

Plain Language Statement

Melbourne School of Population and Global Health
Faculty of Medicine, Dentistry and Health Sciences.



Project: impact: Improving Mental health through Policy ACTION



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This survey is being conducted by The University of Melbourne in partnership with People with Disability Australia (PWDA), Australian Federation of Disability Organisations (AFDO), Deaf Indigenous Community Consultancy (DICC), and the Australian Government Department of Social Services.

Introduction

Thank you for your interest in participating in this research project. The following few pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask questions about anything you don't understand or want to know more about.

Your participation is voluntary. If you don't wish to take part, you don't have to. If you begin participating, you can also stop at any time before submitting your responses to the online survey.

What is this research about?

The aim of this project is to find out more about what helps people with disability to have good mental health. Mental health is about the way we think and feel and act. Mental health helps determine how we cope with stress, relate to other people, and make choices.

This project will focus on factors that may affect your mental health. These factors include things like schooling, housing, work, whether people have enough money and food, and people's access to health services.

This project will also look at Australian Government national programs that may affect people's mental health. This includes programs such as Medicare, which helps people cover the cost of going to the doctor; and the National Disability Insurance Scheme which helps some people with disability get services and supports to help them live their life.

Overall, the project will help us develop solutions to help people with disability have better mental health.

Why am I being asked to participate in this project?

We want to start this project by asking people with disability what are the most important factors and Australian government programs the project should focus on. This will help us decide which factors and programs the research team should focus on.

What will I be asked to do?

Should you agree to participate, you will be asked to complete a short online survey. The survey will ask you to choose from a list which factors and programs you feel are most important for people with disability's mental health. We will use your responses to help choose which factors and programs to focus on in the research.

The survey will also ask optional questions so you can tell us some basic information about you, such as your age, gender and ethnicity.

The survey will take between 5 and 10 minutes. You can complete the survey on your own or you can ask someone to help you. You will be able to complete the survey until the 24th of April 2024.

What are the possible benefits?

Your participation will help the research team understand what factors and programs people with disability would like the project team to focus on. Other than the opportunity to share your views, there will be no direct benefit to you from completing this online survey.

What are the possible risks?

Your involvement in this project will involve thinking about factors that may affect your mental health. For some people, this may be upsetting. If there are questions

that are upsetting or that you don't want to answer, you do not have to answer these questions. If you or anyone helping you to complete the survey do get upset, you may wish to speak to the research team or an organisation that is there to support people experiencing distress or crises. Organisations you can contact include:

BeyondBlue: 1300 22 4636

Depression and anxiety support service

LifeLine: 13 11 14

Crisis support service

Do I have to take part?

No. Completing this online survey is completely voluntary. Your decision whether to participate or not will have no impact on your involvement with disability partner organisations or your access to any services or programs.

Can I withdraw from the project?

If you start the online survey but change your mind, you don't need to complete the survey and can stop at any time. All the questions are optional which means you do not have to answer all the questions. However, once you submit your responses, you will be unable to change the answers you have provided or withdraw from the project as we will not be able to identify which response was yours.

Will I hear about the results of this project?

We will combine all the results from the survey. We will share the results of the survey with our partner organisations. They will share them with you in the same way you received information about this project via email, e-newsletter or social media post.

What will happen to the information about me?

Your responses will be anonymous. We will not ask you to tell us your name. We will not collect any other information that could identify you, like where you live. Your responses will be completely confidential and will be held by the University of Melbourne. All data will be stored in a secure, restricted-access area in the University of Melbourne and will only be accessed by the research staff working on the project. All information will be stored for 5 years in accordance with the recommendations of the National Health and Medical Research Council and the provisions of the Privacy Act 1988 and the Australian Privacy Principles.

Publication of results

The project's overall findings may be shared as articles for publication in academic journals and at relevant conferences and educational forums.

Who is funding this project?

This project is funded through the Medical Research Future Fund Mental Health Research grant program (MRFF #2024940).

Where can I get further information?

If you would like more information about the project, please contact the researchers; Alexandra Devine: alexandra.devine@unimelb.edu.au or Zoe Aitken zoe.aitken@unimelb.edu.au

Who can I contact if I have any concerns about the project?

This project has been reviewed by and received ethics clearance through the University of Melbourne Human Research Ethics Committee [ID number: 29182].

If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Research Integrity Administrator, Office of Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 1376 or Email: research-integrity@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team and/or the name or ethics ID number of the research project.