



MEDICAL AND HEALTH SCIENCES

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PARTICIPANT INFORMATION SHEET

Project title

Towards creating a digital mental health tool to support people on a **waitlist** with a history of Adverse Childhood Experiences (ACEs): In-depth interviews with mental health clinicians and those with lived experience to guide intervention development

Research team

Name of PhD student researcher: Melody Yunjeong Kim

Names of supervisors: Dr. Karolina Stasiak (Dept of Psychological Medicine, University of Auckland), Assoc Prof. Kerry Gibson (School of Psychology, University of Auckland)

Invitation

We would like to invite you to participate in our study to explore the idea of a digital tool to support young adults who have experiences of Adverse Childhood Trauma and/or being on a WAITLIST for mental health services to aid front-line practitioners working clinically in this area (e.g., psychologists, social workers, telephone counsellors, mental health nurses etc). Your participation is voluntary, and you may decline this invitation at any point without giving reason.

This study is part of an ongoing research project which will involve development and testing of an innovative digital tool (e.g., an app or an online resource) to support those currently on the waitlist to see a mental health clinician. If you're interested in being a part of the project in the future, please indicate this on the consent form.

What does the study involve?

Rationale:

About half of people in New Zealand experience ACEs and for some, the effects are long-lasting and negative. Despite this, the impact of ACEs are rarely explored, especially if the primary reason for mental health referral is different. Nationwide, mental health services, NGOs, helplines etc., face increasing strain to meet the current demand that exists. Even if referred to see a clinician, the current strain results in long waitlists that may be months on end without support.

The front-line mental health clinicians who act as the "front line of defense" are often expected to do the best resources allow prior to full psychological intervention and assessment. We want to explore whether a digital tool can help with the impact of underlying ACEs and to help support whilst on the waitlist; and if so, what should it involve (e.g., screening, psychoeducation and/or brief intervention).

Aims:

The aim of this research project is to interview mental health clinicians to help us shape content and features of a possible digital mental health tool. **Project Duration:**

This research is part of a five-year PhD/PGDipClinPsy project, which is expected to end in 2026. This part (interviews) is expected to be carried out mid/late 2022.

What will happen in the study?

If you choose to participate, you will be asked to attend a one-hour recorded interview session via video-conferencing software such as Zoom or telephone. The interview will be conducted in a semi-structured manner, and the questions will be focused on your around your experiences of supporting clients with history of Childhood Trauma according to the ACEs scale, supporting those who have been put on a waitlist and whether a digital tool might be useful clinically.

Data Storage, Retention, Destruction and Future Use:

The interview will be recorded with either an audio recording device or a video call recording function (e.g., Zoom), the audio data will then be transcribed and analysed. Audio recording files, electronic transcripts of interview data, and any other electronic documents relating to the study, will be stored in a password protected within the University of Auckland storage system (which is backed up and secure) for a minimum of six years. Data will be accessible by the PhD researcher and the supervision team for the purpose of analysis.

Risks: We know of no risks involved in taking part.

Benefits: We hope that this work will have a beneficial impact on understanding how digital technology can be used to support brief therapy. We hope to learn from your experiences as a front-line mental health clinician and we hope you will enjoy the interview process too.

The anticipated outcome of this project is the development of a digital intervention tool to help alleviate distress for those on a waitlist to be seen by MH services. If successful, this may help to improve support options in New Zealand.

Who pays for the study?

To thank you for your time and effort, you will be offered a koha (\$50 Prezzy Card).

Your rights as a participant

Participation is voluntary:

Participation is completely voluntary and will not result in any disadvantage.

Withdrawal from participation and withdrawal of data:

You have the right to withdraw from participation at any time without providing reason. Participants may request withdrawal of their data from the study no later than 14 days following the date of their interview.

Confidentiality and anonymity:

The preservation of confidentiality is paramount. Any identifying information will be stored separately to the interview data, and no identifying information will be used in any reports or publications arising from this study.

What will happen after the study?

The study staff will ensure that participant confidentiality is maintained. The participants will be identified only by a participant ID number on all trial documents and any electronic database. All documents will be stored securely and only accessible by study staff and authorised personnel.

If you wish to receive a summary of results, please indicate this on the consent form. We expect preliminary results to be available at the end of 2022.

Contact details and additional Māori support

Student Researcher	Lead supervisor	Head of Department
Melody Kim Dept. of Psychological Medicine Melody.kim@auckland.ac.nz	Dr. Karolina Stasiak Dept. of Psychological Medicine k.stasiak@auckland.ac.nz	Prof. Trecia Wouldes Dept. of Psychological Medicine t.wouldes @auckland.ac.nz

If you require Māori cultural support, we encourage you to talk to your whānau in the first instance. You may also contact the administrator for He Kamaka Waiora (Māori Health Team) by telephoning 09 486 8324 ext 2324.

If you have any questions or complaints about the study, you may contact the Auckland and Waitematā District Health Boards Māori Research Committee or Māori Research Advisor by phoning 09 4868920 ext 3204.

For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee at ahrec@auckland.ac.nz or at 373 7599 x 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.

Approved by the Auckland Health Research Ethics Committee on 18/08/2021 for three years. Reference number AH24606.