

## **Deadly Thinking Youth** – Participant Information Sheet

**Program Developers:** Peta Boorman, Jennifer Bowers

**Evaluators:** Sallie Newell, Anne Redman

### **Who is involved in the study?**

*Deadly Thinking Youth* is a new program from Rural & Remote Mental Health (RRMH). The Sax Institute is helping them study how well it works. The study is happening from November 2018 to December 2019.

### **What is the study about?**

*Deadly Thinking Youth* wants to help Indigenous people in rural and remote communities feel strong in mind, body, and spirit. This study will help understand if it works and what young people think about it.

### **Why are you asking me?**

You're about to attend a *Deadly Thinking Youth* program and we want to understand what you think of it and if you find it helpful. We'll also be talking with your *Deadly Thinking Youth* facilitator. Participating in the study is completely voluntary and you can pull out at any time – it won't change your relationship with your *Deadly Thinking Youth* facilitator.

### **What would I have to do and when?**

You'll already do most of it as part of *Deadly Thinking Youth* – which has short online surveys for you to answer at the start & end of the program. We are just asking your permission for RRMH to share that information with the Sax so we can use it in this study. We'd also like to ask you a few extra questions about three months later to see how things are going. If you agree, we'll text you a link to another online survey – it should only take about 5-10 minutes.

### **What will happen to my information?**

We won't ask for your name so all your information will be strictly confidential and only the evaluators will be able to see it. We'll add your information in with all the other information we get to create a report for RRMH about how well the *Deadly Thinking Youth* program worked and what young people thought of it. We'll also make a brief summary of this report and circulate it to the people and communities involved – including you if you want – just tick "Yes" at question 11 & include your email address on the consent form. You will not be identifiable in either the report or summary. RRMH might also present a summary of the results at a conference or in a journal article.

### **How will my information be stored?**

All the information will be kept for seven years in locked filing cabinets or on the password-protected computer system at the Sax Institute office at 235 Jones Street, Ultimo, NSW 2007, which has individualised security card access and on-site security guards.

### **Culturally restricted information**

We're not seeking any culturally restricted information and, at the end of each survey, we'll check you haven't said anything you'd prefer wasn't used in this study. If you have, we'll delete that information.

### **What are the possible benefits?**

You'll receive a \$20 i-tunes voucher if you complete the followup survey, as well as having the chance to say what you think about *Deadly Thinking Youth*, which will help RRMH improve it for future participants.

### What are the possible risks?

There should not be any risks to you from taking part in this study. Some *Deadly Thinking Youth* sessions could raise some concerns for you, your friends or family members. If it does you can:

- Talk to your *Deadly Thinking Youth* facilitator
- Talk to someone else at the school or community group where you're doing the program
- Contact any local support services
- Contact any of the helplines or websites featured in your *Deadly Thinking Youth* workbook

**beyondblue: 1300 224 636**  
www.beyondblue.org.au

Provides information and support for people living with depression and other mental illnesses.

**Counselling Online** (alcohol and drug concerns)  
www.counsellingonline.org.au  
Counselling Online is a 24/7 online service where you can communicate with a professional counsellor about an alcohol or drug related concerns, using text-interaction.

**Eheadspace: 1800 650 890**

www.eheadspace.org.au  
eheadspace is a confidential, free and secure space where young people aged 12 - 25, or their family, can chat, email or speak on the phone with a qualified youth mental health professional. Telephone and online support is available 9am - 1am. You can also visit www.headspace.org.au to find your closest headspace centre and other information.

**Kids Help Line: 1800551800**

www.kidshelp.com.au  
Provides free and confidential telephone and online counselling services specifically for young people aged between 5 and 25.

**Lifeline Hotline: 13 11 14**

24 hours a day/7 days a week  
www.lifeline.org.au  
Lifeline connects people with care by providing services in suicide prevention, crisis support and mental health support.

**1800 RESPECT (1800 737 732)**

www.1800respect.org.au  
1800 RESPECT is the national sexual assault, domestic and family violence counselling service for people living in Australia.

**Suicide Call Back Service: 1300 659 467**

Professional call back service referral line operates 7 days a week.

**www.burstingthebubble.com/safe.htm**

Action Plan for "Getting Safe" about abuse and conflict

**www.cybersmart.gov.au**  
Assistance for online bullying

**www.bullyingnoway.gov.au**

**http://au.reachout.com/All-about-drugs**



Walking Hand in Hand. Strong family unit.

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### Contact

For more information, or if you are worried about the study, please contact: Sallie Newell on 02 9188 9597 or [sallie.newell@saxinstitute.org.au](mailto:sallie.newell@saxinstitute.org.au)

### Complaints

If you want to complain about the study, you can contact:

- Anne Redman on (02) 9188 9597 or [anne.redman@saxinstitute.org.au](mailto:anne.redman@saxinstitute.org.au)
- The Executive Director of Research at AIATSIS, 51 Lawson Crescent, Acton ACT 2601 or [ethics@aistsis.gov.au](mailto:ethics@aistsis.gov.au)
- The Chair of the AIATSIS Research Ethics Committee at AIATSIS, 51 Lawson Crescent, Acton ACT 2601 or [ethics@aistsis.gov.au](mailto:ethics@aistsis.gov.au). This is an independent Committee whose members don't work for AIATSIS.

If you think there has been a breach of your privacy, you can contact the Office of the Australian Information Commissioner by post (GPO Box 5218, Sydney NSW 2001) or phone (1300 363 992).

### Ethics Committee Clearance

The ethical aspects of this research project have been approved by the AIATSIS Research Ethics Committee and received the Ethics Clearance Number: EO69-24012018.

**This Information Sheet is for you to keep – Thank you.**

## Deadly Thinking Youth – Participant Consent Form

**Program Developers:** Peta Boorman, Jennifer Bowers

**Evaluators:** Sallie Newell, Anne Redman

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1. I understand what this study is about  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. I voluntarily agree to take part   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. I understand I can pull out at any time  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. I understand what will happen to me during this study  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. I agree that the evaluators can text me for the study  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. I understand that I'll receive a \$20 i-tunes voucher if I complete the followup survey  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. I understand the potential risks and benefits of participating   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 8. I understand that the results of this study may be published in a public or other forum  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 9. I understand that all confidential information gathered in this study will be kept secure for seven years and only the evaluators will be able to access it                          | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 10. I understand that this study isn't seeking any culturally restricted information and that the evaluators will give me a chance to delete any I disclose in the surveys or interview | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 11. I want the researchers to email me a copy of the report and/or summary written about this study   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |



**Please complete your details and sign here:**

- I have read the Participant Information Sheet (or someone has read it to me in language I understand) and I agree with it.

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**DT-Y Participant Code (from your Facilitator):**

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**Phone number (for followup survey):** \_\_\_\_\_

**Email (for sending i-tunes vouchers &/or results):** \_\_\_\_\_

**IF you're not yet 16 years old ...**

**Please also ask a parent or other key adult in your life to complete this section:**

I have read the Participant Information Sheet (or someone has read it to me in language I understand) and I agree with this young person participating Yes  No

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Relationship to participant:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ?

I want the researchers to email me a copy of the report and/or summary written about this study Yes  No

**Email (for sending a copy of the results):** \_\_\_\_\_

**DT-Y Facilitator to complete:**

- I have described the nature of this study to the Participant and I believe that he/she understood and agreed to it.

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_