



EXPLANATORY STATEMENT

Project title: Mental Health responses to COVID-19

Project ID: 23963

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the email addresses listed above.

What does the research involve?

The aim of this study is to explore mental health responses during the COVID-19 pandemic. We aim to examine resilience factors that promote good mental health and risk factors that contribute to poorer mental health.

Participating in this study will involve completing an online questionnaire which should take 30-40 minutes. These questions will include demographic information, questionnaires about your current mood, your physical health, your coping styles as well as questions about resilience.

You will have the option to repeat this survey at monthly intervals over the next 18 months. If you select to repeat the survey, you will be prompted to provide an email address.

Why were you chosen for this research?

You were chosen for this study as you are over the age of 18. You accessed this questionnaire via an online advertisement.

Consenting to participate in the project and withdrawing from the research

Participation in this study is completely voluntary. It is your decision whether to participate. If you choose to participate in this study please commence by starting the survey.

If at any stage, you feel uncomfortable or you feel the questions are too personal, you may stop completing the survey and close it. This study is an anonymous survey so once submitted, withdrawal of data will not be possible.

Possible benefits and risks to participants

There are unlikely to be any direct benefits from participating in this study, other than reflecting on your current mental health and wellbeing. Participating in this study will provide data which will help enrich our understanding of the impacts of the current pandemic on the mental health of the general public.

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Payment

There are no payments associated with participation in this survey.

Confidentiality

The survey is anonymous and confidential. At no point of the study will we be asking your name, date of birth or address. If you choose to repeat the survey at monthly intervals, we will ask for your email address at the end of the survey. This email data will be used to send you a reminder with the survey link at monthly intervals to repeat the survey. Your survey responses will be stored separately from your email to preserve your anonymity and confidentiality. Your survey results will not be considered individually. The results from all participants will be combined for analysis to provide overall trends when presented at conferences or in academic journals/theses Data will be collected through a Monash University account on Redcaps, which is password protected.

Storage of data

Data will be stored on the password protected Monash University shared drive. It will only be accessible by the researchers involved in this study. Data will be kept for 5 years and then destroyed via deletion of electronic files when no longer needed.

Use of data for other purposes

Group findings and deidentified data will be used for student thesis projects, as well as academic manuscripts and conference presentations. Lay summaries of the data may also be made available to the public.

Results

If you would like a summary of the overall findings, please contact Dr Caroline Gurvich at caroline.gurvich@monash.edu and we will send you a summary once the study is complete. Interim analyses of our research will also be made available on our Mental Health during COVID link on our website: <http://www.maprc.org.au/covid19-mental-health>

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics Committee (MUHREC):

Executive Officer
Monash University Human Research Ethics Committee (MUHREC)
Room 111, Chancellery Building D,
26 Sports Walk, Clayton Campus
Research Office
Monash University VIC 3800

Thank you,

A handwritten signature in black ink that reads "Caroline T.G.V." in a cursive style.

Dr Caroline Gurvich.

A handwritten signature in black ink, appearing to be "Natalie Thomas", written in a cursive style.

Dr Natalie Thomas.

A handwritten signature in black ink that reads "Elizabeth Thomas" in a cursive style.

Dr Elizabeth Thomas.

A handwritten signature in black ink that reads "Jayashri Kulkarni" in a cursive style.

Prof Jayashri Kulkarni.