



Protocol number	[INSERT NUMBER]
Project title	Being your best self at 50 and over
Project Sponsor	Macquarie University NSW Family and Community Services
Principal investigators	Dr Monique Crane (monique.crane@mq.edu.au) Prof. Barbara Griffin A/Prof Maria Kangas A/Prof Joanne Earl Dr Celia Harris

BEING YOUR BEST SELF AT 50 AND OVER

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Information Sheet

This Participant Information Sheet and Consent Form tells you about the research project. It explains the processes involved in taking part. Knowing what is involved will help you decide if you want to take part in the research. Please read this information carefully. Ask questions about anything that you do not understand or want to know more about.

Please take the time to read the following information carefully and decide if you want to take part in the study. If you decide you want to take part in the research project, you will be asked to sign the consent section. You will be given a copy of this Participant Information Sheet to keep.

What is this study about?

The purpose of this research is to ensure that the wellbeing of older Australians is supported into the future. To achieve this, the study has two aims:

- (1) To compare two different types of strategies for supporting resilience in older Australians. The first is a *self-reflective approach* with a particular focus on how we cope with the stressors in our lives. This training approach involves understanding the role that adversity and stress can play in strengthening resilience and learning to reflect on adversity as an opportunity for personal development. The second is a *supportive approach* involving a discussion regarding the key challenges to resilience in our personal lives as we age, normalising these challenges, and sharing these concerns with others.
- (2) Understanding the challenges for older adults currently in retirement or seeking employment

Who is conducting the study?

The project is being conducted by a team of researchers from Macquarie University and is receiving joint funding from Macquarie University and NSW Family and Community Services as part of an initiative to support older adults in our communities over 50.

What does participation in the resilience training involve?

As part of the resilience training, you will be provided with a 40 minute training session and two 20 minute follow-up coaching sessions over the phone with a trained coach from Macquarie University. There will also be a second 30 minute face-to-face 'catch-up and debrief' session at the end of the five week training period.

What does participation in this research involve?

The project requests participation from Australians 50 years or older who are from diverse backgrounds.

Participation in the training and the research is entirely voluntary. If you do not wish to be involved in the research you may also still receive the resilience training and be involved in group discussions. Participation in the research will include:

- (1) Completion of an initial 15 minute baseline survey prior to the resilience training program.
- (2) Submission of your workbook (self-reflection group only) at the end of the five weeks for analysis by the researchers.



- (3) Comments about current concerns regarding late career, retirement, or aging more broadly will be collated into a high-level report for NSW Family and Community Services to assist in understanding the issues faced by older adults.
- (4) Completion of a 10 minute immediate follow-up survey.
- (5) Completion of a 15 minute longer-term follow-up survey three months later.
- (6) A sample of hair three months post the receipt of training – ****NOTE: you may opt out by simply NOT providing a hair sample.**

Are there any incentives for participating in the research?

To thank you for participating in the research you will automatically enter a draw for the opportunity to win a \$100 Coles/Myer gift voucher. There are five to be won. Coles/Myer gift vouchers may be redeemed at participating stores including: Kmart, Coles, Liquorland, Officeworks and Vintage Cellars (www.giftcards.com.au).

What if I do not wish to participate?

Participation in the study is entirely voluntary; there is no obligation to take part in the study, and if you choose not to participate there will be no detriment to you in any respect. If you do not wish to participate, you can either keep the survey or just return it in the envelope as though it was completed. While you are encouraged to complete all the questions, if you do not wish to complete certain questions, just skip these and continue responding to questions that you are more comfortable with.

How will my confidentiality be assured?

Your name will be collected by researchers in order to match your surveys and the self-reflection workbooks across time. By matching your information across time, we can determine how individuals change over the course of training and the links that resilience training has to your outcomes. This will allow us to understand how engagement with the resilience training activities has affected your resilience and other related behaviours, perspectives and characteristics. Once information has been matched your name will be removed and destroyed.

Any information or personal details gathered in the course of the study are confidential (except as required by law). No individual will be identified in any publication of the results. Only the research administrator Dr Monique Crane will have access to your name. All data will be retained in a de-identified state in a locked office at Macquarie University.

The information collected as part of this study is *only for the purpose of research* and is not retained with your health records or for any other purpose.

Are there any risks, side effects, discomforts or inconveniences from taking part in this study?

There are no foreseeable risks associated with participating in this research. Irrespective of this, completing surveys can sometimes highlight concerns that you may like to discuss with someone. There are many avenues to obtain support available to you, including the following:

- (1) Speaking with your general practitioner
- (2) Lifeline: 13 11 14
- (3) Beyond blue advice and support line: 1300 22 4636

How are the findings stored and disseminated?

All survey responses will be stored in a de-identified fashion. Electronic data in the form of a Microsoft excel sheet will be password-protected and all completed hardcopy surveys will be stored in a locked cabinet within a security coded building at Macquarie University. The information collected in this study will be kept under secure conditions at Macquarie University for 5 years after publication and then it will be destroyed. You have the right to access, and request correction of, your information in accordance with relevant privacy laws.

The results of this research will be:

- (1) Submitted as a report to NSW Family and Community Services,
- (2) Presented at conferences or published in professional journals, and
- (3) Used as part of a student thesis examining resilience training interventions.

Your personal information will not be identified in any results that are published or presented in any public forum (i.e., only group averages will be presented).

Will you tell me the results of the research?

All participants will be able to access a copy of the final report via our website www.occupationalresilience.com.au by end-July 2019. The information provided will be based on the data from all participants who take part in the project. Personal or potentially identifiable information will never be published in any report.



If I start the study, can I withdraw at any time?

If you decide to initially participate, but change your mind, you can always discontinue participating in the study. You may withdraw at any time with no detriment to you. If you choose to participate in this study and then decide to withdraw, it will not affect your relationship with the researchers conducting this project (and their institutions). In order to withdraw from the study you must inform the researcher of your decision to discontinue your participation. You may do this by speaking to the researchers in person, by email (monique.crane@mq.edu.au), or phone (9850 8604). The researcher will then ask for your name and this will be used to find your data and remove it. The researchers will not require you to give a reason for withdrawal.

Note that simply ceasing to complete surveys does not constitute withdrawal and the researchers will assume that they can use the data you have already provided.

You will have until the **30th March 2019** to inform researchers of your decision to withdraw from the study.

What happens next and whom can I contact about the research?

All questions or requests for further information regarding this project can be directed to Dr Monique Crane (monique.crane@mq.edu.au).

If you agree to take part in this research, we will ask you to sign the Consent Form. By signing this form, you are telling us that you understand what you have read and what has been discussed. Signing the Consent Form indicates that you agree to take part in this research project. Please take your time and ask any questions you have before you decide what to do. This information sheet is yours to keep.

Benefits

We cannot guarantee or promise that you will receive any benefits from this research, however possible benefits may include the development of an enhanced understanding about your personal resilience.

Concerns or complaints

The ethical aspects of this study have been approved by the Macquarie University Ethics Review Committee (Human Research). If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Ethics Review Committee through the Director, Research Ethics and Integrity (telephone 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.



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Consent Form

I _____ give my consent to participate in the project mentioned above on the following basis:

I have had explained to me the aims of this research project, how it will be conducted and my role in it.

I understand the risks involved as described in the Participant Information Sheet.

I am cooperating in this project on condition that:

- (4) The information I provide will be kept confidential,
- (5) The information will be used only for this project, and
- (6) The research results will be made available to me at my request and any published reports of this study will preserve my confidentiality.

I understand that:

- (1) There is no obligation to take part in this study,
- (2) I may still participate in the resilience training if I do not wish to participate in the research,
- (3) I am deemed to be on duty whilst participating in the research,
- (4) If I choose not to participate there will be no detriment to my career or future health care, and
- (5) I am free to withdraw at any time with no detriment me.

I have been given a copy of the Participant Information Sheet to keep.

Name:	
Signature:	
Date:	

Principal Investigator:	Dr Monique Crane
Signature:	
Date:	

****IMPORTANT:** This consent section needs to be returned with your completed survey in the envelope provided.