



MONASH University

USER INFORMATION SHEET

Project: Monitoring emotional wellbeing via a mobile phone app

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researcher via the phone number or email address listed above.

What does the research involve?

The aim of this study is to explore whether people's mobile phone behaviours can help us understand or predict their emotional well-being.

If you agree to be in this study, you will be asked to:

- (1) Download the "MoodPrism" app on your smartphone (from either the Apple Store or GooglePlay store), and leave the app on during the 1 month research period
- (2) Give permission to the researchers to automatically access your mobile phone behaviours (anonymous). The type of data that you will be asked to give researchers access to will include your music use details (e.g., artists and songs, time you listen), social networking information (e.g., which apps you use and for how long, your friend network size, and some anonymous content) and your activity levels and locations. All this information will only be stored ANONYMOUSLY (without any way of linking it to you).
- (3) The app will ask you to complete a set of surveys at the start and end of the 1 month. These surveys will take about an hour in total to complete, but can be broken up and completed at a few different times if you wish. The end surveys will only take about 20 minutes.
- (4) The app will also ask you to answer quick questions (less than 5 minutes each) including a voice recording when prompted at different times on most days during that 1 month
- (5) The app will also deliver some mental health messages to you. This will include information about your moods (which you can access at any time), whether you are flourishing. and after 2 weeks, information about depression and anxiety levels from mental health organizations such as Beyond Blue and Headspace.

Why were you chosen for this research?

We are interested in how people's emotional health (both good and poor) might be reflected in their use of mobile phones. We are therefore seeking all sorts of people (e.g., males and females, living in the country or city, who might be feeling emotionally healthy or might not be feeling that healthy).

This invitation is being sent openly through websites and other means, and is a call for anonymous participation in this research.

Please note that you will not be able to participate in this research if you:

- Are currently taking any psychotropic medication (e.g., antidepressants, or anti-anxiety drugs)
- do not own your own smartphone

Consenting to participate in the project and withdrawing from the research

After reading this, the app will ask you whether you want to be in the research. By clicking on the "I agree" button, you are consenting to being involved in the research and give permission for the researchers to access your mobile phone behaviours during the research (for 1 month).

If you decide during the research that you no longer want to participate, you can withdraw from it at any time. The data already collected will already have been sent to us, and as it is not linked to your name in any way, we will not be able to find and withdraw that data.

Possible benefits and risks to participants

Being involved in this research has a number of benefits for you:

- (1) You can enter a draw for one of two new iPads. Everyone who agrees to be part of this research and completes just 7 days will go into an iPad prize draw. For every week you complete after that, you will be awarded another entry in this draw, and if you complete the final surveys you will receive double entries to the prize draw.
- (2) You will receive regular messages from experts about emotional health. These might include suggestions for improving your emotional wellbeing, or perhaps some suggestions for what you might do if you're feeling down a lot or stressed a lot.
- (3) You will be helping us understand how mobile phones might be used to improve emotional wellbeing of young people like yourself.

Being involved in the research will however involve some regular time from you over this month, and this could be inconvenient at times. Some of the questions we ask are also personal, and about your emotions or mental health – these could cause some upset or concern.

We recommend that if you do feel any distress or concern when you are involved in this research, that you contact your doctor or school/university or work's welfare officer to discuss this, or seek help from help services such as:

<p>Headspace Headspace provides mental and health wellbeing support, information and services to young people and their families across Australia. www.headspace.org.au</p>	<p>Kid's Help Line Free 24 hour telephone counselling service for young people aged 5-18. Phone: 1800 551 800</p>	<p>Lifeline Australia Lifeline Australia is a 24/7 phone counselling service. Phone: 13 11 14 Website: http://www.lifeline.org.au/</p>
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Confidentiality

All information we collect from the app about you will be stored anonymously (without your name) on our secure and private servers. We will be publishing results of our study but there will be no way anyone could identify you and your individual information when we do this.

The only time we will ask for a name and contact details is if you wish to go into the draw to win one of iPads for being involved in the research. However, your details will be kept totally separate from the other information about you collected by the app, and the two could never be linked.

Storage and use of data

During data collection, data will be stored confidentially on a secure storage site behind a firewall. Only the research team will be able to access the server, via SSH (encrypted tunnel). All communications with the server will be via HTTPS.

Your information may also be used for future research projects by the researchers, but again only anonymously and as group data.

Results

If you are interested in finding out the results of this study, you can contact us at the end of 2017, when all data will have been analysed. Please contact nikki.rickard@monash.edu, and you will be advised where you can access our findings.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the

Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
Room 111, Building 3e
Research Office
Monash University VIC 3800

Tel: +61 3 9905 2052 Email: muhrec@monash.edu Fax: +61 3 9905 3831

Thank you,

A handwritten signature in black ink, appearing to read 'Nikki Rickard', written in a cursive style.

Associate Professor Nikki Rickard