

## **Participant Information and Consent Form**

### **Evaluating the efficacy of lived experience videos for improving mental health stigma and help-seeking**

You are invited to participate in a study on mental health stigma in young people. The purpose of the study is to explore the effectiveness of a video-based intervention in addressing mental health stigma and help-seeking attitudes.

The study is being led by Professor Jennie Hudson (9850 8668; [jennie.hudson@mq.edu.au](mailto:jennie.hudson@mq.edu.au)) and a team of researchers including Natalie Dahora, Andrew Essen, Adrian Ienna and Professor Liz Pellicano. This study is being conducted to meet the requirements of the Masters of Clinical Psychology under the supervision of Professor Jennie Hudson of the Department of Psychology.

If you decide to participate, you will be asked to complete several questionnaires about feelings of anxiety, depression, and emotional health problems, and stigma related to mental health. You will then be shown a short video, before completing some of these same measures again. You will also be asked to complete these measures after both one week and one month.

You may also be asked to participate in a follow-up study to receive further credit in one week, which would involve joining a focus group with the researchers to discuss in more detail your thoughts and feelings of the video. Participating in this follow-up study is optional. For the focus group, all discussion will be audio-recorded but all participants will be de-identified and remain anonymous.

All responses are confidential in both parts of the study, and your identity will be protected in all publications. The researchers named above will be the only individuals with access to the de-identified data. In the future, other researchers with projects that have obtained approval from a Human Research Ethics Committee may be granted access to this data. We will not provide you with a report on the outcome of your responses but if you are interested you can request a copy of the publication emerging from the research by emailing the Chief Investigator: [jennie.hudson@mq.edu.au](mailto:jennie.hudson@mq.edu.au).

The questions and procedures are unlikely to cause distress but in the unlikely event that this does occur, please contact the Chief Investigator by email [jennie.hudson@mq.edu.au](mailto:jennie.hudson@mq.edu.au) or phone 98508668 or 0408660098.

If you need immediate assistance then contact contact Coronavirus Mental Wellbeing Support Service on 1800 512 348 or visit <https://coronavirus.beyondblue.org.au/%20Head%20to%20health>. For further information and support options visit <https://headtohealth.gov.au/covid-19-support/covid-19> or Lifeline: 131114 or [www.lifeline.org.au](http://www.lifeline.org.au). If you are interested in seeking help for anxiety or depression then please contact Student Wellbeing (P: 02 9850 7497, E: [wellbeing@mq.edu.au](mailto:wellbeing@mq.edu.au)) or the Centre for Emotional Health Clinic at Macquarie University (P: 98508711 or [www.mq.edu.au/ceh](http://www.mq.edu.au/ceh))

Participation in this study is entirely voluntary: you are not obliged to participate and if you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence. Participants will receive course credit for their time.

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics & Integrity (telephone (02) 9850 7854; email [ethics@mq.edu.au](mailto:ethics@mq.edu.au)). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

☐ I have read and understood the information above and any questions I have asked have been answered to my satisfaction. I **AGREE** to participate in this research.