



# Participant Information Statement

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## Supporting the wellbeing of workers with injury using digital compassion-based approaches Information Statement for Survey 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;
- 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 complete a brief, anonymous survey. The questions were written by psychologists and/or mental health clinicians to better understand (1) how people experience compassion; (2) how people cope with difficulties; (3) how safe and secure people feel in their current relationships; and (4) what their experience of recovering from a workplace injury has been like.

### ***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. You do not need to inform your case manager about your participation unless you want to.

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 should take about 20 minutes to complete.

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***What are the risks and benefits of participating?***

We cannot promise you any direct benefit from participating in this research.

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 answering some of the questions. If this happens, you can simply skip the question and move on to the next one or stop participating entirely.

***How will your privacy be protected?***

Survey responses will be collected using the SurveyMonkey platform. 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](mailto: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.

***Further information***

If you would like further information please contact Dr Jamin Day at [Jamin.day@newcastle.edu.au](mailto: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](mailto:Human-Ethics@newcastle.edu.au).