

Easy Read Participant Information Statement

Project: What helps people with disability have good mental health

Participant Information Statement



Easy Read

About the research project



We want to know what helps people with disability have good mental health.

Mental health is about how you think and how you feel.



We want to ask you some questions.



We will ask these questions through an online survey.

Who is involved in the project?



University of Melbourne



People with Disability Australia



Australian Federation of
Disability Organisations

Australian Federation of Disability
Organisations



Deaf Indigenous Community
Consultancy



Australian Government Department of Social Services

What will happen in the online survey?



The survey will ask you about things that are important to your mental health.



The survey will take 5 to 10 minutes.



We will show you a list of important factors.

Factors include things like housing, money, and food.

- Housing
- Money
- Food
- Education
- Work
- Family

We will ask you to choose up to 5 factors you think are most important for mental health.



We will ask you about programs that impact on mental health.

Examples are:

- Medicare – that helps pay for the doctor.
- NDIS – that helps some people with disability get the services and supports they need.



- Medicare
- NDIS
- Disability Support Pension

We will ask you to choose up to 5 programs you think are most important for mental health.

You can choose how you complete the survey



You can complete the survey on your own.

OR



You can ask someone to help you.

You can ask a family member, carer, friend or support worker to help you.

What support can I get if I get upset?



You don't have to answer any question you don't want to.



We can connect you or anyone helping you with this survey with an organisation to help with any issue that upsets you.



Organisations you can contact if you feel upset include:



Triple Zero Emergency: 000

If you are experiencing an emergency, please call 000



LifeLine: 13 11 14

Crisis support service



Beyond Blue: 1300 22 4636

Depression and anxiety support service

What you say will be kept private and confidential



People will not know that it is you.

What will we do with the information we collect?



Information we collect will be kept safe on a computer

Only researchers will have access to the information



We will write a summary.

We will share the summary via email.



Information may be published in a journal or talked about at a conference.



After 5 years we will destroy the information we collect.

Do I have to agree to be involved?

No.

You do not have to agree to be involved in the project.



Nobody will think badly about you if you do not want to be involved.



If you don't want to finish the survey, you can STOP at any time.

But if you submit your answers, we will not be able to remove your answers.

What if I have a complaint?



To make a complaint about this research, you can talk to the Ethics Committee of the University of Melbourne.



Call

03 8344 2073



Email

research-integrity@unimelb.edu.au

Do you have any questions?



Alexandra Devine is a Researcher

Alex can answer your questions.



Call

0415 570 109



Email

alexandra.devine@unimelb.edu.au