Participant Information Sheet
Paramedic Interview

Health/Social Science Research - *Adult providing own consent over the telephone*

Title	Improving access to care: a national ambulance approach to improve help-seeking and the mental health of men
Short Title	Beyond the Emergency
Protocol Number	HREC ref 15/301
Project Sponsor	The Movember Foundation
Principal Investigators	Professor Dan Lubman Professor Terence McCann
Associate Investigators	Dr Michael Savic Ms Fiona Blee Ms Nyssa Ferguson Ms Kate Emond (PhD candidate)
Location	National

Part 1 What does my participation involve?

1 Introduction

You are invited to take part in this research project, which is called *Improving access to care: a national ambulance approach to improve help-seeking and the mental health of men*. You have been invited to participate because you are currently employed as a paramedic by an Ambulance Service and expressed an interest in taking part in this research.

This Participant Information Sheet/Consent Form tells you about the research project and explains the processes involved with taking part. Knowing what is involved will help you decide if you want to take part in the research.

Please read this information carefully, and ask questions about anything that you don't understand or want to know more about.

Participation in this research is voluntary. If you don't wish to take part, you don't have to.

If you decide you want to take part in the research project you must read the PICF you will then be asked for verbal consent over the telephone. By consenting you are telling us that you:
- Understand what you have read
- Consent to take part in the research project
- Consent to be involved in the research described
- Consent to the use of your personal and health information as described
- Consent for the telephone interview to be audio-recorded

2 What is the purpose of this research?

This project aims to: 1) better understand men's reasons for, and experiences of, accessing ambulance services for mental health issues; and 2) examine paramedics' attitudes, confidence, and experience of mental health presentations amongst males. Your responses in the interview will help inform the second aim. The other project aims will be met by separate research activities.

The information obtained in this project will provide a more comprehensive understanding of men's mental health help-seeking behaviour, as well as paramedics' mental health literacy (knowledge, beliefs and attitudes which aid in the recognition and management of mental health issues) as well as the experience of working with people with mental health issues. In addition, it will inform the development of interventions and training to ensure paramedics can better link men into appropriate mental health care.

This research has been funded by The Movember Foundation's Australian Mental Health Initiative.

3 What does participation in this research involve?

Participation will involve a 60-minute (approximate) telephone interview with a researcher. You will be asked about your perceptions and experiences of managing mental health presentations as well as barriers and facilitators to effectively managing these presentations and professional development needs.

You will be reimbursed $30 for your time during the telephone interview in the form of a supermarket voucher.

The research will be monitored primarily by an advisory group which consists of key experts and stakeholders who meet to monitor the progress of the research project and provide expert input on project design and dissemination. Furthermore, the Associate Investigators will hold regular meetings to provide a forum for interviewers to feed back any issues in relation to the conduct and progress of the project. The team also have established timelines and other project management practices to ensure ongoing monitoring of project progress.

This research project has been designed to make sure the researchers interpret the results in a fair and appropriate way.

4 Other relevant information about the research project

We intend to recruit two groups of people to participate in this study. One group involves men who have presented to ambulance services with mental health issues. We intend to recruit 100 participants into this group. The other group consists of paramedics currently employed by a participating ambulance service. We are recruiting paramedics to participate in an on-line survey and a qualitative telephone interview. We intend to recruit 2000 paramedics to the on-line survey and 60 paramedics to the qualitative telephone interviews. Including interviews with 100 men who have presented to ambulance services, the total sample for the research project will be 2160 participants.

Ambulance services from all Australian states and territories excluding Western Australia are participating in the study.

The advisory committee overseeing the project is made up of researchers and ambulance service workers from a number of organisations.

A component of this research is being done as part of a PhD project by Kate Emond.

5 Do I have to take part in this research project?

Participation in any research project is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage.

If you do decide to take part, you will be asked for verbal consent over the telephone.

6 What are the possible benefits of taking part?

It is unlikely you will receive any benefits from this research. However this research will inform the development and implementation of training to paramedics, as well as a help-seeking resource for men experiencing mental health problems. It is hoped that this will lead to improvements to men's engagement with appropriate treatment services, and treatment outcomes. The project will provide paramedics with the opportunity to reflect on their work, and potentially benefit paramedic services and staff by increasing their capacity of respond to patients' mental health presentations. However, we cannot guarantee that you will receive any direct benefits from this research.

7 What are the possible risks and disadvantages of taking part?

The potential risks to paramedics as a result of participation in the study are low. However, you may feel that some of the questions we ask are mildly stressful or upsetting (for example, recalling distressing ambulance presentations and encounters with patients). Should you become distressed as a result of participation in this research, you will be given the option to receive a phone call from experienced psychiatrist Professor Dan Lubman. We can also provide the details of Lifeline's 24 Hour Crisis Support Service on 13 11 14 which provides free 24-hour, 7-day counselling.

If you do not wish to answer a question, you may let us know and we will move to the next question. You may also stop your participation in this research immediately at any time you wish.

8 What if I withdraw from this research project?

If you do consent to participate, you may withdraw at any time. If you decide to withdraw from the project, please notify a member of the research team. There are no requirements related to withdrawing from the project. If you do withdraw, you will be asked to complete and sign a 'Withdrawal of Consent' form; this will be provided to you by the research team.

If you decide to leave the research project, the researchers will not collect additional personal information from you, although personal information already collected will be retained to ensure that the results of the research project can be measured properly and to comply with law. You should be aware that data collected up to the time you withdraw will form part of the research project results. If you do not want your data to be included, you must tell the researchers when you withdraw from the research project.

9 What happens when the research project ends?

The results of this project will be presented in reports and publications in the future and will be available from Turning Point (Eastern Health). You are welcome to contact the researcher at Turning Point (details listed below) if you would like information about the results.

Part 2 How is the research project being conducted?

10 What will happen to information about me?

The information you provide for this project will remain confidential. Research information is stored without your name on it and your anonymity is assured. After 7 years, all data will be

disposed of through shredding of paper records and deletion of computer files by the Principal Researcher, or by Turning Point (Eastern Health) management.

It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that participants cannot be identified. For example, information presented will be the collected results for the whole group. If there is any information from a particular person that we report, for example a story or a way you describe your experience, we will not identify you but we will use a pseudonym (name that is not your real one).

In accordance with relevant Australian and/or state/territory privacy and other relevant laws, you have the right to request access to the information about you that is collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please inform the research team member named at the end of this document if you would like to access your information.

Any information obtained for the purpose of this research project that can identify you will be treated as confidential and securely stored. It will be disclosed only with your permission or as required by law, or where there may be an immediate risk of harm to yourself or others.

11 Complaints and compensation

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you can contact the Eastern Health HREC on (03) 99822470.

12 Who has reviewed the research project?

All research in Australia involving humans is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this research project have been approved by the Eastern Health HREC and other relevant state, territory and ambulance services ethics committee.

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research (2007)*. This statement has been developed to protect the interests of people who agree to participate in human research studies.

13 Further information and who to contact

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project or if you have any problems which may be related to your involvement in the project, you may contact a researcher on the project:

Research contact person

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, then you may contact:

Name	Ms Fiona Blee
Position	Trial manager and health promotion worker
Telephone	(03) 9412 9952
Email	Fiona.Blee@turningpoint.org.au

Consent Form (Ambulance Patient) –

Adult providing own consent over the telephone

Title	*Improving access to care: a national ambulance approach to improve help-seeking and the mental health of men*
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Project Sponsor	*The Movember Foundation*
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Location	*National*

Declaration by Participant

I have read the Participant Information Sheet or someone has read it to me in a language that I understand.

I understand the purposes, procedures and risks of the research described in the project.

I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the project without affecting my future care.

I give consent for the interview to be audio-recorded Yes ☐ No ☐

Name of Participant (please print)

Declaration by Researcher†

I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Name of Researcher† (please print) _____

Signature _____ Date _____

† An appropriately qualified member of the research team must provide the explanation of, and information concerning, the research project.

Note: All parties signing the consent section must date their own signature.

Form for Withdrawal of Participation (Ambulance Patient) –

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Declaration by Participant

I wish to withdraw from participation in the above research project and understand that such withdrawal will not affect my routine care or my relationships with the researchers.

Name of Participant (please print)

In the event that the participant's decision to withdraw is communicated verbally, the Senior Researcher must provide a description of the circumstances below.

Declaration by Researcher†

I have given a verbal explanation of the implications of withdrawal from the research project and I believe that the participant has understood that explanation.

Name of Researcher (please print) _____

Signature _____ Date _____

† An appropriately qualified member of the research team must provide information concerning withdrawal from the research project.

Note: All parties signing the consent section must date their own signature.