**MENTAL HEALTH STIGMA IN SCHOOLS**

1. **What is the research study about?**

Your child is invited to take part in this research study. Researchers at the Black Dog Institute have developed an Online Mental Health Check for Australian Primary School Children.In this study, we are conducting a clinical trial to evaluate whether the Mental Health Check impacts mental health stigma.

This clinical trial aims to answer the research question:

*“Does the mental health check significantly impact stigma for children aged 6 to 12 years and their parents, compared to children who do not complete regular mental health checks and their parents?”*

1. **Who is conducting this research?**

This research is being conducted by Professor Jennie Hudson (Chief Investigator), Dr Deanna Francis (Co-Investigator), Miss Chloe Lim (Research Assistant),Mrs Abigail Allsop (Project Manager) and Miss Emma McDermott at the Black Dog Institute.

This research is funded by the Johnston Foundation and AMP. These funders do not contribute to the design or delivery of this study, or interpretation or dissemination of results. They provide funding to a topic of their interest. The research team will provide regular updates on the progress of the study to them.

1. **Inclusion/Exclusion Criteria**

Before you decide to participate in this research study, we need to ensure that it is ok for your child to take part. This research study is looking to recruit children with the following criteria:

* Your child attends a Government or Independent Primary School in Australia in Year 3 to 6
* Your child has capacity to answer questions online via a device (i.e., laptop, desktop, tablet)
* You child can consent and complete questions online (with help if needed)

**Does my child have to take part in this research study?**

Participation in this research study is voluntary. If you do not want your child to take part, or if your child does not want to take part, they do not have to. If you decide for your child to take part and later change your mind, they are free to withdraw from the study at any stage without cause or consequence.

If you would like your child to take part in the research study, you will be asked to:

* Read the information carefully (ask questions if necessary)
* Attend an information session via telehealth with the research team
* Complete questions on you and your child’s background demographics

**\*You do not need to complete any consent forms if you would like your child to participate in this study\***

If you **do** **not** want your child to participate in this study, you need to complete the **opt-out consent form** available on the study website, as soon as possible. You can download a copy of this form if you would like to keep it.

1. **What does participation in this research require, and are there any risks involved?**

If you agree to participate, you and your child will be asked to complete the following research procedures.

**Screening:** You will be sent a link to complete the screening questionnaire (approximately 5 to 10 minutes) for your child. This screening check will ask you about your demographics (e.g., both you and your child’s date of birth, gender, ethnicity, geographic area, level of education, and whether your child is able to independently understand and answer written questions).

**Randomisation:** The aim of the research is to compare the outcomes of the Mental Health Check compared to control. To ensure that each school has an equal chance of being placed in either group to start with, a computer allocates each school into a group randomly, like the flip of a coin. Once randomised, schools will be allocated to either the 1) monitor, or 2) control condition. The differences between conditions are shown in the table below. Your child will complete the same activity as all other students at school.

|  |  |
| --- | --- |
| **Monitor** | **Control** |
| Baseline, 6 weeks, 12 weeks* Mental health check
* Outcome assessment
 | Baseline and 12 weeks* Outcome assessment
* Mental health check

6 weeks* Outcome assessment only
 |

These questionnaires will be online for your child to complete. The questionnaires should take approximately 15-20 minutes to complete, and your child will complete these during class time as part of a whole class activity. These questionnaires will ask about your child’s mental health and perceptions on mental health. Before participating, the teacher will read a description of the study to your child’s class, and offer an opportunity for children to ask questions or decline participation.

**Additional Costs and Reimbursement:** There are no costs associated with participating in this research project, nor will you, your child, or your school be paid.

**Psychological Distress:** Some children may find answering questions about their mental health stressful or upsetting. If children do not wish to answer a question, they may skip it, or they may stop immediately. If children become upset or distressed as a result of participation in the research project, the research team will be able to arrange for counselling or other appropriate support, or you may follow up with the below freely available services:

* **If you are in immediate danger, call 000**
* NSW Health Mental Health Line (1800 011 511)
* [Beyond Blue](https://www.beyondblue.org.au/) – 1300 22 4636
* [Lifeline Australia](http://www.lifeline.org.au/) – 13 11 14
* The Kids Helpline (1800 55 1800).
* [Suicide Call Back Service](http://www.suicidecallbackservice.org.au/) – 1300 659 467
1. **What are the possible benefits of taking part?**

We cannot guarantee or promise that you or your child will receive any benefits from this research. However, benefits include contributing to our understanding of whether the Mental Health Check impacts mental health stigma for children. Parents who participate, and parents of participating children, will also be entered into a draw to win one of 2 x $250 gift cards to spend at a store of their choosing. The prize will be drawn at the completion of the study, and winners will be notified via phone or email within two days of the prize being drawn.

1. **What will happen to information about my child?**

The research team will store the data collected for this research project for a minimum of 15 years after the completion of the research, or until the participants reach 25 years of age, as per the retention period for clinical trials involving children. Questionnaire data and participant data collected will be stored online via Qualtrics. This research will be encrypted and stored electronically on a UNSW password protected OneDrive only accessible to the approved research investigators. Your data will be stored in a non-identifiable format where your child’s identity will be unknown.

The information you provide is personal information for the purposes of the Privacy and Personal Information Protection Act 1998 (NSW). You have the right of access to personal information held about you by the University, the right to request correction and amendment of it, and the right to make a complaint about a breach of the Information Protection Principles as contained in the PPIP Act. Further information on how the University protects personal information is available in the [UNSW Privacy Management Plan](https://www.legal.unsw.edu.au/compliance/privacyhome.html).

1. **How and when will I find out what the results of the research study are?**

The research team intend to publish results of the research in peer reviewed journals. We will also write a brief summary of the main research outcomes on the BDI website at the end of this trial. All Information will be published in a way that will not identify your child or your child’s school. If you would like to receive a copy of the results you can let the research team know by inserting your email or mailing address in the consent form. We will only use these details to send you the results of the research.

1. **What if I want to withdraw from the research study?**

If you do consent to participate, you may withdraw at any time. You can do so by completing the ‘Withdrawal of Consent Form’ which is available on the study website. Alternatively, you can ring the research team and tell them you no longer want to participate. If you decide to leave the research study, the researchers will destroy any information that has already been collected and no additional information will be collected from your school. Your decision not to participate or to withdraw your school from the study, will not affect your relationship with UNSW Sydney or the Black Dog Institute.

1. **What if I have a complaint or any concerns about the research study?**

If you have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

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| --- | --- |
| **Position** | Human Research Ethics Coordinator |
| **Telephone** | + 61 2 9385 6222 |
| **Email** | humanethics@unsw.edu.au  |
| **HC Reference Number** | **HC220332** |

1. **What should I do if I have further questions about my child’s involvement in the research study?**

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

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| --- | --- |
| **Name** | Emma McDermott |
| **Position** | Research Assistant |
| **Telephone** | 9065 9092 |
| **Email** | emma.mcdermott@blackdog.org.au |
| **Name** | Chloe Lim |
| **Position** | Research Officer |
| **Telephone** | (02) 9065 9061 |
| **Email** | chloe.lim@blackdog.org.au |
| **Name** | Abigail Allsop |
| **Position** | Project Manager |
| **Telephone** | (02) 9065 9163 |
| **Email** | a.allsop@blackdog.org.au |
| **Name** | Dr. Deanna Francis  |
| **Position** | Co-Investigator |
| **Telephone** | (02) 9065 9351 |
| **Email** | deanna.francis@blackdog.org.au |

**Chief Investigator**

|  |  |
| --- | --- |
| **Name** | Prof. Jennie Hudson  |
| **Position** | Chief Investigator |
| **Telephone** | (02) 9065 9251 |
| **Email** | jennie.hudson@blackdog.org.au |

**OPT-OUT CONSENT FORM**

I wish to **OPT-OUT** for my child to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my or my child’s relationship with The University of New South Wales, the Black Dog Institute, or my child’s school.

**Declaration by the parent**

* I **do not** consent for my child to participate in this research trial

**Name of Parent/Carer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mobile Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

By selecting the “submit opt-out” button below, you are opting-out for your child to participate in this research study.

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| --- |
| **Submit opt-out** |

**Form for Withdrawal of Participation**

To be completed by the Parent of the child participating.

I wish to **WITHDRAW** my consent for my child to participate in this research study described above and understand that such withdrawal **WILL NOT** affect my or my child’s relationship with The University of New South Wales, the Black Dog Institute, or my child’s school.

* I am WITHDRAWING my consent for my child to participate and I would like any identifiable information collected about my child which I have provided for the purpose of this research study withdrawn.
* I am withdrawing my consent for my child to participate in further components of this research and provide my permission for the research team to retain and/or use information collected about me and my child which I have provided for the purpose of this research.
* I am withdrawing my consent for my child’s participation and I understand that any information already published and/or not linked to my or my child’s identity cannot be withdrawn from the research.

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| --- | --- |
| Name of Parent/Carer |  |
| Name of Child  |  |

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| --- |
| **Submit withdrawal of consent for myself** |