



## **Participant Information Sheet**

**Project Title:** *NICM lifestyle medicine for depression survey*

**Project Summary:** You are invited to participate in a research study being conducted by Professor Jerome Sarris (Deputy Director), Dr Joseph Firth (Senior Researcher) and Fiona Hargraves (PhD Candidate) from NICM Health Research Institute and Western Sydney University.

The research is an important step in designing future randomized controlled trials to study lifestyle medicine intervention in people affected by depression. This is a short online survey to inform us about lifestyle habits, technology use, program delivery and lifestyle preferences. With this information, we will design a lifestyle program to trial in 2020.

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

This study is funded by the NICM Health Research Institute and Blackmores Institute project funding.

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

You will be asked to answer 23 short questions online (mobile or computer), multiple choice, scales and a few options to fill in.

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

We estimate it will take around 5 minutes to complete this online survey.

### **What benefits will I, and/or the broader community, receive for participating?**

Your participation will help to inform the design of an intervention we hope will help people affected by depression and, in particular, identify lifestyle medicine options to complement widely-used strategies such as pharmaceuticals and psychology.

We will keep interested participants notified of the progression of the intervention design and the opportunity to be involved in the trial of the lifestyle program.

### **Will the study involve any risk or discomfort for me? If so, what will be done to rectify it?**

The study should not involve risk or discomfort. It involves answering questions about lifestyle, technology and program preferences and habits.

If at any time you feel uncomfortable or distressed about your participation you may email researchers (details below) for further information or please contact your primary care physician or other mental health professional from whom you are receiving treatment for support.

### **How do you intend to publish or disseminate the 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 provided in such a way that the participant cannot be identified, except with your permission. We will not be collecting personal identifiers in this survey, only some demographic information. You will have the option to submit email details separately to be kept informed about the project, but this is not mandatory.

### **Will the data and information that I have provided be disposed of?**

Please be assured that only the researchers will have access to the raw data you provide. However, your data may be used in other related projects for an extended period of time. We only intend to use the data collected from this survey to help inform the lifestyle medicine trial we have planned for 2020.

### **Can I withdraw from the study?**

Participation is entirely voluntary and you are not obliged to be involved. If you do participate you can withdraw at any time without giving reason.

If you do choose to withdraw during the survey, you can clear your answers and exit. You may also simply close the survey and partially completed anonymous answers will be recorded one week after the last activity on the survey.

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

Yes, you can tell other people about the study by sending them the survey link and we would be very grateful to receive as many responses as possible.

### **What if I require further information?**

Please contact Fiona Hargraves should you wish to discuss the research further before deciding whether or not to participate

Fiona Hargraves, PhD Candidate, NICM Health Research Institute

[f.hargraves@westernsydney.edu.au](mailto:f.hargraves@westernsydney.edu.au)

Jerome Sarris, Deputy Director, NICM Health Research Institute

[j.sarris@westernsydney.edu.au](mailto:j.sarris@westernsydney.edu.au)

### **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.

If you agree to participate in this study, you may be asked to sign the Participant Consent Form. The information sheet is for you to keep and the consent form is retained by the researcher/s.

This study has been approved by the Western Sydney University Human Research Ethics Committee. The Approval number is **H13352**.