



The National Institute for Health Innovation
School of Population Health
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**MEDICAL AND
HEALTH SCIENCES**
SCHOOL OF POPULATION HEALTH



Participant Information Sheet

Depression-prevention for new fathers: identifying needs and preferences.

Name of researcher: Dr Joanna Ting Wai Chu, Dr Jinsong (Jimmy) Chen

You are invited to complete an anonymous online survey. To help you make a decision about participating in the survey, we ask that you read this information sheet.

What is the aim of this study? The aim of this research is to conduct an online survey to explore the needs of expectant and new fathers, and their perspectives on barriers to, and preferences for mobile health (mhealth) parenting support. The information will help us develop better support for New Zealand fathers.

Who is the research undertaken by? This study is being undertaken by researchers at the National Institute for Health Innovation (NIHI), the University of Auckland and is funded by the School of Population Health.

Who can take part in the study? To take part in the study, we are looking for fathers who are:

- Expecting, first time, or have an infant under 1 year of age
- Able to read and understand English
- Live in New Zealand
- Aged 18 and or above

Where will the study take place? This study is an online survey.

What is involved if I take part? We plan to invite ~200 participants. As a participant you will need to anonymously complete an online survey that will take approximately 10 minutes to complete. The survey will involve general demographic information, your mental health, experience on fatherhood, perspectives on support services, and preference on mhealth parenting support.

What are the risks and benefits of this study? There are no direct benefits to participating in the study; however, the findings from the study will provide valuable information, which can inform and help develop better support for New Zealand fathers. We do not anticipate any risks with the study. However, sharing information on mental health and fatherhood may cause emotional distress. We encourage you to contact the researcher and we can help arrange assistance e.g., GP, professional support services and cultural support.

What will happen to the information you give? This research is anonymous. This means that nobody, including the researchers will be aware of your identity. By answering it, you are giving consent for us to use your responses in this research. Your answers will remain

completely anonymous and unidentifiable. Once you submit the survey, you will not be able to retract your answer. Your study-related information may be shared with other studies or registers such as the follow-up intervention development study (study will only be implemented with approval from the University of Auckland Human Participants Ethics Committee and by the same group of researchers), but that no information that identifies study participants personally will be used.

All information will be kept securely at the National Institute for Health Innovation, The University of Auckland for 6 years. All electronic data will be stored on the University of Auckland server. All computer records will be password protected. All future use of the information collected will be strictly controlled in accordance with the Privacy Act, 2020.

When will the results be available? The survey will run over a period of 3 months (August to November 2020), and summary of the study results will be made available on the NIHI website. It may take the researcher up to 6 months to complete data analysis and provide summary results.

Right to Withdraw from Participation Your participation is entirely voluntary (your choice). If you choose not to take part in the survey you will not be affected in any way. You may withdraw from the survey immediately, without giving any reason. However, you will not be able to withdraw data, once submitted, due to the anonymous nature of the study.

Compensation You will be in a prize draw of an e-voucher (total value \$200), you will be asked for your email address if you wish to be in the draw after completing the survey. Your email address will not be linked with your survey data.

Contact Details If you have any questions, concerns or complaints about the survey at any stage, you can contact:

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For any concerns regarding ethical issues, you may contact:
The Chair, University of Auckland Human Participants Ethics Committee, Ethics and Integrity Team, University of Auckland,
Private Bag 92019, Auckland 1142
Telephone 09 373-7599 extn. 83711. Email: humanethics@auckland.ac.nz

Approved by the University of Auckland Human Participants Ethics Committee on
09/02/2021 for three years. Reference Number UAHPEC2794