

Participant Information Sheet

Personal Safety Tool Research Project

Project title

A 12 week research project targeted for adult consumers within a community mental health rehabilitation setting to implement a Personal Safety Tool for self-management and crisis management

Investigators:

Anna Francis
Occupational Therapist

Amily Daw
Occupational Therapist

Location:

Northern Clinical Psychosocial Rehabilitation program, 'Club 84'
84 Yorktown road, Elizabeth Park, SA 5113

General Outline of the Project

You are invited to take part in this research project which is testing is a Personal Safety Tool which will help consumers who have a mental health diagnosis. This tool will aim to assist you to identify what you are like when you are well, what situations cause you distress and the signals of your distress. The Personal Safety Tool will offer individualised practical suggestions for self-soothing and calming strategies during crisis situations.

We will be testing individualised Personal Safety Tools with approximately 10-12 participants from Club 84.

If the Personal Safety Tool is shown to be effective it may be adopted more widely in South Australia. The potential benefits are improved continuity of care for consumers and improved communication with care providers.

Participant Involvement

Participation is voluntary. For those interested in taking part, we will explain the project to ensure you understand the project before you agree to take part and sign the consent form.

At any time you can choose to withdraw your consent to participate in the research project. If you withdraw from the research project, you will be able to request your data is not utilised for any future use or publication.

If you choose to not take part or to withdraw from the research project it will not affect your relationship with investigators, staff or engagement at Club 84.

What is involved for participants?

- > Completing pre and post evaluation measures (self-rating scale and questionnaire) with investigators support.
- > Participating in weekly face to face or phone contact (approximately 15-30 minutes per week) with investigators to complete evaluation measures (self-rating scale and questionnaire).
- > Participate in face to face debriefing with investigators as required.
- > Actively using your developed Personal Safety Tool during the 12 week period to help you in your day-to-day life.

Location and duration

The research project will be run over a 12 week period and will be based at Club 84.

Risks

Most people find participating in research projects like this a positive experience. However, talking about your mental health and potential triggers can be upsetting. If this occurs during the research project the investigators will be available to provide ongoing support and debriefing.

Other useful contacts available to you include:

- > Mental Health Triage: 13 14 65 (24 hour service)
- > Lifeline: 13 11 14 (24 hour service)
- > Northern Community Mental Health Service: 7485 4500

Confidentiality

All personal information and data collected during the research project will be stored securely and investigators will ensure to maintain your confidentiality.

All outcomes and results from the research project will not include your name or other personal identifying information.

Data storage

Data from the research project will be stored on a passcode secure electronic data base, which only investigators will have access to. Hard copies of the Personal Safety Tool will be stored securely in case notes and will only be made available to primary mental health supports.

Project outcomes and feedback

The results will be used as evidence to support future use of Personal Safety Tool at Club 84 from its effectiveness in helping you feel safe and in control during stressful situations through the individualised and practical strategies.

The investigators will provide you a summary of the project outcomes. Additionally, the results (without you being identified) may be published into a research paper, presented at conferences and shared within mental health services.

Ethics Review

All research in Australia involving humans is reviewed by an independent group of people called the Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the HREC of The Queen Elizabeth Hospital Human Research Ethics Committee (TQEH/LMH/MH).

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

Queries and concerns

The person you may need to contact will depend on the nature of your query.

If you want any further information concerning this project or if you have any concerns which may be related to your involvement in the project (e.g. any negative effects), you can contact the investigators on **7485 4500**.

If you have a mental health emergency please call **Mental Health Triage** (24 hour crisis and Emergency Assistance) on **13 14 65**

Clinical contact person(s)

Name	Anna Francis
Position	Occupational Therapist
Telephone	7485 4500
Email	Anna.Francis@sa.gov.au

Name	Amily Daw
Position	Occupational Therapist
Telephone	7485 4500
Email	Amily.Daw@sa.gov.au

Northern Adelaide Local Health Network (NALHN), Northern Mental Health feedback/complaints contact person:

Name	Ruth Walsh
Position	Consumer Advisor
Telephone	7425 6217
Email	Ruth.Walsh@sa.gov.au

For matters relating to research at the site at which you are participating, the details of the local site complaints person is:

Complaints contact person:

Name	Alison Barr
Position	NALHN Research Governance Officer
Telephone	8182 9346
Email	Alison.Barr@sa.gov.au

If you have any complaints about any aspect of the project, the way it being conducted or any questions about being research participant in general, then you may contact:

Reviewing HREC approving this research and HREC Executive Officer details

Reviewing HREC name	Human Research Ethics Committee (TQEH/LMH/MH)
HREC Executive Officer	Ms Heather O'Dea
Telephone	8222 6841 or 8222 4139
Email	Heather.O'Dea@sa.gov.au

For more information

**Northern Clinical Psychosocial Rehabilitation
Program, Club 84
Northern Mental Health Services
84 Yorktown Road, Elizabeth Park, S.A., 5113
Telephone: 7845 4500
www.sahealth.sa.gov.au**

Confidentiality (caveat if required)-I#-A#

