



The University of
Nottingham

Division of Psychiatry & Applied Psychology
Faculty of Medicine
School of Medicine & Health Sciences

Participant Information Sheet (Version 2, 22/09/2015)

Title of study: A feasibility trial of the Mental Health First Aid e-learning course for medical students

Study ID: Feasibility MHFA E-Learning Trial

Name of researchers:

Emmeline Beever, medical student, the University of Nottingham
Dr Bethan Davies, Research Fellow, NIHR MindTech HTC, the University of Nottingham
Professor Cris Glazebrook, Professor of Health Psychology, the University of Nottingham

Thank you for your interest in participating in our research study, titled 'A feasibility trial of the Mental Health First Aid e-learning course in medical students'. As you have met the inclusion criteria (either a 1st, 2nd or 3rd Year medical student, with access to internet-connected laptop or computer), we now invite you to participate in the study.

Before you decide if you want to participate, we would like you to understand why the research is being done and what it would involve for you. Feel free to talk to others about the study if you wish, and please do contact us if there is anything that is not clear – our contact details are at the bottom of this form.

1. What is the purpose of the study?

The purpose of this study is to evaluate an online course (called the 'Mental Health First Aid e-learning course') designed to improve medical students' knowledge, attitudes, and skills relating to mental health, in order to improve their abilities to provide support to a peer who is developing a mental health problem or experiencing a mental health crisis. This course has been developed by MHFA Australia (<https://mhfa.com.au/>) and is an online adaptation of their face-to-face Mental Health First Aid course: this course has been evaluated several times, and has shown to be effective in helping improve a person's mental health knowledge, ability to provide support to a friend with a mental health problem, and stigma towards mental health. The e-learning course has been developed for, and trialled, in an Australian medical student sample, and we are interested in seeing whether the course can be transferred for British medical students.

2. Why have I been invited?

You have been invited to participate in the study as you have met the inclusion criteria (either a 1st, 2nd or 3rd Year medical student). We are hoping to have fifty students, like yourself, to participate in the study. This pilot study also aims to explore the feasibility of conducting a study to evaluate the e-learning course, and we are hoping to use the findings to inform a larger trial of the e-learning course in future. Fourth and Fifth Year students have not been invited to the present study as these students are more likely to have undertaken modules and placements relating to mental health and clinical psychology, and so may already be aware of the content within the Mental Health First Aid e-learning course.

3. Do I have to take part?

It is up to you to decide whether or not to take part – you are under no pressure from us to participate. If you do decide to take part, you will be able to keep this information sheet, and be asked to complete an online consent form in order to assert your willingness to participate in the study. If you do decide to take part and consent to participation, you are still free to withdraw from the study at any time and without giving a reason.

4. What will happen to me if I take part?

The study involves being randomly assigned to one of two groups: the first group receives six-week access to the e-learning course (through being provided with a personal log-in and password), while the second group receives nothing during this period.

Your participation in the study would last five-to-six weeks in total, and involves completing two online surveys: one immediately after consenting to participation, and a second one six weeks later. Regardless of which group you are in, all aspects of this study are conducted online – there is no face-to-face contact with any member of the research team.

If you participate and are randomly assigned to the group which receives access to the e-learning course: you would be required to complete this course at your own pace over the six weeks. The Mental Health First Aid e-learning course takes approximately six to eight hours to complete, and is done so at your own pace. During this period, you would receive two emails from us to remind you to complete the course. You would also receive a physical book which accompanies the course.

The first online survey will ask you for basic information about yourself and your course, but also asks some questions relating to your mental health and understanding of mental health. We will also ask you to submit your university email address into this online survey, so that we can contact you throughout the study. All information is kept on password-protected accounts and UoN computers, and we will remove your email address from the database once your participation in the study is over.

The second online survey (emailed six weeks after being randomised to group) involves many of the same questions asked in the first online survey, but will also ask questions relating to your interest in participating in the study and your thoughts about how the study was administered. For those in the group who receive access to the course, there will also be questions asking for your feedback and opinions of the course.

Participants will not be paid to participate in the study. However, if you do complete all aspects of the study (the first online survey and the follow-up online survey), you will have the opportunity to enter into a prize draw to win one of ten £10 Amazon vouchers.

5. What are the possible disadvantages and risks of taking part?

You will be required to give up some of your time if you do decide to participate – and more time will be required if you are assigned to the group which receives access to the e-learning course. **If you are in this group, you will need to be self-motivated to complete the course in your own time.**

We believe there are no known risks associated with the Mental Health First Aid e-learning course, but this is something that we will ask you when you complete the follow-up online survey – we will ask you if you experienced any positive and negative consequences of completing the course.

The Mental Health First Aid course is becoming increasingly recognised in the workplace. The course is designed to improve attitudes and knowledge related to mental health: this would be of benefit for trainee doctors' professional development, given that you are highly likely to be having contact with patients experiencing mental health issues.

As the Mental Health First Aid e-learning course aims to improve attitudes and knowledge related to mental health, the course does talk about mental health (and related language/terms) in detail, which could be distressing for some. Topics covered in the training include, but are not limited to: depression, suicidal thoughts and behaviours, anxiety, psychosis and substance use problems. If you do become distressed as a result of the course, as with anyone who participates you are free to withdraw/leave the study at any point. If this should happen, we encourage you to contact us to inform us what content led you to become distressed, so that we can feed this into our evaluation of the course.

Should you become distressed by the nature of the study, you should inform us (see Point 12 – "What if there is a problem?"), there are a number of services and resources available to you:

- Cripps Health Centre, University Park (www.unhs.co.uk/unhs/the-university-of-nottingham-health-service.aspx) - 0115 846 8888. They can provide information about how you support your mental health and well-being. If you are not registered at this surgery, you can register any time or find an alternative using the "Find GP Services" tool at NHS Choices: <http://www.nhs.uk/Service-Search/GP/LocationSearch/4>
- University Counselling Services (www.nottingham.ac.uk/counselling/index.aspx), The Meadows, University Park - 0115 951 3695 or counselling.service@nottingham.ac.uk.
- Nottingham Nightline is the local confidential information and listening service run by university students. They provide a nightly listening and information service for students attending the two universities in Nottingham. They are open between 7pm-8am daily (open 24 hours during some periods in term) and can be contacted via phone at 0115 951 4985, by email at nightlineanon@nottingham.ac.uk, or by instant messaging (www.nottinghamnightline.co.uk).
- Samaritans (www.samaritans.org) provides confidential and non-judgemental emotional support for people who are experiencing feelings of despair or distress. Tel: 08457 90 90 90 (open 24 hours a day, 7 days a week) or email jo@samaritans.org
- HopeLine UK (www.papyrus-uk.org/help-advice/about-hopelineuk) - provides non-judgemental support, advice and information to young people who are worried about their mental health or about others. Tel: 0800 068 41 41 - open 10am-5pm and 7pm-10pm Mon-Fri, and 2pm-5pm on weekends. Email pat@papyrus-uk.org or send text to 07786 209697.
- Mind (www.mind.org.uk) - UK mental health charity, information line: 0300 123 3393 or email info@mind.org.uk. Mind also has an A to Z of information and advice on their website.

6. What are the possible benefits of taking part?

This is the first trial of the Mental Health First Aid e-learning course in the UK: importantly, it will help us explore whether this course is suitable and translatable to a

British medical student population. The findings of this study will help inform us whether the course has an impact on medical students' mental health-related knowledge and attitudes and their abilities to support a friend experiencing a mental health problem, and also help to inform us whether a larger trial involving a bigger group of students is possible and the logistics of conducting a trial.

The Mental Health First Aid e-learning course is an educational, evidence-based programme for the public, and has been adapted for cross-cultural delivery. The course is becoming increasingly used and recognised to help improve the public's understanding of mental health. Participants who complete the course are provided with a certificate of completion (this is downloadable upon completion of the course).

7. Will my taking part in the study be kept confidential?

All information which is collected about you during the course of the research will be kept **strictly confidential**, stored on a password-protected database within a secure computer. Any information about you which leaves the institution (e.g. in reports and publications arising from this study) will be anonymised, and a unique code will be used so that you cannot be recognised from it.

As the study is all conducted online, this means that all data that you enter into the online surveys and within the e-learning course is also collected online. Within the first survey that you complete once you consent to participation, we do ask that you enter your email address so that we can keep in contact with you during the study (e.g. to send you the second follow-up online survey). We will remove your email address from our database once your participation with the study has ended, unless you tell us that you wish to have a summary of the results and/or information about future research. However, as with any online related activity, the risk of a breach is always possible. To the best of our ability your answers in this study will remain confidential. We will minimize any risks through password protecting the online survey and databases created during this study.

We will ask you to enter your university email address and a unique ID code in the first and follow-up surveys, so that we can compare your findings. This unique ID code consists of three bits of personal data (day of birth, three last letters of surname, and three last digits of phone number). We are not able to personally identify you from the combination arising from these three bits of data.

In any reports and publications arising from this study, you will be anonymous and not be personally identifiable.

Your data will be collected via the SurveyMonkey online surveying tool. Only the three members of the research team have password-protected access to the online surveys and to the databases. All data that is collected from you will be kept in a password-protected file on a secure computer based at the Institute of Mental Health.

Data will be stored and secured in line with the University Of Nottingham's Code of Research Conduct: the data (apart from your email address, which will be removed upon your completion of the study) will be kept securely for a seven year period. After this time, your data will be disposed of securely. All precautions will be taken by all those involved to maintain your confidentiality,

If you join the study, some parts of the data collected for the study will be looked at by authorised persons from the University of Nottingham who are organising the research. They may also be looked at by authorised people to check that the study is being carried out correctly. All will have a duty of confidentiality to you as a research participant and we will do our best to meet this duty.

8. What will happen if I don't want to carry on with the study?

It is absolutely your choice to participate (or not participate) in this study. If you consent to participation, but decide that you no longer wish to take part, please contact us (through contact details at bottom of this form) to inform us that you no longer wish to take part and withdraw from the study. You do not have to give us any reason for your decision to withdraw. If you inform us that you wish to withdraw participation and your consent, any information/data about you that has been collected will be removed from the database.

9. What will happen to the results of the research study?

This study will be written up as part of Emmeline Beever's degree in Medicine. We are hoping to publish the findings of this study in a peer-reviewed journal in mid-to-late 2016. All participant data will be anonymised in this publication. We are also hoping to feedback the study's results to the MHFA Australia team, as they are interested to hear about whether their e-learning course is transferrable to populations outside Australia.

10. Who is organising and funding the research?

This research is being organised by the University of Nottingham and is being funded by NIHR MindTech HTC (<http://www.mindtech.org.uk/>) and the Division of Psychiatry and Applied Psychology within the School of Medicine.

11. Who has reviewed the study?

All research in the University of Nottingham is looked at by independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given favourable opinion by the Faculty of Medicine & Health Sciences (FMHS) Research Ethics Committee (ref: T14072015 SoM PAPsych BMedSci).

12. What if there is a problem?

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions – our contact details are at the bottom of this form.

If you remain unhappy and wish to complain formally, you should then contact the FMHS Research Ethics Committee Administrator, c/o The University of Nottingham, School of Medicine Education Centre, B Floor, Medical School, Queen's Medical Centre Campus, Nottingham University Hospitals, Nottingham, NG7 2UH. E-mail: louise.sabir@nottingham.ac.uk

13. Further information and contact details

For further information about the study, please contact the research team:

Emmeline Beever, medical student, the University of Nottingham.
Email: mzyelb@nottingham.ac.uk

Dr Bethan Davies, Research Fellow, NIHR MindTech HTC, Institute of Mental Health, The University of Nottingham Jubilee Campus, Nottingham NG7 2TU.
Email: bethan.davies@nottingham.ac.uk
Tel: 0115 748 4238

Professor Cris Glazebrook, Professor of Health Psychology, Institute of Mental Health,
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The University of Nottingham Jubilee Campus, Nottingham NG7 2TU.

Email: cris.glazebrook@nottingham.ac.uk

Tel: 0115 823 0420

Once you have read all this information and have decided that you wish to participate, please click the following link to consent to participate:

<https://www.surveymonkey.com/r/VZ28F3R>

After consenting to participate, you will then complete the first online survey.