

## *Understanding men's engagement in psychological therapy for depression*

### **PARTICIPANT INFORMATION SHEET**

#### ***What is this study about?***

You are invited to take part in a research study exploring men's experience of psychological therapy for depression, particularly engagement with counsellors and how this impacts on treatment. Our aim is to understand the factors that influence men's treatment experience. We also want to find out what your main concerns were with your treatment and how these concerns may be addressed. This information will guide us in developing tools for health care practitioners that will help them effectively engage men in counselling and improve their treatment.

#### ***Who is conducting the study?***

This study is being carried out by the following researchers:

*Dr Haryana Dhillon, School of Psychology, University of Sydney*

*Mr Zac Seidler, School of Psychology, University of Sydney*

*Dr Simon Rice, Orygen, The National Centre of Excellence in Youth Mental Health, The University of Melbourne*

*Dr Andrea Fogarty, Black Dog Institute, The University of New South Wales*

*Professor John Oliffe, School of Nursing, University of British Columbia, Canada*

Mr Zac Seidler is conducting this study as the basis for the degree of PhD at the University of Sydney under the supervision of the other listed team members.

#### ***How many people will take part?***

About 20 people like you will take part in this study. Participants in this study include men 16 years and older who have attended counselling for treatment of depression.

#### ***What is involved?***

If you agree to take part in this study, we will ask you to take part in two parts. The first is an interview. The interview can be done either over the telephone or face-to-face at the University of Sydney or other place at a time that suits you. Your interview will be run by Mr Zac Seidler (PhD Candidate). During the interview we will ask you about:

- your experience of therapy for signs of depression;
- your views about how therapy could be improved.

The discussion will be audio recorded and transcribed (typed up) to allow us to go over what is said in detail afterwards. The information we collect about you and the interview recording will be identified by a number and not your name. We will ask you some questions about yourself such as your age, occupation, educational background, medical history, and how long you were in therapy. As part of the interview there will be opportunities for you to tell us anything about your experience that is important to you and that you would like us to know.

After the interview, we will ask you to fill out a brief survey. To do this we will email you a link to our project's website ([manisland.com.au](http://manisland.com.au)) where you will be able to complete the survey questions anonymously and in your own time. The survey should take you no more than 10-15 minutes to complete. The survey will ask you about how you've been feeling recently, some things about your experiences, and your current thoughts on attending counselling. Your responses to the survey will be combined with the answers other people in the study give us. They will be used to summarise some features of the group of people who took part in our study. No one will be able to tell who you are from the information we put together.

The study should take up no more than 1 ½ to 2 hours of your time in total (that is for the interview and survey questions all together).

### ***What are the possible problems?***

You may find the discussion raises issues you had not previously considered. Please ask your interviewer if you would like to discuss anything further or would like help. Some people may find the interview upsetting or distressing. If this occurs, we will halt the interview and your interviewer will offer you support. If your distress passes, the interviewer will ask if you would like to continue with the interview or to stop, you can choose to stop or continue. If it would be helpful, the interviewer can arrange for you to be referred to a psychologist, social worker, or counsellor who might be helpful for you to talk with. If we are very concerned that you might need help right away, we will talk with you about our worries and what the best options for you are right now.

### ***Are there any benefits to taking part in this study?***

The aim of this research study is to improve knowledge and improve communication and support for men that experience depression in the future; taking part in the study may not be of direct benefit to you or your family members.

### ***Do I have to take part in this study?***

Taking part in this study is voluntary - you do not have to take part, and if you do take part, you can withdraw from the study at any time by phoning the research co-ordinator on (02) 86275034. Whatever your decision, it will not affect any treatment you or your family may be having or your relationship with a health care practitioner that you have seen or continue to see, nor will it have any affect on your relationship with staff and students at the University of Sydney.

### ***How will information about me be kept private?***

If you participate, you will be given a code number so your name does not appear on any transcripts or records. The audiofiles, records and transcripts will be kept in a password protected file on a computer that only the research team will be able to access, and the records may be destroyed 5 years after the study is completed. Records will be destroyed via a secure method following the university research requirements. Anything you talk about in the interview will be held in strict confidence and will not be disclosed to others, except as required by law. A report of the study may be submitted for publication, but individual participants will not be identifiable in such a report.

### ***What do I have to do if I want to take part?***

If you would like to take part in the study, please contact Mr Zac Seidler either by calling him on (02) 86275034 or emailing him at [manisland@sydney.edu.au](mailto:manisland@sydney.edu.au).

In order to participate in the study, we will ask that you give verbal consent at the start of your interview. This means that we will record your verbal consent to take part by saying your name and your agreement to take part. Once your interview is complete, we will edit your audio recording so that this information is stored separate to what you tell us about your experience of therapy.

### ***Who can I call if I have questions or problems?***

If you would like to know more at any stage, please feel free to contact Mr Zac Seidler (PhD Candidate) on (02) 86275034 or Dr Haryana Dhillon (Principal Investigator) on (02) 90365392. This information sheet is for you to keep. Thank you for considering this invitation.

### ***Ethics Approval***

This study has been approved by the Human Research Ethics Committee of the University of Sydney. Should you have concerns or complaints about the conduct of this study, please contact the Manager, Ethics Administration, University of Sydney on: (02) 8627 8176 or [ro.humanethics@sydney.edu.au](mailto:ro.humanethics@sydney.edu.au) and quote project number: 2016/218