PARTICIPANT INFORMATION STATEMENT

(1) What is this study about?
You are invited to take part in a research study that will explore your unique experience of recovering from mental distress, or supporting a loved one to recover from mental distress. It is hoped that the findings of this study will inform mental health practitioners, social workers and researchers, to help improve the mental wellbeing of Chinese people.

You have been invited to participate in this study because you have a Chinese background, living in Australia, with an experience of mental distress (or caring for a person of Chinese cultural background with an experience of mental distress). This Participant Information Statement tells you about the research study. Knowing what is involved will help you decide if you want to take part in the research. Please read this sheet carefully and ask questions about anything that you don’t understand or want to know more about.

Participation in this research study is voluntary. By giving your consent to take part in this study you are telling us that you:
- Understand what you have read.
- Agree to take part in the research study as outlined below.
- Agree to the use of your personal information as described.

You will be given a copy of this Participant Information Statement to keep.

(2) Who is running the study?
The study is being carried out by the following researchers:
- Isabella (Chenchen) Liu, higher degree research student from the Sydney School of Education and Social Work, Faculty of Arts and Social Science, the University of Sydney.
Isabella (Chenchen) Liu is conducting this study as the basis for the degree of Doctor of Philosophy at The University of Sydney. This will take place under the supervision of Professor Fran Waugh and Senior Lecturer Emma Tseris.

(3) What will the study involve for me?

If you decide to participate, the study will involve an interview with Chenchen (Isabella) Liu. The interview will take approximately one hour and the place and timing of interview will be your choice. You can choose to meet in a room around the Camperdown Campus in the university of Sydney if you are able to come. Otherwise, a library room in your suburb could be considered. Please let the researcher know your preferred location. In addition, an online interview is also possible, via Zoom technology, or via a telephone call. In the interview, questions will ask about your thoughts and experiences relating to the journey of recovering from mental distress. With your consent, I would like to audiotape the interview to ensure what you say is accurately captured. You can feel free to speak Cantonese, English or mandarin without worrying about anyone else (e.g. a translator) will be present. The audio recordings will be transcribed and stored in a locked cabinet on university premises in a building which is fully secured and alarmed as well as in secure data management software. At the conclusion of the study, the audiotapes and interview notes will be stored for five years; after this the audio tapes will be erased, all notes shredded, and all secure electronic files deleted.

(4) How much of my time will the study take?

The interview will take approximately one hour.

(5) Who can take part in the study?

This research study aims to explore the experiences of people with Chinese cultural background recovering from mental distress. Participants in this study must be over 18 years old; have one year or more since hospitalization for any mental health reason; and not currently a person with a Guardianship Order or Community Treatment Order. Participants also need to be from a Chinese cultural background (no political tendency). Participants will have moved to Australia for a temporary or permanent settlement. Family carers and friends of those with mental distress and Chinese background are also invited to participate in the research study.

(6) Do I have to be in the study? Can I withdraw from the study once I’ve started?

Being in this study is completely voluntary and you do not have to take part. Your decision whether to participate will not affect your current or future relationship with the researchers or anyone else at the University of Sydney or your relationship with any mental health services.

If you decide to take part in the study and then change your mind later, you are free to withdraw at any time. You can do this advising the researcher before, during and after the interview by contacting Isabella Liu through the contact details on page 4. There will be no consequences if you want to withdraw from the study. You are free to stop the interview at any time. Unless you say that you want us to keep them, any recordings will be erased and the information you have provided will not be included in the study results. You may also refuse to answer any questions that you do not wish to answer during the interview.
(7) Are there any risks or costs associated with being in the study?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study. However, in some circumstances talking about your experiences may elicit distress. If the interview does raise any concerns for you, please speak with the interviewer so that options for support can be discussed with you. These will include Lifeline (131114) and BeyondBlue (1300 22 4636) and the Transcultural Mental Health Service (02 9912 3850).

(8) Are there any benefits associated with being in the study?

Participants will be financially compensated for their time and effort with a $50 gift voucher.

(9) What will happen to information about me that is collected during the study?

An audio recording will be taken to facilitate reporting the results of the study. We will transcribe the audio recording to a written transcript, to enable analysis. If you prefer speaking in a language other than English (i.e., Mandarin or Cantonese), we will then translate it into English and the transcript will be verified by 1 Chinese-and-English-fluently-speaking person bound by a confidentiality agreement. Access to the data collected at any stage during or after the study will be limited to the researcher. Personal information will be kept confidential. Study findings may be published, but you will not be individually identifiable in these publications.

Your information will be stored securely and your identity/information will be kept strictly confidential, except as required by law. All electronic files will be stored on the password-protected desktop computer of the researcher. All hard copies of consent forms and other project documentation will be stored in a locked filing cabinet on University of Sydney premises. To comply with University guidelines, data will be stored for five years, however access will be restricted to the researchers. After this period, electronic documents and audio files will be securely deleted from the hard drive. Hard copies will be securely disposed.

By providing your consent, you are agreeing to us collecting personal information about you for the purposes of this research study. Your information will only be used for the purposes outlined in this Participant Information Statement, unless you consent otherwise.

(10) Can I tell other people about the study?

Yes, you are welcome to tell other people about the study.

(11) What if I would like further information about the study?

When you have read this information, Isabella (Chenchen) Liu will be available to discuss it with you further and answer any questions you may have. If you would like to know more at any stage during the study, please feel free to contact Isabella (Chenchen) Liu, higher degree research student, via email: cliu3527@uni.sydney.edu.au or phone number: 0433993021.

(12) Will I be told the results of the study?

You have a right to receive feedback about the overall results of this study. You can tell us that you wish to receive feedback by ticking the relevant box on the consent form. This feedback will be in the form of a one-page lay summary. You will receive this feedback after the study is finished.
What if I have a complaint or any concerns about the study?

Research involving humans in Australia is reviewed by an independent group of people called a Human Research Ethics Committee (HREC). The ethical aspects of this study have been approved by the HREC of the University of Sydney [2020/575]. As part of this process, we have agreed to carry out the study according to the National Statement on Ethical Conduct in Human Research (2007). This statement has been developed to protect people who agree to take part in research studies.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the university using the details outlined below.

Please quote the study title and protocol number.

The Manager, Ethics Administration, University of Sydney:

- **Telephone:** +61 2 8627 8176
- **Email:** human.ethics@sydney.edu.au
- **Fax:** +61 2 8627 8177 (Facsimile)

*This information sheet is for you to keep*