

Participant Information Statement Form



The Family Stories Study Ages 18rs+ Information Statement

The research is being carried out by the following researchers:
**Professor Jenn McIntosh, Dr Zoe Cloud, Associate Professor Sandra Kuntsche,
Dr Anna Booth, An Vuong, Ellen Welsh, Naomi Rottem**

Role	Name	Organisation
Principal Investigator Chief Investigator and Family Therapy Research Coordinator Co-Investigator Co-Investigator Research Officer Digital Operations Coordinator/ Project Support Student Investigator	Professor Jenn McIntosh Dr Zoe Cloud Associate Professor Sandra Kuntsche Dr Anna Booth An Vuong Ellen Welsh Naomi Rottem	The Bouverie Centre, School of Psychology and Public Health La Trobe University
Research funder	DHHS This integrated research is conducted within the Bouverie Centre's ongoing funded service agreement with DFFH. Additional funding had been provided by Medibank to support PhD student research.	

What is the study about?

We invite everyone who comes to Bouverie for therapy to join our research to help us better understand families, their experience of therapy, and how best to support families. This study is being run by the research team at the Bouverie Centre, which is part of the School of Psychology and Public Health at La Trobe University.

Do I have to participate?

Being part of this study is voluntary. If you want to be part of the study, we ask that you read the information below carefully and ask us any questions you have. If you decide not to participate this will not affect your relationship with La Trobe University or the Bouverie Centre.

Who is being asked to participate?

You are being invited to join our study because you have been registered to attend family therapy at the Bouverie Centre, which means you are now eligible to join our *Family Stories Study*.

What will I be asked to do?

For families who have attended family therapy, a *Walk-in Together* session, or both, we will talk with them about their experiences of family therapy. We want to understand what it's like for all family members to come to therapy, and how they experience change in the family over time. We ask each family member over the age of 13 years to consider joining this study.

The Family Stories Study

If you choose to join this research study, you will be asked to take part in an interview with a researcher 3 months after family therapy. The researcher will listen carefully and document your story of how things are going in the family since finishing therapy. This interview will also be recorded, and the recording will be stored securely and only Bouverie researchers will have access to it. This will take up to 1 hour and can be completed online over Zoom or in-person at The Bouverie Centre.



If you agree to continue in the study, the interview is repeated again at 12 months. If your family had a once-off *Walk-in Together* session, you will finish participating here. If you were in the family therapy program, we will repeat the interview at 24 months after therapy finishes, so we can see how things go over time for you and your family.

Further, as part of this study, we seek your consent to store the information you already provided to Bouverie. We will remove all details that could personally identify you and/or your family, such as names, addresses, dates of birth etc.

Will my family receive payment for our time?

If you choose to participate in the *Family Stories Study*, your family will receive a \$50 Coles gift voucher once you have completed the 3-month follow-up interview, and a \$100 Coles gift voucher after completing the 12-month follow-up interview to thank you for your time.

What are the benefits?

Participating in this research may provide you with a chance to think about your own story, with the support of a trained Therapy-Research Liaison Worker. We also hope that your thoughts about family therapy (and any changes Bouverie makes to its therapy because of better understanding of families' experiences of therapy) could benefit the families who come after you to Bouverie.

What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns (contact details listed below). We have listed the risks we know about below. This will help you decide if you want to be part of the study:

- Some of the questions ask about personal or emotional information and for some people, this may raise some concerns. If you experience any concern, we ask you to contact your Therapy -Research Liaison Worker, who is available to help with any concerns you may have. If you need support outside of business hours, a list of Crisis Support Services and their contact information is provided at the end of this document.

What will happen if I share something about my or my family's safety?

If you disclose information that you or someone in your family is not safe, Bouverie will take the necessary steps to support you. We have a responsibility to report when a young person's safety is at risk, so this may involve sharing your disclosure with support people (e.g., parents) or professionals. You will be involved in this process so that you can know what will happen next.

What will happen to information about me?

- We will **collect** information with a unique identifying code so that we will be back in touch with you for follow-up stages of the study.
- We will **store** information about you in ways that will not reveal who you are.
- We will **publish** information about you in ways that will not be identified in any type of publication from this study.
- We will **keep** your information for 7 years after the project is completed. After this time, we will destroy all of your data.

The storage, transfer and destruction of your data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>. The personal information you provide will be handled in accordance with applicable privacy laws, any health information



collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your personal information by contacting the research team.

What are my responsibilities?

- Carefully read the information provided in this form and ask us any questions, and weigh-up the possible benefits and risks of participating in this study.
- If you choose to take part in the study, keep a copy of this consent form for your records.
- Contact your Bouverie Therapy-Research Liaison Worker if you no longer want your data to be part of the research (contact details are listed below).

Will I hear about the results of the study?

You can request a copy of the research arising from this study by contacting the Family Therapy Research Coordinator (Dr Zoe Cloud; z.guest@latrobe.edu.au).

What if I change my mind and no longer wish to participate?

You can choose to no longer be part of the study at any time until four weeks following the collection of your data. You can let us know by calling or emailing us (contact details below). Your decision to withdraw at any point will **not** affect your relationship with La Trobe University or your clinical care at the Bouverie Centre. When you withdraw, we will stop asking you for information. Any identifiable information about you will be withdrawn from the research study. However, once the results have been analysed we can only withdraw information, such as your name and contact details. If results haven't been analysed you can choose if we use your information in our results or not.

Who can I contact for questions or want more information?

If you would like to ask a question, withdraw from the study, or discuss any concerns, please use the contact details below:

Name/Organisation	Position	Telephone	Email
Zoe Cloud	Family Therapy Research coordinator	+61 3 8481 4874	z.guest@latrobe.edu.au

What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC21191	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au

YOUR CONSENT *

Would you agree to an audio recorded interview with a Bouverie researcher?

YES NO



Who do I contact if I need emergency help for myself or a family member?

Here is a list of crisis services you can contact at any time during your participation in the study if you are concerned about the mental health of yourself or a family member.

Service	Contact information
beyondblue aims to increase awareness of depression and anxiety and reduce stigma .	Call 1300 22 4636, 24 hours / 7 days a week.
Blue Knot Foundation Helpline (formerly ASCA Professional Support Line) provides help, information, support or referral for adult survivors of childhood trauma and abuse , their partners, family and friends, health professionals and anyone in the workplace working with people who have experienced childhood trauma and abuse.	Call 1300 657 380, 9am-5pm AEST / 7 days a week.
Butterfly Foundation's National Helpline , ED HOPE, is a free, confidential service that provides information, counselling and treatment referral for people with eating disorders , and body image and related issues.	Call 1800 33 4673, 8am-midnight AEST / 7 days a week.
ehespace provides mental health and wellbeing support, information and services to young people aged 12 to 25 years and their families.	Call 1800 650 890, 9am-1am AEST / 7 days a week.
Kids Helpline is Australia's only free 24/7 confidential and private counseling service specifically for children and young people aged 5 to 25.	Call 1800 55 1800.
Lifeline provides 24-hour crisis counselling, support groups and suicide prevention services. Text or live chat online also available.	Phone: 13 11 14 Lifeline website: Get Help home - Lifeline Australia
MensLine Australia is a professional telephone and online support and information service for Australian men .	Call 1300 78 99 78, 24 hours / 7 days a week.
MindSpot is a free telephone and online service for people with stress , worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression. MindSpot is not an emergency or instant response service.	Call 1800 61 44 34 AEST, 8am-8pm (Mon-Fri), 8am-6pm (Sat).
QLife provides nationwide telephone and web-based services to support lesbian, gay, bisexual, transgender and intersex (LGBTI) people of all ages.	Call 1800 184 527, 3pm-12am (midnight) AEST / 7 days a week.
SANE Australia provides support, training and education enabling those with a mental illness to lead a better life.	Call 1800 18 7263, 10am-10pm AEST (Mon-Fri).
Suicide Call Back Service provides 24/7 support if you or someone you know is feeling suicidal. live chat or video chat also available.	Call 1300 659 467 Suicide Call Back website Mental health counselling & suicide prevention Suicide Call Back Service
Open Arms — Veterans and Families Counselling provides 24/7 free and confidential, nationwide counselling and support for war and service-related mental health conditions, such as post-traumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger .	Call 1800 011 046.
Psychiatric triage (administration, information, assessment and referral) for North West region of Melbourne.	1300 874 243 24 hours a day, 7 days a week.
Safe Steps Family Violence Response Centre provides 24/7 specialist support services for anyone in Victoria who is experiencing or afraid of family violence.	1800 015 188 24 hours a day, 6 days a week.