salzano (PhD student) and Richard Linscott (Associate Professor), and the University of Otago is paying for it.

**Who is taking part in the project?**

We are looking for 90 participants who previously took part in a prior study by the same research group. You need to be honest about your thoughts and experiences. Taking part is private and confidential.

**If I take part, what will I be asked to do?**

The entire study will occur online and will take place over the course of six weeks. You will be asked to complete ten sessions of an online activity over the course of a month. These will involve guided exercises aimed at promoting positive thoughts about the future. Each session will take about 10 minutes to complete.

You will also be asked to complete four online questionnaires, one every two weeks. Each of these will take about 20 minutes to complete (some people may take a little longer, which is fine). You would answer questions about who you are, your personality, and your feelings and thoughts. Some questions are about suicide.

**You don’t have to take part in the study.**

**You can change your mind and stop taking part at any time with no disadvantage to yourself.**

**Will I have to do anything risky or harmful?**

You won’t be asked to do anything that is risky or anything that hurts you physically. You will be asked some questions about topics that are very personal and sensitive, including questions about suicidal thinking and mental health. Please be aware that answering questions about suicidal thinking does not cause suicidal thinking.

Some people feel uncomfortable being asked about these things. If you experience discomfort at any time during the study, please let us know. You can also contact us at any stage if you want to talk about how the study affected you.

**What information will be collected?**

During the study, the research team will record information about you and your study participation. We will use these for research purposes only. We will ask for your details so we can contact you about the study, upcoming sessions, and follow-up assessments.

Although we may use your information to record your involvement in the Department of Psychology’s Research Participation Programme and allocate course credit, the information we collect from you will not be linked to your student record at the University or in the Department.

**You can change your mind and stop taking part at any time.**

**There’s no downside to stopping.**

**What will happen to the information I give?**

We will keep your responses private and confidential. Only the researchers, listed below, will see the answers you give. The survey website is encrypted and locked with passwords. When you finish, information from questionnaires and tasks will be separated from this information. To make sure your personal information is kept confidential, information that identifies you will not be included in any report generated by the researchers. Instead, you will be identified by a code. We will keep a list linking your code with your name, so that you can be identified by your coded data if needed. This information will be stored securely behind password-protected computer systems.

We will keep your answers for at least 10 years. If researchers ask to study your answers in the future for research that is unrelated to the current study, your identifying information will still be kept private and separate.

Study results will be published in academic journals and a thesis that will be available in the University of Otago Library (Dunedin, New Zealand). Presentations of the findings may also be given at research conferences. These will not talk about you specifically, only about what happened on average, counting all the people who participate. If you wish, you may request a report of the results of the project.

**What happens after the study or if I change my mind?**

**You can withdraw your consent for the collection and use of your information at any time, by informing one of the researchers listed below.** If you withdraw your consent, your study participation will end, and the study team will stop collecting information from you. In this case, information collected up until your withdrawal from the study will continue to be used and included in the study. This is to protect the quality of the study. However, you may ask for it to be deleted when you withdraw, unless you withdraw after the study analyses have been undertaken.

If you’d like to, you can download all guided exercises for future use after the study.

**Any questions?**

If you have any questions or concerns, now or in the future, about the study, please feel free to contact either:

* Dr Richard Linscott, Associate Professor, Department of Psychology, University of Otago. Email: [linscott@psy.otago.ac.nz](mailto:linscott@psy.otago.ac.nz)
* Rebecca Salzano, Postgraduate Research Student, Department of Psychology, University of Otago. Email: [salre948@student.otago.ac.nz](mailto:salre948@student.otago.ac.nz)

If you want to talk to someone who isn’t involved with the study, you can contact an independent health and disability advocate on:

Phone: 0800 555 050

Email: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

Website: <https://www.advocacy.org.nz/>

*This study has been approved by an independent group of people called a Health and Disability Ethics Committee (HDEC), who check that studies meet established ethical standards. The [insert Committee name] has approved this study. You can contact the HDEC that approved this study at* [*hdecs@health.govt.nz*](mailto:hdecs@health.govt.nz)*, or phone 0800 400 569 (Ministry of Health general enquiries).*

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# PIS – Control Group.

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Although we may use your information to record your involvement in the Department of Psychology’s Research Participation Programme and allocate course credit, the information we collect from you will not be linked to your student record at the University or in the Department.

**You can change your mind and stop taking part at any time.**

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We will keep your answers for at least 10 years. If researchers ask to study your answers in the future for research that is unrelated to the current study, your identifying information will still be kept private and separate.

Study results will be published in academic journals and a thesis that will be available in the University of Otago Library (Dunedin, New Zealand). Presentations of the findings may also be given at research conferences. These will not talk about you specifically, only about what happened on average, counting all the people who participate. If you wish, you may request a report of the results of the project.

**What happens after the study or if I change my mind?**

**You can withdraw your consent for the collection and use of your information at any time, by informing one of the researchers listed below.** If you withdraw your consent, your study participation will end, and the study team will stop collecting information from you. In this case, information collected up until your withdrawal from the study will continue to be used and included in the study. This is to protect the quality of the study. However, you may ask for it to be deleted when you withdraw, unless you withdraw after the study analyses have been undertaken.

**Any questions?**

If you have any questions now or in the future, please feel free to contact either:

* Dr Richard Linscott, Associate Professor, Department of Psychology, University of Otago. Email: [linscott@psy.otago.ac.nz](mailto:linscott@psy.otago.ac.nz)
* Rebecca Salzano, Postgraduate Research Student, Department of Psychology, University of Otago. Email: [salre948@student.otago.ac.nz](mailto:salre948@student.otago.ac.nz)

If you want to talk to someone who isn’t involved with the study, you can contact an independent health and disability advocate on:

Phone: 0800 555 050

Fax: 0800 2 SUPPORT (0800 2787 7678)

Email: [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)

Website: <https://www.advocacy.org.nz/>

*This study has been approved by an independent group of people called a Health and Disability Ethics Committee (HDEC), who check that studies meet established ethical standards. The [insert Committee name] has approved this study. You can contact the HDEC that approved this study at* [*hdecs@health.govt.nz*](mailto:hdecs@health.govt.nz)*, or phone 0800 400 569 (Ministry of Health general enquiries).*

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## **Consent Form for Participants**

Personality, Beliefs, and Wellbeing

By continuing with this online survey, you are showing you agree with the following:

1. I have read the Information Sheet concerning this study. I fully understand what the study is about and understand my responsibilities as a study participant.
2. I have had sufficient time to consider whether or not to participate in this study, and to talk with other people of my choice about participating in the study.
3. All my questions about the project have been answered to my satisfaction, and I understand that I am free to ask more questions at any stage.
4. I know that my participation in the project is entirely voluntary, and I can stop partway through with no disadvantages to myself.
5. I consent to the research team collecting and processing my information.
6. I know that taking part involves completing questionnaires and that some of the answers to these may make me uncomfortable. If I do become uncomfortable, one of the researchers may check in with me about that, and I can also contact them directly to let them know.
7. I know that there is no risk of physical discomfort or harm.
8. I know that my answers to questions are private and confidential. My answers with not be linked with my University of Otago records.
9. I know that only the average results will be talked about in reports of the study results. The reports will not talk about me specifically.
10. I know that, if the researchers become worried about me, they will encourage me to get help and offer to help me do that.
11. I know that when the project is completed, all personal identifying information will be removed from the electronic files which represent the data from the project. These will be placed in secure storage and kept for at least ten years.
12. I know that my information may be used for other research in the future. In the future, if other researchers ask to study my answers, this might happen but only if my answers are kept private. Those researchers will not get all my details, only the information they really need.
13. If I decide to withdraw from the study, I know that the information collected about me up to the point when I withdraw may continue to be processed, unless I explicitly ask for all my information to be removed.