

## INFORMED CONSENT FOR QUESTIONNAIRES AND INTERVIEWS: YOUNG ADULTS

<b>Title of the study:</b>	Building resilience and resources to reduce depression and anxiety in young adults from urban neighbourhoods in Latin America (OLA)
<b>Principal investigators:</b>	XXX (Country), Prof. Stefan Priebe (UK)
<b>Date and version:</b>	7th September 2020 (Version 1.0)

We are researchers from XXX and Queen Mary University of London in the UK, and we want to invite you to participate in a research study. Please read this document before deciding to participate in the study, and if you have any question or do not understand a section, please feel free to ask the research team.

### 1. What is the purpose of the study?

During adolescence it can be common for people to feel distressed, some people may call this mental distress, depression or anxiety. Adolescents and young adults who live in big cities more commonly experience stressful events such as conflict, poverty, substance misuse and social isolation. This includes adolescents and young people in Latin America, which is the most urban part of the world. Although many individuals experience stressful events, a lot of people do not develop mental distress, and when people do become distressed, half will recover within a year.

We have developed a study to identify resources that help young people to prevent or recover from mental distress, including depression and anxiety. We will focus on adolescents and young adults who live in three large Latin American cities: Buenos Aires, Bogotá and Lima.

This part of the study aims to identify which characteristics, resources and activities help adolescents and young adults prevent or recover from depression and/or anxiety. Therefore the information you provide is an important step in building evidence that could help develop new approaches to reduce the burden of mental distress on adolescents and young adults living in large cities.

### 2. What does your participation entail?

We are asking young people who are and who are not currently experiencing symptoms of depression and/or anxiety to take part in this study. We will first ask you to complete two short questionnaires, which will ask you about any symptoms of depression and anxiety that you might have experienced in the last 2 weeks.

**If you score 9 or less on both of these questionnaires**, then we will invite you to take part in the **baseline questionnaire only** (see below).

**If you score 10 or more on one or both of these questionnaires**, then we will invite you to take part in the **baseline questionnaire, 6 month questionnaire and 12 month questionnaire**. We may also invite you to take part in an **interview** (see below).

#### Baseline questionnaire:

In the first part we will ask you to complete the baseline questionnaire, which has questions about how you feel, things that have happened in your life, how you deal with difficult situations and activities that you do. You will complete this questionnaire face-to-face in a comfortable and private location, such as your local community centre, and a member of our research team will be available to help you complete the questionnaire and answer any questions you may have. The questionnaire should take about 40 minutes to complete. We will ask you to complete the questionnaire online or over the phone if we are unable to meet with you face-to-face.

#### 6 month questionnaire (if applicable)

We will ask you to complete another shorter questionnaire six months after completing the baseline questionnaire. This will ask you about how you are feeling, things that have happened in your life since completing the initial questionnaire and whether you have used any medical services recently. You will be able to complete this online questionnaire at home, or by telephone with a member of our research team if it is not possible for you to complete it online. This questionnaire should take no longer than 20 minutes to complete.

#### 12 month questionnaire (if applicable)

Six-months later (twelve months after completing the baseline questionnaire), we will ask you to complete the baseline questionnaire again, including the questions about how you feel, things that have happened in your life, how you deal with difficult situations and activities that you do. You will complete this questionnaire face-to-face in a comfortable and private location, such as your local community centre, and a member of our research team will be available to help you complete the questionnaire and answer any questions you may have. The questionnaire should take no longer than 30 minutes to complete. We will ask you to complete the questionnaire online or over the phone if we are unable to meet with you face-to-face.

#### Interview (if applicable)

We will also ask some people who completed the baseline, 6 month and 12 month questionnaires to take part in an interview, where a member of our research team will ask you about resources (including social contacts, initiatives or approaches) you have used and found helpful or not in the last year, which resources you are aware of, and your suggestions for how the community and/or services could help you with your recovery. There are no right or wrong answers – we are interested in hearing your views, whether positive or negative. This interview will take about 45 minutes, and will take place in a comfortable and private space. We will ask your permission to audio-record this conversation, so that we can analyse it later. We will ask you to attend the interview online or over the phone if we are unable to meet with you face-to-face.

### **3. What can you do if you do not want to participate in the study or you want to stop participating in the future?**

Your participation in the study is and will always be strictly voluntary. This means that it is entirely up to you whether you would like to take part, and it is OK if you choose not to take part, you will not have to explain your reasons. If you do decide to take part, you are also able to change your mind and stop taking part at any time. You can also decide to not answer certain questions if you choose not to. If you decide to stop participating, and it has been under 15 months since you started participating in the study, then we will ask you if we can use the information we have collected up to that point and we will respect your decision. There will be no consequences if you decide not to take part in the study or decide not to authorise the use of the information collected.

If you decide to part in the study, we will ask you to sign this form to confirm this. We will give you a copy of the signed form. Your signature confirms that you have understood what your participation entails, we have solved any question you may have and you voluntarily accept to participate in the study.

### **4. What will we do to take care of your privacy and your information?**

All the information you provide is confidential (private) and will be used only for the purpose of this study. Your information and answers from the questionnaires and the interview will only be shared with the researchers who are part of this research study from the Universidad Javeriana (Colombia), Universidad Buenos Aires

(Argentina), Universidad Peruana Cayetano Heredia (Peru) and Queen Mary University of London (United Kingdom), using an encrypted format that will not include your name. Your friends, and family will not be able to see your answers.

However, if while taking part in the study, you tell us something that makes us concerned for your safety (for example we identify there is a risk of you hurting yourself or others, or you being hurt by others) confidentiality can be broken. If this is the case, we will inform a health provider at the community mental health centre to guarantee yours and others' safety.

Your name will never appear on the questionnaire, or with your interview. Instead of your name we will use a code. Only the research team will know which codes belong to which names, and this information will not be shared with other people outside of the team. We will keep the information you give us safely, so it can not be accessed by others outside of the team. Lastly, all the information you provide us will be used only in this study.

The data collected during the study will be stored in the Universidad Javeriana's servers. The Universidad Javeriana Information and Technology Department complies with all national and international security norms for data protection including assistance regarding computing security related to the research project. The Information and Technology Department's operating procedures are available at: <http://www.javeriana.edu.co/dir-tecnologias-de-informacion/asistencia-de-seguridad-informatica>. The protection of the personal data compiled in this project follows the Colombian regulation laws regarding data protection: Law 1581 from 2012 and decree 1377 from 2013. Data will also be stored in the Queen Mary University of London's secure servers in-line with the Data Protection Act (2018) and General Data Protection Regulation (GDPR). The information compiled during this study will be used only for research purposes as it has been previously stated in this form.

**Commented [1]:** To be amended for each team

We will keep the study data (information from the study) for 20 years in the UK, however at this point, the data will not include any personal information that could identify you, such as names. Information, such as your names and contact details, which could identify you will be deleted at the end of the study.

#### **5. What benefits might exist if you participate in this study?**

The information that you provide us with during the study is important in the aims of this research study, which is to identify which characteristics, resources and activities help adolescents and young people prevent and recover from depression and/or anxiety. This may potentially lead to the development of new ways to reduce the burden of mental distress for adolescents in Latin America and beyond.

#### **6. What are the possible risks of participating in this study?**

There are no expected risks linked with participating in this study. However, you may feel uncomfortable, or saddened by some of the questions. Our research team is however trained to talk about these topics in a warm and respectful way. In addition, remember you can decide not to answer a specific question and all the information provided is strictly confidential (private).

Likewise, you may feel nervous or uncomfortable by the audio recording of the interview if you are invited to take part in this part of the study. However, remember that the information collected is strictly confidential and will not be shared with people outside of the research team.

#### **7. Will your participation have any cost?**

Informed consent form: OLA WP2, 3, 4a Young adults Cross Sectional Study, v1.0, 7th September 2020

There will be no costs to you to take part in this study. Any costs for you to take part in the study will be provided by the study. This includes transport costs for you to get to meetings with the research team to answer the questionnaires or to take part in the interview.

#### 8. Will you be paid to participate in this study?

We will provide you with the following compensation (payment) for the time you have given us to take part in various parts of the study:

Baseline questionnaire: XXX

6 month questionnaire: XXX

12 month questionnaire: XXX

Interview: XXX

Additionally, transport costs (XXX) to attend meetings related to the study will be covered.

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#### 9. What can you do if you need more information about the study?

You can contact XXX, who is leading the study in XXX, located in XXX, by phone XXX, or by email XXX

This study has been reviewed and approved by the Institutional Ethics Committee at Universidad Peruana Cayetano Heredia and the Ethics Committee at Queen Mary University of London in the UK. The Committees are made up of people external to the research team, whose function is to ensure the dignity and rights of the participants in research studies are respected. If you have any questions or doubts about your rights as a participant, you can contact Dr. Frine Samalvides Cuba, President of the Institutional Ethics Committee of the Universidad Peruana Cayetano Heredia, at telephone number 319-0000, annex 201355.

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I declare that I have received enough information regarding the study. I understand the objectives of the study. They assured me that all the information collected during the study is strictly confidential and that I can contact the researchers or the Institutional Ethics Committee if I need more information. **I agree to these conditions and voluntarily agree to participate in this study**, knowing that I can withdraw at any time, without this decision having any consequences for me.

I agree to take part in the interview

☐ YES ☐ NO

If I am selected, I agree to the audio recording of the interview

☐ YES ☐ NO

Participant signature \_\_\_\_\_

#### Participant information

Name of the participant:

Participant national ID number:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant signature:

#### Research assistant information

Name of research assistant:

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Research assistant national ID number:

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Research assistant signature: