



PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM

The Brain Games Study
Dr Louise Mewton

The research study is being carried out by the following researchers:		
Role	Name	Organisation
Chief Investigator	Dr Louise Mewton	University of New South Wales
Co-Investigator/s	Dr Nicola Gates, Dr Antoinette Hodge & Professor Maree Teesson	Westmead Children’s Hospital and University of New South Wales
Research Funder	This research is being funded by Australian Rotary Health and the Australian National Health and Medical Research Council.	

What is the research study about?

You are invited to take part in this online research study. You have been invited because of certain behaviours or emotions you reported in response to our questionnaire.

To participate in this research study you need to meet the following inclusion criteria:

1) the experience of risky behaviours, high anxiety or negative emotions; 2) be able to access the internet readily via a desktop or laptop computer (either in your home, or willingness to use public library/other suitable venue with internet access); 3) be willing to provide current email address and phone number. You will not be able to take part in this study if you meet criteria for an anxiety, mood or substance use disorder, if you take certain medications, or have certain medical conditions.

The research study is aiming to determine whether brain training in the form of online games (“Brain Games”) can reduce risky behaviours, anxiety and negative emotions which may lead to mental illness in the future.

Do I have to take part in this research study?

This Participant Information Statement tells you about the research study. It explains the research tasks involved. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully. If there is anything that you don’t understand or want to know more about please feel free to contact the research team. Before deciding whether or not to take part, you might want to talk about it with a relative or friend.

If you decide you want to take part in the research study, you will be asked to:

- Type your name into the boxes at the bottom of this consent form ;
- Keep a copy of this Participant Information Statement;

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

Before you begin any activities we need to do ask some more questions to understand whether it is ok for you to take part. In order to do this we will contact you by telephone and ask you to answer questions about your feelings and behaviours, including substance use. It is expected that these questions will take about half an hour for you to complete. If you are not suitable for the study, we will let you know over the telephone, provide you with information for services should you need them, and withdraw all your data from the study.



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If you are suitable for the study, you will be randomly assigned to one of two different training groups. Both groups will be asked to complete an online Brain Games program. We will ask you to do the program for a maximum of one hour every weekday for a total of five weeks. In total, the program will take a maximum of 25 hours. The Brain Games program is like a computer game, and we expect that you will find the Brain Games sessions fun as well as challenging. Before and after you have completed your online Brain Games sessions we will ask you to complete online and telephone-administered questionnaires about your feelings and behaviours, including substance use, as well as some tasks that will tell us about your different abilities. We will also ask you to complete these same questionnaires and tasks 3 months, 6 months and 12 months after you have finished the Brain Games program. We expect that each set of questionnaires and tasks will take up to an hour to complete so we expect you will spend a total of 5 hours doing these over the course of a year. At the end of the study we want to compare the two different Brain Games programs to see whether one is better than the other in terms improving any negative feelings or risky behaviours you might be experiencing. At the moment, we are not sure if one program is better than the other, or whether you will benefit from participating in this study.

We do not expect there to be any risks associated with completing the Brain Games program. It is possible you might experience some distress when answering the questionnaires that ask about sensitive topics. If you do experience distress you will be encouraged to contact the research team and you will be given contact information for services equipped to deal with any distress you might be experiencing.

Will I be paid to participate in this project?

You will be reimbursed \$50 for taking the time to complete the Brain Games program. After you have completed all the questionnaires you will also go into a draw to win an iPad.

What are the possible benefits to participation?

We hope to use information we get from this research study to benefit others who might also behave in risky ways or experience anxiety or negative emotions.

What will happen to information about me?

By typing your name into this form, you consent to the research team collecting and using information from the questionnaire you complete for the research study. We will keep your confidential data for 7 years. Any information obtained in connection with this research study that can identify you will remain confidential. This project will use an external site to create, collect and analyse data collected in a questionnaire format. The site we are using is www.braingames.org.au. If you agree to participate in this study, the responses you provide to the questionnaire will be stored on a host server that is used by Indigo hosting. Once we have completed our data collection and analysis, we will import the data we collect to the UNSW server. The data on the Indigo hosting server will then be deleted.

It is anticipated that the results of this research study will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that your research findings may be published, but you will not be individually identifiable in these publications.



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

You have a right to receive feedback about the overall results of this study. You can tell us that you wish to receive feedback by emailing the study co-ordinator, Dr Louise Mewton (louisem@unsw.edu.au). This feedback will be in the form of a one page report. You will receive this feedback after the study is finished.

What if I want to withdraw from the research study?

If you do consent to participate, you may withdraw at any time. If you do withdraw, you will be asked to complete and sign the 'Withdrawal of Consent Form' which is provided at the end of this document. Alternatively you can contact the research team and tell them you no longer want to participate.

If you decide to withdraw from the study, we will not collect any more information from you. Please let us know at the time when you withdraw what you would like us to do with the information we have collected about you up to that point. If you wish your information will be removed from our study records and will not be included in the study results, up to the point that we have analysed and published the results.

What should I do if I have further questions about my involvement in the research study?

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 problems which may be related to your involvement in the project, you can contact the following member/s of the research team:

Research Team Contact

Name	Dr Louise Mewton
Position	Research Officer
Telephone	02 8936 1131
Email	louisem@unsw.edu.au

If at any stage during the project you become distressed or require additional support from someone not involved in the research please call:

Contact for feelings of distress

Name/Organisation	Kids Helpline
Telephone	1800 551 800
Email	www.kidshelp.com.au

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

If you have any complaints about any aspect of the project, the way it is being conducted, then you may contact:

Complaints Contact

Position	Human Research Ethics Coordinator
Telephone	+ 61 2 9385 6222
Email	humanethics@unsw.edu.au
HC Reference Number	HC15094



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Consent Form – Participant providing own consent

Declaration by the participant

- I have read the Participant Information Sheet or someone has read it to me in a language that I understand;
- I understand the purposes, study tasks and risks of the research described in the project;
- I have had an opportunity to ask questions and I am satisfied with the answers I have received;
- I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the project and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
- I understand that I will be given a signed copy of this document to keep;

Participant Signature

Name of Participant (please type)	
Please type name again (this will be taken as your signature)	
Date	

Declaration by Researcher*

- I have given a verbal explanation of the research study, its study activities and risks and I believe that the participant has understood that explanation.

Researcher Signature*

Name of Participant (please print)	
Signature of Research Participant	
Date	

*An appropriately qualified member of the research team must provide the explanation of, and information concerning the research study.

Note: All parties signing the consent section must date their own signature.



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Form for Withdrawal of Participation

I wish to **WITHDRAW** my consent to participate in the research proposal described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of New South Wales.

Participant Signature

Name of Participant (please type)	
Signature of Research Participant (please type name)	
Date	

The section for Withdrawal of Participation should be forwarded to:

CI Name:	Louise Mewton
Email:	louisem@unsw.edu.au
Phone:	02 8936 1131