



PLAIN LANGUAGE STATEMENT INTERVENTION & EVALUATION

Date: 1/03/16

Full Project Title: Contact&Connect: A multimedia-based mental health promotion project for unemployed members of the construction industry.

Principal Researcher: Doctor Allison Milner (Deakin University).

Associate Researcher(s): Professor Tony LaMontagne (Deakin University); Doctor Katrina Witt (Deakin University); Mr Lewis Burnside (Incolink).

Dear Contact+Connect participant,

We would like to invite you to participate in an evaluation of a new approach to mental health promotion titled 'Contact&Connect: A multimedia-based mental health promotion program for unemployed members of the construction industry'.

This project is intended to equip recently unemployed members of the Victorian construction industry with the tools to take action to look after their mental wellbeing. The research is being conducted by Deakin University in partnership with Incolink and is funded by beyondblue.

The program consists of a series of seven brief contact interventions sent to your smartphone via SMS over an eight week period. These contact interventions will consist of an SMS message with a link to various internet-based resources, webpages and videos. The content of these resources will provide you with support, encourage you to maintain long-term contact with friends, provide information on myths about people with common mental illnesses, such as depression, and provide you with the skills to take action against depression. Participation in this project is voluntary and non-participation will not affect your ongoing benefits from Incolink in any way.

This project is expected to begin in March 2016 and run until August, 2016. During this time, you will receive two or three questionnaires. The first of these will be sent when you register for the program and will ask about basic background information. To assess the effect of the intervention, you will also receive three (3) surveys. It is anticipated that the first of these would be received in April, 2016, the second would be received in June, 2016 and the third in August, 2016. You would also receive two follow-up questionnaires (also delivered to your smartphone). It is expected that the first of these follow-up questionnaires will be sent in September, 2016 and the second would be sent in January, 2017.

A focus group workshop will also be conducted to assess the appropriateness of the intervention after the conclusion of the project. It is anticipated that this will be held at the end of the trial in August, 2016. Participation in the focus group is also strictly voluntary and non-participation will not affect your ongoing benefits from Incolink.

Strict guidelines will be followed to ensure that the information you provide during the course of this project is kept confidential. We will use a unique identification code to link the outcomes of the questionnaires with the data collected from the surveys and follow-up questionnaires.



This code will enable the university research team to track responses over time whilst maintaining anonymity. Each participant will be assigned a code for the purposes of linking data resulting from the surveys and follow-up questionnaires by Incolink. Any identifying information will be removed. No participant names will be reported to the research team at Deakin University, therefore, the research team will not be able to link your responses to your name.

On completion of this project, a summary of the outcomes will be made available to all study participants. All reports resulting from this project will be summarised in a statistical format only. No individual participant will be identifiable. Furthermore, all recorded information obtained throughout the course of this project will be kept on a password protected computer in a locked office at Deakin University for five (5) years. Should you wish to withdraw from this project you may do so at any time and the information you have provided will not be used.

We do not anticipate that participation in this project will cause discomfort. However, we do recognise that the content of the brief contact interventions may inadvertently cause some participants to think of distressing memories. For this reason on enrolment in the project, each participant will receive a digital wallet card with information on numbers to contact should you experience any distress. However, if you feel further distress, you are encouraged to contact a member of the research team using the contact details at the end of this letter and we will refer you to confidential counselling services.

If you have any questions about the survey, the follow-up questionnaires, or the project overall, please feel free to contact Dr Allison Milner (03 9251 7215) or Dr Katrina Witt (03 9244 6758) at Deakin University. Thank you and we look forward to receiving your completed consent form.

Yours sincerely,

Allison Milner PhD.
Senior Research Fellow and Deputy Director, Work Health and Wellbeing Unit, School of Population Health, Deakin University.

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

The Manager, Deakin Research Integrity, Deakin University.
221 Burwood Highway, Burwood, Victoria, 3125.
Telephone: 03 9251 7129.
Facsimilie: 03 9244 6581.
Email: research-ethics@deakin.edu.au.
Please quote project number 2015-[Number].