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## PARTICIPANT INFORMATION SHEET AND CONSENT FORM

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### Nourished Mind – helping young people to connect with better mental health

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**Who are we?**

We are a team of psychology researchers at Flinders University. Our job is to investigate and evaluate how to best support young people to have better mental health and wellbeing. We are asking you to take part in this research project.

**What is the study about?**

We are looking at how short, 20–30-minute activities in a mental health app can help with things that might put young people at risk of developing various challenges to their mental health.

**What will I be asked to do?**

You will complete online questionnaires and try out one activity on a smartphone app using your smartphone, tablet, or laptop. You'll have one week to complete the activity, and you can do it as many times as you like during that time. After finishing the activity, you'll complete two more questionnaires: one a week later and another one a month after that. The activity you are given will be chosen randomly, which means it's like flipping a coin to decide which activity you'll get. Some people will be asked to do all the questionnaires before being given access to the app of their choice.

**What are the benefits or rewards (good things) for taking part?**

We can't promise that taking part in this study will directly help you, but by participating, you'll be helping us figure out if the activities in the app are helpful, useful, and meaningful for other young people like you.

**Will I get paid for taking part?**

If you would like to take part, you will receive a \$20AUD gift voucher for your time. You will receive this voucher once you complete the final questionnaires (one month after the first questionnaire).

**Participant involvement:**

If you agree to participate in the research study, you will be asked to:

- Complete a brief 5-minute screening survey – this will assess whether you are eligible for the study
- Complete one 10-minute survey
- Complete online activity in smartphone app over a one-week period
- Complete a 10-minute survey after completion of the online activity
- Complete a 15-minute survey after one-month.

**What are the risks (bad things) about taking part?**

Although we believe this research has no risk for participants, it does ask about concerns around shape or weight, and other mental health issues, including questions about self-harm (e.g., *how many times in the past month have you purposely hurt yourself without wanting to die?*) which can be distressing to some participants. If you need support, you may contact the following free services:

- Kids Helpline: 1800 55 1800
- Lifeline on 13 11 14,
- Beyond Blue (open 24/7) on 1300 224 636,
- Suicide Call Back on 1300 659 467
- Butterfly National Helpline for eating disorders (available 8am to midnight, 7 days a week) on 1800 33 4673.

**What happens if I do not want to take part anymore?**

You don't have to take part in this study if you don't want to. Even if you decide to join, you can change your mind at any time. If you want to stop, you can close the app or the survey browser and let the research team know. You can also ask us to delete any answers you've already given, and we will make sure they are securely erased.

**What will happen to the information about me?**

We will ask you to provide information like your birthday, gender, postcode, cultural background and questions around mental health like your mood and how you feel about your body. None of this information will be linked to your name. You will not be mentioned by name in the research.

Only people listed on this form will have the information about you. They will keep your information private. None of this information will be shared or used in other research projects unless we ask you first. You can tick a box on the next page to let us know if you want to do that. The information you tell us will be kept on a computer that needs a password at Flinders University. We will keep this information for 5 years, then we will destroy it.

**Who do I contact if I want to know more?**

At the top of this form are the names of the researchers who are involved in this project. If you would like to find out more about this project, please contact a member of the research team.

**Ethics Committee Approval**

The project has been approved by Flinders University's Human Research Ethics Committee (Project Number: 7771).

**Queries and Concerns**

Queries or concerns regarding the research can be directed to the research team. If you have any complaints or reservations about the ethical conduct of this study, you may contact the Flinders University's Research Ethics & Compliance Office team via telephone 08 8201 2543 or email [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au).

Thank you for taking the time to read this information sheet which is yours to keep. If you accept our invitation to be involved, please sign the enclosed Consent Form.

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## CONSENT FORM

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### Consent Statement

- I have read and understood the information about the research, and I understand I am being asked to provide informed consent to participate in this research study. I understand that I can contact the research team if I have further questions about this research study.
- I am not aware of any condition that would prevent my participation, and I agree to participate in this project.
- I understand that I am free to withdraw at any time during the study.
- I understand that I can contact Flinders University's Research Ethics & Compliance Office if I have any complaints or reservations about the ethical conduct of this study.
- I understand that my involvement is confidential, and that the information collected will be published. I understand that I will not be identified in any research products.

I further consent to:

- completing questionnaires
- sharing my de-identified data with other researchers on the Open Science Framework (a secure online platform where researchers share data to help improve science and understanding).
- my de-identified data being used in this project and other related projects for an extended period of time

**Signed:**

**Name:**

**Date:**