



MEDICAL AND HEALTH SCIENCES

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PARTICIPANT INFORMATION SHEET – YOUNG PEOPLE

Project title

Towards creating a digital mental health tool to support people 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), Assoc Prof. Kerry Gibson (School of Psychology)

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 experienced waiting for (and then receiving) psychological support for mental health distress. You may have also experienced Adverse Childhood Experiences as outlined in the recruitment flyer. We are looking for young adults, aged 16-25, who self-identify as having this lived experience. 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 intervention (e.g., an app or an online resource) to support those with experiences of psychological distress such as ACEs. 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. It can be hard to get support when you need it. We want to explore whether a digital tool can help and if so, what should it involve (e.g. screening, psychoeducation and/or brief-intervention).

Aims:

We will use the findings to 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 views on what support is needed and whether a digital tool might be useful to help people who are waiting for psychological support to help them deal with distress and/or past Adverse Childhood Experience(s).

The explicit focus of the interviews is on identifying what kind of support is important, desirable and whether that support can be provided and augmented using a digital tool. We want to know what you retrospectively believe may have been useful for you.

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). Only the audio data will be saved and stored for transcription and analysis. The original video data will be destroyed after this (within 3 months of completion). The audio file will be kept for a period of six years. Data will be accessible by the PhD researcher, transcriber, and the supervision team for the purpose of analysis. The interview may be transcribed by a professional transcriber. There will be no option to edit the transcribed interview data.

Risks:

We understand for some, reflecting on childhood adversity may bring about some feelings of distress. You can pause or stop the interview at any time. The interviewer, Melody, has 5+ years of experience as a crisis helpline counsellor. She has the skills to recognise when a person may need additional psychological support. If you take part in the study, you will get written information (attached to this form) on immediate and long-term support options and Melody will explain those if you'd like. One of the supervisors on this project, A/Prof Kerry Gibson (an experienced Clinical Psychologist), will oversee the project's safety.

Benefits: We hope that this work will have a positive impact on understanding how digital technology can be used to support people who are waiting for psychological support to deal with Adverse Childhood Experiences. We hope to learn from your experiences, views, and ideas you share may advance the collective knowledge about what may work for people with experiences like yours. We hope you will enjoy the interview process too.

The anticipated outcome of this project is the development of a digital intervention tool. If successful, this may help to improve support options in New Zealand.

Koha

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.

Viewing your interview:

You may ask to view the interview transcripts if you would like.

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 study 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 mkim613@aucklanduni.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 ask us to refer you to speak to the Māori Consultants on this project.

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 18/08/22 for three years. Reference number AH24606.

HELP AND FURTHER RESOURCES

If you are worried about how you or someone you know is feeling, here are some useful places to find help.

Is it urgent?

If you or someone you care about is in immediate danger (i.e. thinking of hurting or killing themselves or is feeling suicidal, or in danger from others), call **111**.

AUCKLAND CRISIS TEAM (Operating 24/7)

If you need to talk to someone right away, or feel you can't cope, there are people who can help you immediately, call 0800 800 717.

Alternatively, the following helplines can help too:

NEED TO TALK?



**free call or text
any time**

1737

Whatever it is, we're here. You'll get to talk to a trained counsellor or talk to a [peer support](#) worker, completely free.

<https://1737.org.nz/>

Free text or call 1737



Lifeline

The **Lifeline** helpline provides 24/7, confidential support from qualified counsellors and trained volunteers.

<https://www.lifeline.org.nz/>

Free call 0800 543 354



OutLine

OutLine

Confidential, free, all-ages support line,
rainbow specialist counselling and
trans peer support.

<https://outline.org.nz/>

Free call 0800 688 5463



What's Up

What's UP is a free Teens Helpline in New Zealand. It's a safe place for you to talk about anything.

<https://whatsup.co.nz/>

Free call 0800 942 8787



Alcohol Drug Helpline

If you need help with alcohol or drugs, the Alcohol Drug Helpline is a good place to start.

<https://alcoholdrughelp.org.nz/>

Free call 0800 787 797