STUDY INFORMATION

Applying the Theory of Planned Behaviour to investigate mental health help-seeking among older adults with chronic diseases: An evaluation and intervention

Thank you for expressing an interest in participating in this study. This information letter explains the study and describes what will be involved should you decide to participate. Please read the information carefully.

Researchers and contact details

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This research project is being undertaken as part of the requirements of a PhD at Edith Cowan University.

Why are we doing this study?
People with chronic diseases may experience anxiety or depression and have reduced quality of life. This may have a negative impact on their chronic disease. It is important that people with chronic diseases have access to treatment which suit their mental health needs.

The purpose of this study is to explore the mental and physical health of older adults with chronic disease and examine their help-seeking behaviours.

What you will be asked to do?
If you decide to participate, you will be asked to complete one face-to-face or telephone interview where you will be asked a series of questions. You will be asked to:

- Provide some demographic and health information
- Fill in questionnaires about anxiety, depression, your quality of life and health condition.
- Complete questions on your help-seeking behaviours e.g. attitudes and beliefs toward seeking help, potential consequences of seeking help, and reasons for seeking/not seeking help.
This will take approximately 1 hour to complete. Your involvement (or lack thereof) is confidential and will not impact in any way on the care you are currently receiving from your primary health care provider.

**What are the benefits of participation?**
You will have the opportunity to explore how you are feeling and how you are managing your own mental health. It is hoped this study will help guide educators and regulators to make decisions that could impact the future of health service provision for older adults with chronic diseases.

**What are the possible risks or discomforts of taking part?**
We envisage minimal to no risks if you participate in this study. A part of this study is to ask about anxiety and depression, there is a possibility that you may be experiencing some of these symptoms. If so, we will provide you with a list of telephone support services that can offer immediate help. These include the Mental Health Emergency Response Line (1300 555 788), Lifeline (13 11 14), Crisis Care (08 9223 1111 or 1800 199 008), The Samaritans (08 9381 5555), Mensline Australia (1300 789 978), and the Suicide Call Back Service (1300 659 467). You will also be given the option for a letter to be sent to your GP, recommending follow-up care.

**What information will be collected from me?**
The data collected for the study will include:
- Demographics (i.e. age, gender, social background, employment)
- Health status
- Anxiety and depression symptoms
- Quality of life
- Physical health condition
- Help-seeking intentions

**How is my privacy protected?**
All information is de-identified before analysis. This means the researcher will remove any personal information such as name and date of birth before it is entered into the computer, and number codes will be assigned to the data. The reports generated by the research will use only grouped data, so your name will not be mentioned anywhere.

**Will I find out the result of the study?**
You will be provided with a summary of the results upon completion of this study. This can be posted or emailed to you depending on your preference. Results of this study may be presented at conferences/seminars, published in peer-reviewed journals, magazine articles, as an online article, or part of a book section or report.

**Will my data be used in future projects?**
The information you provide will only be used in future research projects if you give your verbal and written consent. As all information is de-identified, no personal information will be stored or passed on.
Your rights and maintaining your welfare
Your participation in this study is voluntary and you are free to withdraw at any stage without explanation. If you choose to withdraw, you will be asked whether you give permission for any data already collected to be retained and included in the study, or excluded and deleted. If you decide that you do not wish to participate or continue, or want your information to be excluded, you will not be disadvantaged or penalised in any way.

Questions and/or Further Information
If you have any questions or require any further information about this research, please do not hesitate to contact Miss Claire Adams on 0416 570 016 or email claire.adams@ecu.edu.au.

This project has been approved by the ECU Human Research Ethics Committee.

If you have any concerns or complaints about the research project and wish to talk to an independent person, you may contact:
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