



Plain Language Statement

Participants

Shanghai Mental Health Center

*Melbourne School of Population and Global Health
University of Melbourne*

Evaluation of Mental Health First Aid training for China

Dr Yanling He heyanning@smhc.org.cn

Professor Nicola Reavley

Tel: +61 3 9035 7628 Email: nreavley@unimelb.edu.au

Additional Researchers: Dr Amy Morgan, Dr Shurong Lu, Dr Yan Wang, Juming Liao.

Introduction

Thank you for your interest in this research project. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research. Participation is voluntary and you can change your mind at any time.

Please take the time to read this information carefully. You may ask questions about anything you don't understand or want to know more about.

What is this research about?

The University of Melbourne, the Shanghai Mental Health Center and Mental Health First Aid (MHFA) International are working together to investigate the effectiveness of the Mental Health First Aid training for China course.

The MHFA-China course is a two-day course focused on helping people to recognise and supporting a person developing a mental health problem or in a mental health crisis. It aims to improve participants' confidence and skills in supporting someone in their social network, such as a friend or family member, who is in this situation. The course will be offered for free in your organisation.

What will I be asked to do?

To investigate any benefits of the course, we will ask those who have enrolled in the course to complete three surveys at various stages of the study. This trial involves comparing people who receive the course at the start (the intervention group) or later (the control group). If



you are in the intervention group, you will be asked to complete one survey immediately before, and two surveys after the course (one month after course completion and seven months after course completion). If you are in the control group, you will be asked to complete all three surveys before completing the course, at similar time intervals. We will compare the groups to see if the course is of benefit to participants. You are free to skip any question and/or survey at any point in time and still participate in the course. You will receive a voucher to the value of RMB100 if you complete all three surveys.

We will either supply a paper copy of the survey with prepaid envelopes to return or an email link to an online survey. If needed, we can also offer to complete the survey by phone. Each survey will take approximately 20 minutes to complete.

What are the possible benefits?

By offering the MHFA for China course, we aim to make this course more accessible to people who may not otherwise access such training. Your participation will be used to establish whether the MHFA for China course is an effective way to improve helping intentions and behaviours, beliefs and attitudes towards people with mental health problems. If effective, this course could be offered in other organisations in China. Ultimately, this will help improve support for people with mental health problems in China.

What are the possible risks?

The risks of participating in this research are considered to be minimal. You will not be asked to talk about your experiences with mental health, only to tick the most appropriate answer to questions about your beliefs, attitudes and responses to others who have experienced mental health problems. The survey will include information on support services.

If they feel distressed as a result of participation they can call:

Beijing Suicide Research and Prevention Center	0800-810-1117 Mobile/IP/extension users: 010-8295-1332
Lifeline Shanghai Lifeline Yanji	(21) 63798990 (0433) 273 959

They can also contact our team psychologist who can help obtain the appropriate support [INSERT NUMBER].



Do I have to take part?

No. Participation is completely voluntary and your organisation will not have any information on who participates in the evaluation. You are able to withdraw at any time and can request that your data not be used in the research study. You can make this request up to four weeks after you have completed their participation in the study. Deciding not to participate in this research will not affect your participation in MHFA training.

Will I hear about the results of this project?

The findings of this research will be made available through the Shanghai Mental Health Center or MHFA International's website (www.mhfa.com.au) and. If you would like to receive a short summary of the research findings you are invited to contact [tbc]. Outcomes may also be presented via conference presentations and publication of journal articles.

What will happen to information about me?

Any information collected as part of this project will be treated as confidential and can only be accessed by the research team. The data will be stored securely on a Shanghai Mental Health Center server until the trial is finished and de-identified data will then be securely transferred to a University of Melbourne password protected server, where it will be stored in a repository for a period of 15 years after publication of the results of this research. No identifying information about you will ever be shared.

Who is funding this project?

This research project is funded by the National Health and Medical Research Council (NHMRC) of Australia.

Where can I get further information?

If you would like more information about the project, please contact the researchers [details tbc].

Who can I contact if I have any concerns about the project?

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project 25658.