School of Psychology, Faculty of Science

PARTICIPANT INFORMATION STATEMENT

Randomised Controlled Trial of a Standard Cognitive Behaviour Treatment versus Attention Training with Cognitive Behaviour Treatment on PTSD in Emergency Service Personnel

Professor Richard Bryant

1. **What is the research study about?**
   This research study aims to understand the best way to treat PTSD in emergency service workers (ESWs). You are invited to take part in this research study because you have indicated have PTSD and are a current or former ESW.

2. **Who is conducting this research?**
   The study is being carried out by the following researchers: Professor Richard Bryant, Dr Katie Dawson, Prof Sam Harvey, Dr Cate Broomfield, Ms Srishti Yadav, Dr Dharani Keyan, Ms Suzanna Azevedo, Dr Mark Deady, Dr Nathalie Elliott, Ms Jasmine Choi-Christou, Dr Eileen Stech, Dr Elpiniki Andrew, Ms Ayesha Durrani, Dr Samantha Tang and Ms Melissa Clark of UNSW Sydney.
   Research Funder: This research is being funded by the National Health and Medical Research Council (NHMRC) and an ARC Linkage Grant.

3. **Inclusion/Exclusion Criteria**
   Before you decide to participate in this research study, we need to ensure that it is ok for you to take part. The research study is looking recruit people who meet the following criteria:
   a) You are at least 18 years old
   b) Meet PTSD criteria
   c) Current or retired ESW
   d) Adequate comprehension of English

   Participants who meet the following criteria will be excluded from the study:

   (a) people are significantly suicidal, and
   (b) have a history of psychosis
   (c) Current substance dependence (but not abuse)

4. **Do I have to take part in this research study?**
   Participation in any research study is voluntary. If you do not want to take part, you do not have to.

   If you decide you want to take part in the research study, you will be asked to:
   - Read the information carefully and indicate your willingness to enter the project by ticking the I Agree box;
   - Complete the online questionnaire.

5. **What does participation in this research require, and are there any risks involved?**
   Participation in this research study is voluntary. If you do not want to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw from the study at any stage.

We will ask you to complete a 2-hour assessment with a clinical psychologist about your emotions. You will then be randomly allocated to one of two conditions. Both conditions will involve 12 weekly 1-hour sessions with a clinical psychologist. Both conditions involve the gold standard treatment for PTSD, which comprises thinking about trauma memories and learning to think differently about your experiences. You will also perform a type of attention training that involves completing 4 x 10-minute sessions of a

computer task. The other condition will include the same components and will also include a slightly different type of attention training that also involves completing 4 x 10-minute sessions of a computer task. Twelve weeks after the beginning of the trial, you will be asked to have another assessment, and you will be asked to do this again at 6 months and 2 years.

We will also ask you to participate in an optional part of the assessment in which we will videorecord brief segments of three sessions for our data analyses. We will ask you four brief questions about your past experiences and your expectations about the future, as well as when you discuss your trauma. We will do this in the two initial sessions at the beginning of treatment and once more at the end. We will also record one treatment session. Nobody will see these recordings outside our research team. If you do not wish to participate in this recording, simply do not tick the appropriate box at the bottom of this form.

We will also audio record the sessions for supervision purposes of all clinicians. If you do not wish to participate in this recording, simply do not tick the appropriate box at the bottom of this form.

There are no costs for attending the therapy sessions. You will not be reimbursed for participating in this research.

If you experience discomfort or feelings of distress while participating in the research and you require support, you can stop participating at any time. You can tell the clinical psychologist or email a member of the research team and they will provide you with appropriate information to assist you. We can provide you with a referral to a local mental health specialist who can assist with your specific need. If at any stage during the study, you become distressed or require additional support from someone not involved in the research please call:

Contact for feelings of distress

Name/Organisation	Traumatic Stress Clinic
Position	Co-ordinating Centre
Telephone	(02) 8267 3314
Email	traumaticstressclinic@unsw.edu.au

If you wish to contact independent support services, you can contact:

Lifeline: Tel. 13 11 14
BeyondBlue: Tel. 1300 22 4636

6. What will happen to information about me?

By signing the consent form you are providing your permission for the research team to collect and use information about you for the research study.

The research team will store the data collected from you for this research project for a minimum of 15 years after the publication of research results;

The information about you will be stored in a re-identifiable format where any identifiers such as your name, address, date of birth will be replaced with a unique code. No video or audio material will be accessible by anyone outside the research team.

You will be asked to provide your consent for the research team the share or use the information collected from you in future research that will be an extension of, or closely related to, the original project; or is in the same general area of research. Your information will only be shared in a format that will not identify you.

7. How and when will I find out what the results of the research study are?

The research team intend to publish and/ report the results of the research. All Information will be published in a way that will not identify you.

If you would like to receive a copy of the results you can let the research team know by inserting your email or mailing address in the consent form. We will only use these details to send you the results of the research.

8. What if I want to withdraw from the research study?

If you do consent to participate, you may withdraw at any time. You can do so by completing the 'Withdrawal of Consent Form' which is provided at the end of this document. Alternatively, you can ring the research team and tell them you no longer want to participate. If you decide to leave the research study, the researchers will destroy any information that has already been collected and no additional information will be collected from you. Your decision not to participate or to withdraw from the study, will not affect your relationship with UNSW Sydney or the Traumatic Stress Clinic.

The information you provide is personal information for the purposes of the Privacy and Personal Information Protection Act 1998 (NSW). You have the right of access to personal information held about you by the University, the right to request correction and amendment of it, and the right to make a compliant about a breach of the Information Protection Principles as contained in the PPIP Act. Further information on how the University protects personal information is available in the **UNSW Privacy Management Plan**.

What if I have a complaint or any concerns about the research study?

If you have a complaint regarding any aspect of the study or the way it is being conducted, please contact the UNSW Human Ethics Coordinator:

Complaints Contact

Position	Human Research Ethics Coordinator
Telephone	+ 61 2 9385 6222
Email	humanethics@unsw.edu.au
HC Reference Number	HC230221

9. What should I do if I have further questions about my involvement in the research study?

The person you may need to contact will depend on the nature of your query. If you require further information regarding this study or if you have any problems which may be related to your involvement in the study, you can contact the following member/s of the research team:

Research Team Contact

Name	Ms Jasmine Choi-Christou
Position	Research Assistant
Telephone	(02) 8267 3314
Email	traumaticstressclinic@unsw.edu.au

Chief Investigator

Name	Richard Bryant
Position	Scientia Professor
Telephone	02-93853640
Email	r.bryant@unsw.edu.au

Consent Form – Participant providing own consent

Declaration by the participant

By checking the I agree/start questionnaire option below:

- ☐ I understand I am being asked to provide consent to participate in this research study;
- ☐ I have read the Participant Information Sheet, or it has been provided to me in a language that I understand;
- ☐ I provide my consent for the information collected about me to be used as described in section 6 of this document.
- ☐ *[Recordings]* I understand that the research team will audio record the sessions; I agree to be recorded for this purpose.
- ☐ *[Recordings]* I understand that the research team will video record some sessions; I agree to be recorded for this purpose.
- ☐ I understand that if necessary, I can ask questions and the research team will respond to my questions.
- ☐ I freely agree to participate in this research study as described and understand that I am free to withdraw at any time during the study and withdrawal will not affect my relationship with any of the named organisations and/or research team members;
- ☐ I understand that I can download a copy of this consent form from traumaticstressclinic.com.
- ☐ A copy of the participant information statement and consent form was provided to me via email.
- ☐ I understand that the results of the research will be made available on theTraumatic Stress Clinic website (www.traumaticstressclinic.com).
- ☐ I would like to receive a copy of the study results via email or post, I have provided my details below and ask that they be used for this purpose only.
- ☐ I am providing my contact details to allow the research team to send me the reimbursement.

Name: _____

Address: _____

Email Address: _____

Optional Consent for reuse of data and future research:

- ☐ I provide my consent for the information collected about me to made available to other researchers as described at section 6 of this document.

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Form for Withdrawal of Participation

I wish to **WITHDRAW** my consent to participate in the research proposal described above and understand that such withdrawal **WILL NOT** affect my relationship with The University of New South Wales. If you so choose, you can permit the research team to retain or use information collected about you for the research" or a similar statement.

☐ I am withdrawing my consent and I would like any identifiable information collected about me which I have provided for the purpose of this research study withdrawn.

☐ I am withdrawing my consent to participate in further components of this research and provide my permission for the research team to retain and/or use information collected about me which I have provided for the purpose of this research.

Participant Name

Name of Participant (please type)	
Date	

The section for Withdrawal of Participation should be forwarded to:

CI Name:	Professor Richard Bryant
Email:	r.bryant@unsw.edu.au
Phone:	02-93853640
Postal Address:	r.bryant@unsw.edu.au

Submit withdrawal of consent