
18 YEAR OLDS: GRIEF AND LOSS PARTICIPANT INFORMATION STATEMENT:

HREC Project Number:	HRE 2024-0072
Project Title:	Project brief SKIL and SAIL: Supporting kids and adolescents in loss
Chief Investigator:	Professor Sarah Egan
Co-investigators:	Professor Lauren Breen, Professor Bronwyn Myers, Dr Amy O'Brien, Elizabeth Bills
Version Number:	3.0
Version Date:	02/02/2026

What is the Project About?

The aim of this project is to look at how feasible and effective a brief online intervention is for children and adolescents aged 6-18 years who have experienced grief or loss. Grief is a normal response to death (people and pets) and non-death loss (e.g., parental divorce). It is under researched but affects many young people.

The project will involve you doing an online program named 'Project brief SKIL and SAIL' (Supporting Kids and Adolescents in Loss), consisting of an online program that will take between 1-2 hours, that aims to introduce you to strategies that may help with grief and loss (e.g., changing negative thinking, engaging in positive events to improve mood). The online program has lots of pictures, videos of other young people talking about strategies that have helped them with grief and some short-written information to help you learn ideas to boost your mental health.

The Project SKIL online program was co-produced with young people with lived experience of grief and loss.

Who is doing the Research?

The research is being conducted by the Chief Investigator Professor Sarah Egan from Curtin University and co-investigators from Curtin University, Professor Lauren Breen, Professor Bronwyn Myers, Dr Amy O'Brien, and Elizabeth Bills

Why are you being asked to take part and what will you have to do

You are being asked to participate in our research as you are a young person with experience of grief and/or loss. You must be aged 18 years to participate. We are asking you to participate in a 1-2 hour program assisting with grief and loss and complete a 5-10 minute online survey before and after the intervention.

The modules will be flexible in format, you may wish to complete the treatment as self-help independently.

You can complete the online program at your convenience wherever you have a stable internet connection. We will keep all information confidential and not share this information outside the research team. We will not identify anyone in any publications or materials relating to the research.

As part of the 5-10 minute online survey a week before and after the intervention, we will ask you to complete a short online screening for suicide risk. We will send reminders to complete the questionnaire via email and then if we do not hear back, via text message or phone call up to 3 times. If we detect a change to high risk, we will notify you and suggest appropriate places to assist which will be of more benefit to you in that situation than an online program.

The short online questions at the end of the intervention will also ask questions to see the areas you liked and did not like about the intervention. We may also invite you to answer questions and provide any feedback you wish regarding your experiences to help improve the program. With your consent, your input may be included in the research findings, but any information reported will be de-identified to protect your privacy. This may include quotes of the feedback that you provide which are included in publications relating to the research however we will not identify you in any way.

There are no costs associated with participating in our research.

Who is eligible for the research?

Once you have completed the consent forms, we will direct you to an online screening tool to check your eligibility. You must be aged 18 years and not be at high risk of suicide after completion of the screening tool. If you are at high risk we will notify you and suggest appropriate places for face-to-face help which we believe is more beneficial in that situation than an online program.

What happens if I am accepted into the research?

We will notify you via email after acceptance into the research study to provide you with information as to which group you have been randomly allocated. You will be allocated to have immediate access to the intervention, or 1-week waiting period before getting access. The reason we have a 1-week waiting period is to be able to compare results between those who have done the intervention and those who have not, to be able to conclude whether treatment is effective. If you are allocated to the 1-week waiting period, we will

contact you after the end of the week to ask you to complete a set of questionnaires after which we will provide you with access to the intervention.

Are there any benefits and risks to being in the research project?

It is possible that Project SKIL could be a direct benefit to you as the aim is to teach you strategies to improve your mental health. Additionally, we hope that the results of our research can be used to inform our knowledge of how to improve treatment for grief and loss for other young people. This may benefit young people in the future.

It is possible that the topic may be distressing to you. It is possible that you may want to get ideas about where to get more help or mental health support which are more extensive than provided in the online modules. Professor Sarah Egan is a highly experienced registered Clinical Psychologist and can speak to you to recommend further referral processes, in addition to the suggestions for mental health support listed in this form.

Who will have access to my information?

The information collected in this research will be re-identifiable. We will collect your caregiver's email address so that we can keep in contact with you and them during the study. Your information will be kept in a secure online place on the Curtin University "R drive" which only Sarah Egan, Amy O'Brien, and Elizabeth Bills will have access to. Email addresses will be treated as confidential and used only in the project as stated and will be deleted following the project. We can let others know this information only if you say so or if the law says we need to. We will keep on the R drive questionnaire responses and demographic details from you which will be kept separately to identifying information such as email addresses so that data is not identifiable.

The following people will have access to the information we collect in this research: the research team and, in the event of an audit or investigation, staff from the Curtin University Office of Research and Development. The information we collect in this study will be kept under secure conditions at Curtin University on the electronic R drive for 25 years after the research is published and then it will be destroyed. The results of this research may be presented at conferences or published in professional journals. You will not be identified in any results that are published or presented as any opinions expressed will not involve any identifying information about you. You have the right to request access, and correction, of information in accordance with relevant privacy laws up until the data at which the information is destroyed.

The results of this research may be summarised, in an anonymised and aggregated form in peer-reviewed academic journal articles and/or at academic conferences. It will be impossible for anyone to identify your responses or identity based on any of this material.

Will you tell me the results of the research?

A summary of our key research findings will be prepared by December 2026 and can be

emailed to you on request. Our email addresses can be found at the end of this information sheet.

Do I have to take part in the research project?

Taking part in any research project is voluntary. If you do not wish to take part in this project, simply decline consent when asked to do so. You do not need to give us any reasons for doing this. You can withdraw your consent at any time and do not need to give us a reason. We will delete at this point any information you have provided us.

What happens next and whom can I contact about the research?

If you have any questions or would like any additional information about this project, please contact Chief Investigator Professor Sarah Egan (s.egan@curtin.edu.au) or Co-Investigator Professor Lauren Breen (Lauren.Breen@curtin.edu.au).

On the next page you will be asked to indicate that you have understood the information provided above and that you consent to have your child participate, and their information included in our research. Please click on the 'yes I consent' box to indicate that you consent to taking part in the research if you would like to participate or click 'no' if you do not wish to participate. Thank you for your time.

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number HRE 2024-0072). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.

CONSENT FORM

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- I DO NOT consent to participating in the above-mentioned research project
- I consent to participating in the above-mentioned research project, and:
- I have read the information statement version listed above and I understand its contents.
 - I believe I understand the purpose, extent and possible risks of my involvement in this project.
 - I voluntarily consent to take part in this research project.
 - I have had an opportunity to ask questions and I am satisfied with the answers I have received.
 - I understand that this project has been approved by Curtin University Human Research Ethics Committee and will be carried out in line with the National Statement on Ethical Conduct in Human Research (2007).
 - I understand I will receive a copy of this Information Statement and Consent Form.

INFORMATION ABOUT WHERE TO SEEK PSYCHOLOGICAL SUPPORT:

If you would like further support or information on symptoms of anxiety or depression you can discuss a referral to an appropriate service with your general practitioner or if you need immediate help and support:

In Australia:

- call Lifeline for immediate support (24 hours a day, 7 days a week) on: 13 11 14.
- call 13 YARN (Aboriginal and Torres Strait Islander Support) (24 hours a day, 7 days a week) on: 139 276

Western Australia Mental Health Emergency Response Line (24/7)- Metro: 1300 555 788, Peel: 1800 676 822

Northern Territory Mental Health Line (24/7)- 1800 682 288

South Australia Mental Health Emergency Line (24/7)- 13 11 65

Queensland Children and Youth Mental Health Service Acute Response Team (24/7)- 3068 2555

Queensland Acute Care Team (24/7)- 1300 642 255

New South Wales Mental Health Line (24/7)- 1800 011 511

Victoria Psychiatric Triage (24/7)- 1300 721 927

Australian Capital Territory Crisis Assessment and Treatment Team (24/7)- 1800 629 354

Tasmania Mental Health Service Helpline (24/7)- 1800 332 388

Youth Beyond Blue (24/7)- 1300 22 4636

You can also access information and cognitive-behavioural treatment (CBT) through the following free websites in Australia:

- Online therapy for obsessive-compulsive symptoms: ocdnotme.com.au
- Anxiety online: anxietyonline.org.au
- Mindspot Clinic: mindspot.org.au
- Beyond Blue: beyondblue.org.au
- Virtual clinic: virtualclinic.org.au
- The Centre for Clinical Interventions: cci.health.wa.gov.au