

Parent/Guardian Information Sheet & Consent Form



What is the Youth Aware of Mental Health (YAM) study about?

Researchers at the Black Dog Institute would like to invite your child to participate our study 'The LifeSpan trial of Youth Aware of Mental Health (YAM) program in NSW'. This study aims to examine the effect of the YAM program, an evidence-based mental health and wellbeing program that will be delivered to Year 9 students in NSW high schools (more information on YAM can be found in the attached flyer). The study is being carried out by Dr Fiona Shand and Dr Michelle Tye from the Black Dog Institute (at UNSW), and Dr Alison Calear from the National Institute for Mental Health Research (at ANU). The study is being funded by the Paul Ramsay Foundation.

We will be looking to see whether the YAM program decreases suicidal thoughts and behaviour, and has a positive influence on students' mental, social and emotional wellbeing. We hope to use the findings from our study to benefit other young people and learn more about mental health promotion and suicide prevention for young people in Australia. **Your school has agreed to participate in this study, and we now seek your permission for your child to participate.**



What does the YAM study involve?

Our study will focus on Year 9 students in NSW aged between 14 to 16 years old. Students will be asked to complete a questionnaire at four time points: before doing the YAM program, 3 months after the program, and then at 6 months and 12 months follow-up. **The questionnaire should take about 20-30 minutes to complete each time.** The questionnaire will ask questions about your child's mental and emotional wellbeing. Some questions are sensitive in nature and ask about students' thoughts and feelings about depression and suicide. We don't expect this questionnaire to cause any harm or discomfort. However, if your child experiences feelings of distress because of participation in this study, they can contact their school counselling service or you can let the research team know and they will provide you with assistance. Alternatively, lists of services are provided in the contact details below to assist you if necessary.

If any student's responses indicate they may be exhibiting severe mental health concerns requiring immediate attention, their name will be confidentially communicated to the school counsellor/psychologist, so that support can be offered. Students will also receive details for appropriate helplines and services in their questionnaires, and will be encouraged to seek help.

The research team intend to publish and/or report the results of the research study in a variety of ways. Any information published will be done in a way that will not identify your child. If you would like to receive a copy of the overall study results, you can let the research team know by adding your email or postal address in the consent form.

Does my child have to take part in this study?

Participation in this research study is completely voluntary. This Parent/Guardian Information Statement and Consent Form tells you about the research study. Knowing what is involved will help you decide whether you would like your child to take part in the research. Please read this information carefully. We advise discussing their potential participation with your child before deciding whether or not you consent to their taking part.

All students whose parents provide consent will be invited to participate. If you allow your child to participate, they will then be asked if they would personally like to participate in the study.

If you would rather your child did not participate, they do not have to. Your decision will not affect your relationship with the Black Dog Institute, the University of New South Wales or the Australian National University.

What if I want to withdraw my child from the study?

If you allow your child to participate, both you and your child are free to withdraw at any time, without any repercussions and without having to give a reason. You can do so by notifying the research team either in person or by phone or email, saying that you no longer want your child to participate. Alternatively, you can complete the 'Withdrawal of Consent Form', provided at the end of this document. If you or your child decide to withdraw, no additional information will be collected from your child, and any identifiable information about your child will be withdrawn.



What happens to the information that is collected?

By signing the consent form you consent to the research team collecting and using information about your child for the research study. We will keep your child's data for 5 years after publication (or 7 years after project completion) and it will then be deleted. Data will password protected and stored on a secure server within the Black Dog Institute/UNSW technology environment. This information is only accessible by the research team. Information identifying participants will be stored separately from survey responses. In any publication and/or presentation of the research, the information shared will not be individually identifiable.

The information you and/or your child provide 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 on the University website.

What if I have questions or complaints?

If you have any questions or would like more information, please contact the research project officer Lauren McGillivray at any time, on (02) 9382 4387 or at l.mcgillivray@blackdog.org.au. If you wish to make a complaint, please contact the Human Research Ethics Committee by email humanethics@unsw.edu.au or by phone (02) 9385 6222 and quote the HC reference number HC17710.

If at any stage during the project your child become distressed or requires additional support from someone not involved in the research, please call the **Kids Helpline** on **1800 55 1800** or visit www.kidshelpline.com.au/

Declaration of Consent

Declaration by the parent/guardian of the child participant

- I understand I am being asked to provide consent to allow my child to participate in this research project;
- I have read the Parent/Guardian Information Sheet or someone has read it to me in a language that I understand;
- I understand the aims, study tasks and potential risks of the research described in the project;
- I have had an opportunity to ask questions and I am satisfied with the answers I have received;
- I provide my consent for the information collected about me or my child to be used for the purpose of this research study only;
- I freely agree to my child being provided with the opportunity to participate in this study and understand that I am free to withdraw this consent at any time during the project and withdrawal will not affect my relationship with any of the named organisations and/or research team members.

Parent/Guardian name	
Parent/Guardian signature	
Child name	
Date	

Please return this completed form to your child's school

Can I receive a summary of the study findings?

Yes, please provide your email or postal address and we will send you a summary of the study findings:

Form for Withdrawal of Participation

If you wish to **withdraw your consent** at any stage, please complete the form below and forward it to:

Chief investigator name:	Dr Fiona Shand
Email:	fionas@unsw.edu.au
Phone:	(02) 9382 9291
Postal address:	Black Dog Institute, Hospital Road, Randwick NSW 2031

I wish to **WITHDRAW** my consent for my child to participate in the research proposal described above and understand that such withdrawal **WILL NOT** affect my relationship with the Black Dog Institute, the University of New South Wales or the Australian National University. In withdrawing my consent, I would like any information collected from me or my child that has been provided for the purpose of this research project withdrawn.

Parent/Guardian name	
Parent/Guardian signature	
Child name	
Date	