

## **PRINCIPAL INVESTIGATOR:**

### **Dr Peter Strelan**

Dear Participant,

You are invited to participate in the research project described below.

#### **What is the project about?**

The purpose of this study is to evaluate a web-based program called YOLO, which is designed to help students like you get the most out of life. The program is designed to teach skills that can be used to manage the challenges of life and study, while at school, as well as later in life, such as during further study, during a career, and throughout your personal life. It is based on the latest developments in positive psychology and cognitive and behaviour therapy. This study is being conducted by the University of Adelaide and is furthering the work of Dr Shelley Viskovich who developed and evaluated the YOLO program with university students at the University of Queensland.

#### **Who is undertaking the project?**

This project is being conducted by Dr Peter Strelan, Dr Amanda Taylor and David Scholz as a part of a PhD project for the School of Psychology at the University of Adelaide.

#### **Why am I being invited to participate?**

We are inviting senior school students to participate in the project from the five partnering schools from around Australia.

#### **What am I being invited to do?**

Participation involves completing the YOLO Program over a four-week period at a time that is convenient. The program includes three online questionnaires at different time points. The Program itself consists of 4 modules approximately 30 - 45 minutes each, broken down into small 5 - 15 minute exercises, which can be completed at any time during that week. The program can be completed on a laptop, phone or tablet and log in information will be emailed at the commencement of the program. As a participant, you will be asked to complete a short questionnaire designed to measure wellbeing and psychological flexibility before starting, when finished and one month after completing the program.

#### **How much time will my involvement in the project take?**

The program will take approximately 45 minutes a week for four weeks. Each questionnaire will take approximately 6 - 8 minutes to complete and will allow us to evaluate the program in terms of its effects on well-being and other variables connected to your life. The program enhancement questions at the end of the post program survey will take between 5 and 10 more minutes and will help us to improve the program for future users.

#### **Are there any risks associated with participating in this project?**

This program is not a treatment for any clinical or diagnosed condition, but rather is designed to teach skills for managing discomfort, stress, and life challenges. Risks associated with participation are low, however participants may experience emotional discomfort at some time during the program. In the event that discomfort is experienced after completing a questionnaire, or at any stage during the program, the participant should immediately let a teacher or parent know. If the program does bring up any distress, the participant is free to withdraw from the study at any time. If this occurs, it is advisable to consult with one of the school's wellbeing leaders.

The participant can also go to the "contact us" tab on the program website for further details of where to go for help.

#### **What are the potential benefits of the research project?**

This research may help to show the benefits or otherwise of an online program designed to improve the mental health and wellbeing of adolescents through enhancing their psychological flexibility.

#### **Can I withdraw from the project?**

Participation in this study is completely voluntary and you are free to withdraw at any time without prejudice or penalty. Withdrawing will not have any effect on your academic status, standing with the school or grades. If you wish to withdraw, you can simply email the researcher to inform them of your intention to opt out. You will then stop completing the exercises and questionnaires, with any questionnaires or exercises completed to that point retained for reporting purposes.

#### **What will happen to my information?**

All data collected in this study will be stored confidentially in the data management systems of the University of Adelaide and the University of Queensland. Only members of the research team will have access to identified data. All data will be coded in a de-identified manner and subsequently analysed and reported in such a way that responses will not be able to be linked to any individual. Individual email addresses and other identifying information will not be linked to questionnaire data. The data you provide will be used for the specific research purposes of this study, as well as in combination with other research projects using the YOLO Program.

If survey responses indicate that the participant may be at risk of experiencing mental health concerns, responses may be reidentified so that the school can ensure they are offering support and guidance to the participant in relation to their wellbeing.

If published, this paper will **not** report participant names or the name of the participating school to ensure the anonymity of the participants.

All information will only be used as described in this participant information sheet and it will only be disclosed according to the consent provided, except as required by law.

#### **Who do I contact if I have questions about the project?**

This study adheres to the Guidelines of the ethical review process of The University of Adelaide and the National Statement on Ethical Conduct in Human Research. You are free to discuss your participation in this study with project staff (Dr. Peter Strelan: 8313 5662 or [peter.strelan@adelaide.edu.au](mailto:peter.strelan@adelaide.edu.au), or Dr Amanda Taylor: 3365 8290 or [amanda.taylor@adelaide.edu.au](mailto:amanda.taylor@adelaide.edu.au), or David Scholz: 8313 3401 or [david.scholz@adelaide.edu.au](mailto:david.scholz@adelaide.edu.au) ).

#### **What if I have a complaint or any concerns?**

The study has been approved by the Human Research Ethics Subcommittee of the School of Psychology at the University of Adelaide (approval number H-21/15). This research project will be conducted according to the NHMRC National Statement on Ethical Conduct in Human Research 2007 (Updated 2018). If you have questions or problems associated with the practical aspects of your participation in the project, or wish to raise a concern or complaint about the project, then you should consult the Principal Investigator. If you wish to speak with an independent person regarding concerns or a complaint, the University's policy on research involving human participants, or your rights as a participant, please contact the Chair of the Human Research Ethics subcommittee in the School of Psychology, Professor Paul Delfabbro via:

Email: [paul.delfabbro@adelaide.edu.au](mailto:paul.delfabbro@adelaide.edu.au)

Post: School of Psychology, Level 5 Hughes Building, University of Adelaide, North Terrace, ADELAIDE SA 5005

Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

#### **If I want to participate, what do I do?**

In order to participate, parents will need to complete the school's consent request and you will be given login details for the program. At the start of the program as the student participant, you will be asked to check a consent box to confirm that you understand what the study entails and that you consent to be a part of it.

Yours sincerely,

David Scholz BEd, MEd, BPsych(Hons)  
PhD Candidate  
School of Psychology  
University of Adelaide

