

EXPLANATORY STATEMENT

Project: ACES: The Activity Coping Emotions Stress & Sleep Study

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You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, you are encouraged to contact the researchers via the phone numbers or email addresses listed above.

What does the research involve?

The purpose of this study is to understand how everyday hassles (such as arguments or disagreements), interactions with other people, and how people try to manage their emotions are related to activity, sleep, and emotions.

To be eligible to participate, you must:

- Be between 18 and 40 years of age
- Be able to read and answer questions in English
- Own and use a smartphone that operates on iOS or Android OS.
- Not currently experiencing major physical or mental health conditions that significantly affect your daily physical activity and sleep.

If you agree to participate, you will be asked to complete the following 2 components:

1. **One-off component: 30-minute online survey and device setup.**

Once you sign up for the study, you will be asked to answer an online survey that takes about 35 minutes. We will then schedule a short (~ 10 minute) in-person appointment with you at Monash University at either the Clayton, Caulfield, or Peninsula campus. During this appointment, we will set up the activity/sleep monitor and install the mobile app for the daily component of the study.

2. **Daily component: 12-day brief surveys and activity/sleep monitoring:**

The daily component will last for 12 days. During each day, you will be asked to complete both tasks below.

A. **Answer daily questions about your experiences.** The mobile app will prompt you to complete 3 short surveys each day where you answer questions about your sleep, emotions, and any hassles you may have experienced. The morning (11am) and afternoon (around 3:30pm) surveys each take about 2 minutes to complete. The evening survey (around 8pm) takes about 5 minutes to complete. The questions stay the same each day, so you may find it takes less time to complete after your first day. In total, the surveys should take less than 10 minutes per day. The mobile app will also use your smartphone to collect location information to help us understand environmental factors that may influence results. If you do not wish location information to be collected, you may request this information not to be collected.

B. **Wear a wrist-watch like device (ActiGraph) that measures your physical activity and sleep.** The ActiGraph will be given to you during the in-person appointment. Please wear it continuously on your non-dominant hand for both the day and the night, everyday. We will contact you at the end of your participation to schedule a time to return the ActiGraph to us and receive payment for participating in the study.

Why were you chosen for this research?

You were chosen because you responded to online, printed, or in-person advertisements for the study.

Consenting to participate in the project and withdrawing from the research

Participation in this study is voluntary. If you do not wish to take part, you are not obliged to. If you decide to take part and later change your mind, you are free to withdraw at any stage.

At the end of this explanatory statement are several questions. By clicking “Yes” to “Do you agree to participate in this study?” and providing your contact details, you are consenting to be part of this research.

If you choose not to participate in this study, your option is to click “No” to “Do you agree to participate in this study?” or not provide us your contact details.

If you decide to withdraw from the study at a later date, please email or call the research team at Psych.ACES.Study@monash.edu or (03) 9005 7297. If you choose to withdraw, you will still be compensated based on the number of days of the daily part of the study that you completed. If you choose to withdraw, you also have the option to withdraw all data collected by requesting the research team to erase all your data.

Possible benefits and risks to participants

Benefits for you as a participant. This is a preliminary study and will not provide direct benefits to you for participating aside from a short report detailing your sleep, activity, and emotions across the 12 days of the study.

Benefits for other people like you. The information from this study will be used to help us understand how everyday hassles and responses to these influences people’s activity, sleep, and emotions. With a better understanding, we hope to develop and improve future interventions to help people effectively manage hassles and lead healthier, happier lives.

Risks for you as a participant. There are no major foreseen risks in participating in this study. You may experience minor skin irritation from the nylon band while wearing the ActiGraph. Although access is restricted to study personnel only, we use secure passwords, and data encryption, there is a small possibility that your data could be compromised by theft or hacking. In the unlikely event that occurs, others may find out your contact details and responses to study questions. Finally, it is possible that when completing some surveys about your emotions and everyday hassles, you might think about things that are upsetting. If you do experience any significant distress, you may contact a list of counselling/support services provided below.

Services on offer if adversely affected

24/7 Mental Health Support Lines for Monash Students and Staff (free and confidential)

- Students: 1300 STUDENT (1300 788 336), Staff: 1300 360 364
- From elsewhere outside Australia (students and staff): +61 2 8295 2292

Anxiety, depression or suicide - 24-hour service

- Lifeline: 13 11 14, Suiceline: 1300 651 251, Suicide Call Back Service: 1300 659 467
- Obsessive Compulsive Disorder and Anxiety Helpline: 1300 269 438 or 9886 9377
- Kids Helpline (5 to 25 year olds): 1800 551 800

Sexual assault - 24-hour service

- Sexual Assault Crisis Line: 1800 806 292 or 9349 1766, Centre Against Sexual Assault: 9635 3610
- MensLine: 1300 789 978

Drugs, alcohol and gambling - 24-hour service

- Turning Point: 1800 888 236, Gamblers Help: 1800 858 858

Grief and loss - 24-hour service

- The Compassionate Friends: 1800 641 091 or 9888 4944, GriefLine: 9935 7400 (12pm to 3am)

If anything else related to this study results in mental health needs, you may contact Dr. Bei (Clinical Psychologist) who is one of the study chief investigators at bei.bei@monash.edu.

Payment

You will be compensated \$4 per complete day, up to 12 days for the entire study. A complete day entails submitting responses to all three (morning, afternoon, and evening) daily surveys, and wear the ActiGraph. If you complete 10 or more days, you will be compensated at a bonus rate of \$5 per day. For instance, if you complete 9 days, you will be compensated $\$4 \times 9 = \36 . If you complete 10 days, you will be compensated $\$5 \times 10 = \50 . If you complete 12 days, you will be compensated $\$5 \times 12 = \60 . Compensation will be in the form of Coles Myer gift vouchers.

You will also be provided with a two page, personalized report describing your daily physical activity, sleep, emotions, and levels of everyday hassles across the study period. This report will be emailed to you at the end of the study once we have had time to prepare the data and write your personalized report.

Confidentiality

Only authorized study personnel listed and approved by the Monash University Human Research Ethics Committee will have access to your data. Confidentiality is maintained through rigorous passwords and encrypted connections to all online databases, and restricted access to and password protection of all local computers with any personally identifying information (such as your name, email, address).

Any publications or presentations that make use of your data will only be presented in aggregated summary form that will not identify you or any other participants individually.

Storage of data

The baseline survey data will be collected and stored on Qualtrics, with which Monash has a licensing agreement. Daily survey data and location data will be collected and securely stored on MetricWire, which meets stringent criteria for data security of health-related information. Online research data on both Qualtrics and MetricWire will be secured by passwords, and your data will not be identified by your actual identity, but a numeric code. Local computers that store raw data with personally identifiable information (e.g., names, date of birth, location data) will be password protected and utilize full hard drive encryption. After seven years, we will de-identify the data by removing names, date of birth, addresses/contact details, and all location data. These personally identifying data will be completely erased and destroyed. The de-identified database will be made publicly available through Monash Figshare to maximize the potential benefit to the scientific and research community.

Use of data for other purposes

After seven years when all personally identifying information have been erased and completely destroyed from all online and local computers, a de-identified dataset will be made publicly available to researchers through Monash Figshare.

Results

Approximately 6-months after the completion of the study, you will receive a 2-page summary of the main findings from the study written in plain language (separate from the personalized report you will receive). Findings from this study will form the basis for two Honours theses and pilot data for one PhD dissertation, and will be submitted in aggregate form as research articles and conference presentations. If you would like any of these other reports, you may contact the principle investigator (Dr. Joshua Wiley) whose contact details are listed on the first page.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC) and reference **Project ID 2017 8245**:

Executive Officer

Monash University Human Research Ethics Committee (MUHREC)
Room 111, Chancellery Building E,
24 Sports Walk, Clayton Campus
Research Office
Monash University VIC 3800

Tel: +61 3 9905 2052 Email: muhrec@monash.edu Fax: +61 3 9905 3831

Thank you,

A handwritten signature in black ink that reads "Joshua Wiley". The script is fluid and cursive, with the first letter of each name being significantly larger and more stylized than the others.

Dr. Joshua F. Wiley