

Participant Information Statement

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Supporting the wellbeing of workers with injury using digital compassion-based approaches: Information Statement for Stakeholders/Service Providers

You are invited to participate in the research project identified above which is being conducted by Dr Jamin Day, Professor Alan Hayes, and Dr Margaret Freestone from the Family Action Centre, University of Newcastle; and Dr James Kirby, School of Psychology, University of Queensland.

This project has been funded by Insurance and Care, NSW (icare).

Why is the research being done?

The research team are developing a set of digital resources for workers with injury aimed at prevention and early intervention of mental health difficulties during recovery. The resources are being adapted from evidence-based models of compassion science and psychology.

The purpose of the research is to inform and guide how we develop, and later implement, these resources in a workplace injury context.

Who can participate in the research?

We are seeking the assistance of service providers and stakeholders who work, directly or indirectly, with people who have been recently physically or psychologically injured at work. For example, this includes case managers, nominated treating doctors, rehabilitation specialists, employers, as well as other stakeholders. You are being invited to participate in this research as someone who is involved in the workers' compensation industry, or who works with people that have a work-related injury.

What would you be asked to do?

If you agree to participate, you will be asked to complete a brief, anonymous survey. Questions will ask about your understanding of compassion-based mental health approaches, and how comfortable you would feel referring a worker to an online program.

What choice do you have?

Participation in this research is entirely your choice. Only those people who give their consent will be included in the project. Your choice to participate or not participate will not disadvantage you in any way.

Even if you do decide to participate, you may still change your mind and withdraw from the project at any time. However, as your survey responses are anonymous, we will not be able to withdraw any data you have submitted up to that point.

How much time will it take?

The survey will take about 5-10 minutes to complete.

What are the risks and benefits of participating?

Your feedback will inform the development of digital supports for individuals who are out of work due to work-related injury, helping to ensure these are implemented in an effective and useful way.

Ultimately, the aim is for these resources to help prevent mental health difficulties in these individuals and improve recovery and return to work outcomes. We do not anticipate any risks to service providers or stakeholders when participating in this research.

How will your privacy be protected?

Survey responses will be collected by the participant either completing a pen-and-paper copy of the survey and handing it to one of the project team, or completing it online using the SurveyMonkey platform.

For pen-and-paper surveys, your responses will be manually inputted into the SurveyMonkey by a member of the research team and the original copy will be filed securely.

SurveyMonkey utilises industry standard security, privacy and encryption features. For more information about SurveyMonkey's security and privacy policies go to <https://www.surveymonkey.com/mp/legal/>. Your responses will be accessible only to the researchers and not distributed to anyone else. Any information that might identify participants will not to be disclosed without your prior consent. We will not link any of your identifiable information with your survey responses.

Data will be retained securely for a minimum period of 5 years from completion of the research and managed/stored in accordance with the University's Research Data and Materials Management Guideline (see <https://policies.newcastle.edu.au/document/view-current.php?id=72>) or any successor Guideline, and applicable University of Newcastle policy provisions (as amended from time to time).

How will the information collected be used?

The information gathered from the surveys will be used to inform the development and implementation of the digital prevention and early intervention-focused resources. Aggregated data may be used in academic publications or presentations. No identifiable data will be used in any publications arising from this research.

Non-identifiable data may be also be shared with other parties to encourage scientific evaluation; to contribute to further research and public knowledge; or as required by law.

If you would like a copy of the summary of the results, please email the Chief Investigator, Dr Jamin Day at jamin.day@newcastle.edu.au.

What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, please contact the research team.

If you would like to participate, please complete and return the anonymous survey. Submitting a completed survey will be taken as implied consent to participate in this research.

If you complete a hard copy of this survey (pen-and-paper version), please immediately return it to a member of the research team.

Further information

If you would like further information please contact Dr Jamin Day at Jamin.day@newcastle.edu.au or (02) 4033 9237.

Thank you for considering this invitation.



Dr Jamin Day
Chief Investigator & Postdoctoral Research Fellow
Family Action Centre, University of Newcastle

Research Team:
Dr James Kirby, School of Psychology, University of Queensland
Distinguished Professor Alan Hayes, Director, Family Action Centre
Dr Margaret Freestone, Family Action Centre

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2019-0328.

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Services, NIER Precinct, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 4921 6333, email Human-Ethics@newcastle.edu.au.