



Participant Information Statement

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Supporting the wellbeing of workers with injury using digital compassion-based approaches Information Statement for Focus Group Participants

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 is developing a digital toolkit designed to help people with work-related injury to become more self-compassionate; strengthen their mental health; and help injured workers face the challenges ahead with courage and commitment.

The purpose of this research is to hear from people who have had a recent work-related injury. This will help us better understand how to make a digital toolkit that is useful during recovery and time off work.

Who can participate in the research?

The project team is looking for people who have a current workplace injury claim of no more than 12 weeks, or who have recently returned to work following injury (within the last 3 months).

You may have received an invitation to participate in this study by your case manager or through your insurance provider. These invitations were sent out to a number of people who were identified based on the length of time in the scheme and the type of injury claim.

You should not take part in this research if you:

- have had a serious injury or complex surgery;
- are unable to leave the house or travel;
- have significant mental health difficulties, or have experienced a significant traumatic event; or
- are involved in any legal action or a dispute with your employer.

What would you be asked to do?

If you agree to participate, you will be asked to attend a small discussion group (sometimes called a focus group) held at the University of Newcastle, Callaghan campus.

There will be about six people in the group (including you), plus two facilitators from the research team at the University of Newcastle. At least one of the facilitators will be a registered psychologist.

During the group session, we will ask the group some questions such as what has been challenging during your time off work, what strategies you have used to maintain positive mental health, and what types of social supports have been helpful. We are also wanting to hear your thoughts on how we can make digital tools that are useful; as well as what you think about the idea of *compassion*.

The group discussion will be relaxed and take about 90 minutes. We will provide light refreshments, and reimbursement of \$20 to cover travel costs.

What choice do you have?

Last updated: 09/08/2019

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project. Your choice to participate or not participate will not disadvantage you in any way and will have no impact on your current claim. You do not need to inform your case manager about your participation unless you want to.

If you do decide to participate, you may withdraw from the project at any time without giving a reason. The research team will withdraw any data you have provided, other than already deidentified data.

How much time will it take?

The session will last no more than 90 minutes. However, you will also need to allow some time to travel to and from the University of Newcastle's Callaghan campus.

You will also be given an opportunity to review the transcript of your group session. If you choose to do so, this may take you about 30 minutes.

What are the risks and benefits of participating?

We cannot promise you any direct benefit from participating in this research, although you will receive \$20 as reimbursement towards any travel costs.

Your feedback will help with the development of digital support resources for people who need to spend time off work due to work-related injury. Ultimately, we hope these resources will help protect people's mental health during this time.

We know spending time off work can be challenging and difficult. There is a risk that you may not feel comfortable talking about these challenges. Likewise, hearing other people's experiences may upset some participants.

We will not be discussing any specific injuries or workplaces during the group session. We will also not ask anyone to share personal details or private information.

We will have a psychologist present in case you feel upset and would like to talk to someone privately after the session. If you should feel distressed and require immediate support from someone not in the research team, please contact one of the following:

- Emergency services (000)
- Suicide Call Back Service (1300 659 476)
- Lifeline (13 11 14)
- BeyondBlue (1300 22 4636)
- Or visit <http://beyondblue.org.au/get-support/get-immediate-support>

How will your privacy be protected?

Any information collected by the researchers which might identify you will be stored securely and only accessed by the researchers, unless you consent otherwise or as required by law.

We will videorecord the focus groups so that we can transcribe (i.e. write down) what people say so that we can learn from it and use the information in our program development. We will not link anyone's name or their identity to anything that is said during the discussion. This means when we transcribe the session, identities will be kept anonymous.

The focus groups will be transcribed by an employee of the Family Action Centre or a professional transcription service. The person transcribing interviews will sign a confidentiality agreement, will not know the identity of any of the participants, and will de-identify all transcripts before providing these back to the research team.

Participants will be given an opportunity to review the de-identified transcription from their session and can edit or erase their contributions for up to two weeks after the transcriptions are provided.

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).

When we report on the results of these discussion groups, we may include direct quotes from participants if relevant. We will only use quotes that do not risk revealing any individual's identity or personal information. Any information that might identify participants will not be disclosed without your prior consent. We will not share your information with icare, your case manager or scheme agent, or any other organisation or group outside of the research team.

We will also ask all participants to maintain confidentiality throughout, and following, the group discussion. For confidentiality reasons, please do not discuss what you heard during the focus group with anyone outside the group. If you feel you need to discuss any matters, please contact Dr Jamin Day.

How will the information collected be used?

The information gathered from the focus groups will be used to inform the development and implementation of the digital resources. We may describe our findings in academic publications or presentations however no identifiable data will be included.

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 after 1 April 2020.

What do you need to do to participate?

Please read this Information Statement carefully and make sure you understand it before you consent to participate.

If there is anything you do not understand, or you have questions, please contact the researcher.

If you would like to participate, please contact Dr Jamin Day at Jamin.day@newcastle.edu.au or complete the online sign-up form at <http://cmtforworkers.com.au/get-involved>. To participate, you only need to provide a name, email address and phone number so we can contact you with information about location and available times. We will not share or retain this information following project completion.

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.