

**PLAIN LANGUAGE STATEMENT AND CONSENT FORM**

TO: The Participant

**Plain Language Statement**

Date: February 28th 2016

Full Project Title: A Pilot Evaluation of a Smartphone-based Program to Reduce Harm Associated with Risky Drinking

**Principal Researchers:** Dr Ben Richardson, Associate Professor Petra Staiger

**Student Researcher:** Renee O’Donnell

Your Consent

You are invited to take part in this research project.

This Plain Language Statement contains detailed information regarding this research project. Its purpose is to explain to you as clearly as possible all the procedures involved in this project so that you can make an informed decision about whether to participate or not.

Please read this Plain Language Statement carefully. Feel free to ask any questions about the information in the document. You may also wish to discuss the project with a relative or friend or your local health worker.

Moreover, you can print a copy of the Plain Language Statement to keep as a record.

Purpose and Background

Alcohol use by young adults is widespread, and sometimes can be associated with negative consequences such as academic issues and inter-personal conflict. The aim of this project is to explore the effect of tailored messaging upon alcohol use and related consequences.

We intend to recruit approximately 90 participants to take part in this project. You are invited to participate in this research project if you are a young adult (18-35) with recent drinking experience (consumed alcohol at least once in the past seven days) and have access to an iPhone running iOS8 or higher.

Funding

This research is funded by Deakin University.

Procedures

Participation consists mainly of downloading and utilising a smartphone application for 30 days. Throughout this time, you will use the application to monitor your, mood, social plans, alcohol use and associated consequences, and, if you are in a treatment condition, receive tailored strategies designed to help you minimise negative consequences. The app will prompt you to complete a short, one-minute survey twice a day (at 12pm and 8pm). In addition to using the smartphone application, you will be asked to complete an online survey at the start of the study (approximately 15-20) and one at the end (approximately 5 minutes). The surveys will evaluate your drinking behaviour (i.e., *How often do you have a drink containing alcohol?),* typical reasons for drinking (i.e., *I drink because it’s fun*), protective strategies employed when drinking (i.e., *I use a designated driver*), mood (i.e*., I found it hard to wind down*) and personality (i.e., *I have trouble controlling my impulses*).

In recognition of your time, after completion of the study, you will be eligible to receive a $20 iTunes voucher. If you would like to take up this option, when completing the initial survey, you will need to respond to an optional question where you provide an email address to which the voucher can be sent. This email address is stored separately from the rest of your data and is retained only for the purpose of sending the voucher. Once the voucher has been sent, your email address will be deleted from our records.

Possible Benefits

It is anticipated that the results from this project will be used to inform targeted interventions that may help to reduce the negative consequences that are associated with risky episodic drinking among young adults. As a member of this young adult population, it is possible that you may indirectly benefit from participation in this project. However, we cannot guarantee or promise that you will receive any benefits from completing this project.

Possible Risks

Although we believe that the project is low risk, there is a very small chance you may become distressed while completing the baseline survey and/or mobile phone application.

In the baseline questionnaire, there are questions regarding your mood (i.e., I found it difficult to relax) and typical drinking behaviour (i.e., How often do you have six or more drinks on one occasion?). If you have scored highly in either of these areas, you will be provided with information regarding relevant counselling and GP services.

In terms of the mobile phone application, you may feel concerned about your drinking behaviour, given the monitoring nature it requires. If this occurs, please feel free to discontinue at any stage. There are no consequences for withdrawing or choosing not to participate.

If, as a result of participation, you become distressed, you may wish to seek help from any of the below services or your GP.

DirectLine is a 24-hour, 7-day a week, alcohol-specific telephone counselling, information and referral service that is free, anonymous and confidential. The number is 1800 888 236.

Turning Point provides online information regarding alcohol-specific research, treatment and support services. The website is <http://www.turningpoint.org.au/>

Privacy, Confidentiality and Disclosure of Information

Data collected as part of the project will not be associated with any identifying information (with the exception of an optionally provided email address which we will delete once we have sent the iTunes voucher).

Only group data from this study will be reported in any publications. Data obtained as part of the study will be securely stored for a minimum of six years on a password protected computer, consistent with Deakin University guidelines.

The primary researchers will monitor the conduct and progress of the research during regular supervision meetings. These meetings will involve discussion of the issues surrounding the implementation of the study and management of the collected data.

Results of Project

If you are interested in the outcome of the research please contact the primary researcher on the project Renee O’Donnell (renee.odonnell@deakin.edu.au) who will be able to provide you with a summary of results. In addition, we plan to report the results in a peer-reviewed publication, at peer reviewed conferences, and as a part of the thesis requirement for Renee O’Donnell’s Doctor of Psychology course.

**8.**  **Participation is Voluntary**

Participation in any research project is voluntary. **If you do not wish to take part you are not obliged to.** If you decide to take part and later change your mind, you are free to withdraw from the project at any stage. If you do wish to withdraw from the study, contact the researcher via email or phone advising that you wish to withdraw from the study. This communication must contain your anonymous ID code (available within the smartphone app). Upon this request, any data associated with that ID will be deleted from our records. No other identifying details are required as part of that communication.

Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect yourrelationship with the researchers or Deakin University.

Before you make your decision, a member of the research team will be available to answer any questions you have about the research project (contact details below). You can ask for any information you want. Complete the questionnaire only after you have had a chance to ask your questions and have received satisfactory answers.

Ethical Guidelines

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research* (2007) produced by the National Health and Medical Research Council of Australia. This statement has been developed to protect the interests of people who agree to participate in human research studies.

The ethics aspects of this research project have been approved by the Human Research Ethics Committee of Deakin University.

Complaints

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Manager, Ethics and Biosafety, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, [research-ethics@deakin.edu.au](mailto:research-ethics@deakin.edu.au)

**Please quote project number [2014]**

Further Information, Queries or Any Problems

If you require further information please contact any of the researchers involved in the project.

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If you are interested in participating in this research project please follow this link <link> and it will provide you with the Phase 1 of the study, the baseline questionnaire. Please note, completing and submitting the questionnaire signifies your consent to take part in the study described. If you would like to later withdraw the consent simply contact a researcher (see above) via email or phone advising that you wish to withdraw from the study. This communication must contain your anonymous ID code. Upon this request, any data associated with that ID will be deleted from our records. No other identifying details are required as part of that communication