

Invitation to participate

Research Study: Gender and Involuntary Mental Health Services Project

You are invited to take part in a research study that aims to explore the experiences and needs of women who have received involuntary mental health treatment in NSW.

People who are invited to participate are over 18 years of age, including:

- Women with a personal experience of involuntary mental health treatment
- Family members and friends of a woman who has experienced involuntary mental health treatment
- Mental health professionals who have worked in involuntary mental health services

Participation details

Participation will involve approximately 1-1.5 hours, to be part of a one-on-one interview at a location of your choice.

Women with personal experience of involuntary mental health treatment will have the option of having a peer researcher (a woman with lived experience of mental health services) at their interview.

Art materials will be available to all participants during the interview to enable you to express your ideas creatively, although using these will be optional. You may also choose to bring objects to the interview that will assist you in discussing your experiences (eg. photographs, poems, artworks), however this is optional.

Study details

The study is being conducted by Dr Emma Tseris at the University of Sydney, and is funded by the Australian Research Council. The ethics approval protocol for this study is 2021/143. Participation is entirely voluntary, and confidentiality will be maintained in the reporting of the results.

You will be reimbursed for your time.

Please contact

To express interest in participating, please email: emma.tseris@sydney.edu.au



THE UNIVERSITY OF
SYDNEY

CRICOS 00026A

Participant Information Statement

Women with Lived Experience



THE UNIVERSITY OF
SYDNEY

Action Research in Gender and Mental Health

Dr Emma Tseris (Responsible Researcher)

Social Work and Policy Studies

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1. What is this study about?

We are conducting a research study about the experiences and impacts of involuntary mental health treatment on women, women's recovery from mental distress, and ways to improve mental health services for women. Taking part in this study is voluntary.

Please read this sheet carefully and ask questions about anything that you don't understand or want to know more about.

2. Who is running the study?

The study is being carried out by the following researchers:

- Dr Emma Tseris, Senior Lecturer, University of Sydney
- Sandy Hart, Research Assistant, University of Sydney
- Scarlett Franks, Research Assistant, University of Sydney

This study is being funded by the Australian Research Council.

3. Who can take part in the study?

We are seeking women with a personal experience of involuntary mental health treatment, who are not currently receiving treatment in hospital, to participate in the study. After you express interest in participating, the researcher will call you to answer any questions that you have about the study, and to discuss how you would like to be involved in the study.

You have been invited to take part in this study because you participated in the 'Gender and Involuntary Mental Health Services project' and consented to receiving information about future studies.

4. What will the study involve for me?

If you decide to take part in this study, you will be asked to participate in at least one interview, focus group, or joint meeting about your perceptions of involuntary mental health treatment, recovery from mental distress, and ways to improve mental health services for women.

A one-hour **interview** is an opportunity to answer questions individually about your experiences and perspectives, while a two-hour **focus group** is an opportunity to meet other women with experiences of involuntary mental health treatment and to answer questions as part of a group. A two-hour **co-analysis group** is an opportunity to meet with women with experiences of involuntary mental health treatment, family/friends/carers, and mental health workers, and to provide feedback about the research findings as part of a group.

It is entirely your choice whether you take part in an interview, focus group and/or co-analysis group. The number of times that you participate in the study is also your choice. The study is taking place over a 14 month period you may choose to take part in up to 2 interviews, up to 6 focus groups and up to 2 co-analysis meetings if you have the interest and time to do so, although there is no requirement to participate multiple times.

Where possible, focus groups, interviews, and co-analysis groups will take place face-to-face, in an accessible community venue (eg. a room in a library or neighbourhood centre). They will be audio-recorded, in order to facilitate analysis.

Where a face-to-face interview, focus group or co-analysis meeting is not possible (eg. due to limitations on the researchers' ability to travel to you or due to Covid-19 restrictions), Zoom technology will be used to enable an online meeting, which will be audio-recorded.

As part of the interviews and focus groups, in addition to answering questions, you will be invited to use art materials (supplied) to describe your experiences creatively (eg. painting, drawing), although this is optional. You are also welcome to bring creative pieces to the interviews/focus groups that will assist you in discussing your experiences (eg. photographs, poems, artworks), however this is also optional.

If your focus group/interview is via Zoom, we will mail you some art materials in advance if you let us know that you would like us to do this.

Alongside Dr Emma Tseris, a peer researcher will co-facilitate the focus groups and co-analysis groups (the peer researcher will be a woman with lived experience of receiving mental health treatment, who is employed by the project as a research assistant). For interviews, it is your choice whether you are interviewed by both Dr Emma Tseris and a peer researcher, or Dr Emma Tseris only.

In all face-to-face interviews/focus groups/co-analysis groups, Covid-safe protocols will be in place: adherence to NSW Health current guidelines for face-to-face meetings; hand sanitiser will be available; there will be 1.5 metre social distancing; and hard surfaces will be disinfected. Please stay at home if you are unwell.

5. Can I withdraw once I've started?

Being in this study is completely voluntary and you do not have to take part.

Your decision will not affect your current or future relationship with the researchers or anyone else at The University of Sydney.

If you decide to take part in the study and then change your mind you can withdraw by advising Dr Emma Tseris that you wish to withdraw from the study.

If you choose to withdraw from an interview, we will not collect any more information from you. Please let us know at the time you withdraw what you would like us to do with information we have collected about you up to that point.

For focus groups and co-analysis groups, you are free to stop participating at any stage. However, since it is a group discussion, it will not be possible to withdraw your individual comments from our records once the group has started.

You may refuse to answer any questions that you do not wish to answer.

If you change your mind about how you would like your creative contributions to be used, you can let us know your updated preferences (unless they have already been de-identified and published).

6. Are there any risks or costs?

It is possible that discussing your experiences of involuntary mental health treatment and its effects may result in some distressing emotions and negative memories.

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:

National Sexual Assault, Domestic & Family Violence Line 1800 737 732

NSW Ministry of Health Mental Health Line 1800 011 511

Health Care Complaints Commission 1800 043 159

Blue Knot Foundation 1800 421 468

BeyondBlue 1300 22 4636

Lifeline 131114

7. Are there any benefits?

You will receive a \$75 gift voucher for each focus group or co-analysis meeting that you participate in and a \$50 gift voucher for each interview that you participate in.

8. What will happen to information that is collected?

By providing your consent, you are agreeing to us collecting information about you for the purposes of this study.

Any information you provide us will be stored securely and we will only disclose it with your permission, unless we are required by law to release information. We are planning for the study findings to be published. You will not be individually identifiable in these publications.

To facilitate analysis, focus groups, interviews, and co-analysis groups will be audio-recorded. Access to the data collected at any stage during or after the study will be limited to the researchers. Personal information will be kept confidential. Study findings may be published in journal articles, conference papers, online research articles, a project website, and books, but you will not be individually identifiable in these publications.

The researchers will also share interim findings with other participants in the research project (including women with lived experiences of involuntary mental health treatment, family/friend participants, and mental health workers) over the course of the study, in order to facilitate discussions and learning. The researchers will ensure that you are not individually identifiable when sharing interim findings with other participants.

Creative Contributions:

You may produce one or more creative pieces as part of your participation in the project, although this is optional. You have choices about if and how your creative pieces are used in the project:

- If you indicate on the consent form, the creative pieces that you produce will be analysed as part of the research study and may be published within the study findings, including the project website.
- If you indicate on the consent form, the creative pieces that you produce will be shared with other participants (including women with lived experience of involuntary treatment, family/carer participants, and mental health workers) as part of the research project, to facilitate dialogue and learning.
- If you indicate on the consent form, the creative pieces that you produce as part of the research project will be displayed at a public exhibition at the conclusion of the research study.

If you choose any of these options, your creative piece/s will be photocopied/photographed, or you can send us a copy by email (you will retain the original copy).

To protect your confidentiality, your name or other identifying information will never be shared alongside your creative contributions.

Data Storage:

All research materials will be securely stored on University of Sydney Research Data Store. To comply with University guidelines, the research 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.

9. 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 summary of the key research findings. You will receive this feedback after the study is finished.

You may also hear about the progress of the study within interviews, focus groups, and co-analysis groups, where interim findings will be shared and discussed.

10. What if I would like further information?

When you have read this information, the following researcher/s will be available to discuss it with you further and answer any questions you may have:

- Dr Emma Tseris, Senior Lecturer, 02 9036 9313, emma.tseris@sydney.edu.au

11. What if I have a complaint or any concerns?

The ethical aspects of this study have been approved by the Human Research Ethics Committee (HREC) of The University of Sydney 2022/173 according to the *National Statement on Ethical Conduct in Human Research (2007)*.

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:

Human Ethics Manager

human.ethics@sydney.edu.au

+61 2 8627 8176

This information sheet is for you to keep