The Future Proofing Study

Full Information Pack for Schools

www.futureproofing.org.au
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The table below provides a description of each of the stages of the Future Proofing Study. If you would like more information about these steps or have any other questions about the study, please feel free to contact the research team using the details below:

**Email:** futureproofing@blackdog.org.au  |  **Phone:** (02) 9382 8506

<table>
<thead>
<tr>
<th>Task</th>
<th>Steps involved[^]</th>
<th>Location</th>
<th>Task duration</th>
<th>Approximate date*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharing study information with parents and students</td>
<td>Information about the study is dispersed to parents and students, via email, newsletters and/or a video-link presentation from the research team.</td>
<td>School</td>
<td>5-30 minutes</td>
<td>Year 8; Term 1</td>
</tr>
<tr>
<td>Parental consent obtained</td>
<td>Parents read information and give consent via an online form.</td>
<td>Home</td>
<td>20 minutes</td>
<td>Year 8; Term 1</td>
</tr>
<tr>
<td>Students consent, download app/s and complete Survey 1</td>
<td>Research team volunteers will visit the school and support students whose parents have provided consent to read study information and give their own consent to participate. Students will then download one or two apps onto their smartphone and complete the first online survey.</td>
<td>School</td>
<td>Up to 70 minutes</td>
<td>Year 8; early Term 2</td>
</tr>
<tr>
<td>Students complete the Future Proofing app activities</td>
<td>Students complete the activities on their phones as prompted by the app.</td>
<td>Home/School</td>
<td>1-3 minutes per activity</td>
<td>Weekly for 6 weeks starting from Year 8; early Term 2. Then at 6, 12, 24, 36, 48 and 60 months later (12 times total over 5-6 years)</td>
</tr>
<tr>
<td>If allocated to intervention group, students complete SPARX-FP</td>
<td>Students work through seven levels of the game, approx. 20 minutes each.</td>
<td>Home/School</td>
<td>Up to 140 mins over 6 weeks</td>
<td>Year 8; early Term 2</td>
</tr>
<tr>
<td>Survey</td>
<td>Description</td>
<td>Location</td>
<td>Duration</td>
<td>Year</td>
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<tr>
<td>----------</td>
<td>-----------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Survey 2</td>
<td>Students complete an online survey, with support from research team volunteers.</td>
<td>School</td>
<td>Up to 45 minutes</td>
<td>Year 8; end of Term 2</td>
</tr>
<tr>
<td>Survey 3</td>
<td>Students complete very brief online survey at school or home.</td>
<td>School/Home</td>
<td>Approx. 5 minutes</td>
<td>Year 8; mid-Term 4</td>
</tr>
<tr>
<td>Survey 4</td>
<td>Students complete an online survey, with support from research team volunteers.</td>
<td>School</td>
<td>Up to 45 minutes</td>
<td>Year 9; early Term 2</td>
</tr>
<tr>
<td>If selected for SPARX-FP group AND eligible, students complete the Sleep Ninja app</td>
<td>Sleep Ninja will be provided to eligible students (those with high depression scores after 12 months, who previously completed SPARX-FP). Students will work through the six levels, approx. 5-10 minutes each.</td>
<td>Home</td>
<td>Up to 100 minutes over 6 weeks</td>
<td>Year 9; early Term 2</td>
</tr>
<tr>
<td>Survey 4a</td>
<td>Subgroup of students that used SPARX-FP and had high depression scores at Survey 4 complete an online survey in their own time.</td>
<td>Home</td>
<td>Up to 20 minutes</td>
<td>Year 9; end of Term 2</td>
</tr>
<tr>
<td>Survey 5</td>
<td>Students complete an online survey, with support from research team volunteers.</td>
<td>School</td>
<td>Up to 45 minutes</td>
<td>Year 10; early Term 2</td>
</tr>
<tr>
<td>Survey 6</td>
<td>Students complete an online survey, with support from research team volunteers.</td>
<td>School</td>
<td>Up to 45 minutes</td>
<td>Year 11; early Term 2</td>
</tr>
<tr>
<td>Survey 7</td>
<td>Students complete an online survey, with support from research team volunteers.</td>
<td>School</td>
<td>Up to 45 minutes</td>
<td>Year 12; early Term 2</td>
</tr>
<tr>
<td>Final Survey</td>
<td>Students are sent a text message by the research team to complete their last online survey.</td>
<td>Home</td>
<td>Up to 45 minutes</td>
<td>1 year after leaving high school</td>
</tr>
</tbody>
</table>

*Please note these dates are approximates only and may shift slightly depending on your school

^Student/parent consent and all study surveys are completed online via the Black Dog Institute secure research platform
Dear Parents and Carers,

The Black Dog Institute invites you to enrol your Year 8 child in our largest ever research initiative, the Future Proofing Study. A world-first, this study aims to discover how we can put teenagers’ smartphones to positive use to drive mental health and wellbeing on a large scale.

What is the Black Dog Institute?

Founded in 2002, the Black Dog Institute is the only medical research institute in Australia dedicated to improving mental wellbeing across the lifespan. As leaders in app-based healthcare tools, we’re a driving force in making help seeking and intervention accessible to all. Our research has a strong focus on youth and early intervention, where we use prevention programs to reach young people before mental health problems take hold.

Why do we need this study?

We know that 50% of all mental health problems emerge in adolescence, yet teenagers are unlikely to get help until these problems have an impact on school attendance, academic results and relationships. Even when these problems become obvious, many teens avoid seeking help due to cost, stigma and trouble finding the right services. By using app-based healthcare tools, we can put evidence-based mental health programs into the hands of all young people, whenever they need them and wherever they are.

What does the study involve?

Students in the study will complete online surveys about their mental health and wellbeing at school. There are two surveys in Year 8, and then one each year until Year 12. Students will also use apps to teach them skills to manage their wellbeing, and to teach us about the early signs of changing mental health. All students in the study will have their mental health screened and if they need support, we’ll link them in with the school counsellor.

How is privacy protected?

The Future Proofing Study has been approved by university and education ethics bodies. We adhere to strict ethical and privacy guidelines to run a study of this nature, where the participants’ wellbeing and data is of paramount importance. Your child’s information will be stored in a way that will not identify them.

How does my child sign up?

Students require consent from a parent or guardian to take part in the study. You can register your consent via a short online form. Your child’s school will send you a website link that is specific to your school.

Please refer to the attached Information Sheet for Parents for detailed information about the study. If you have any questions or concerns at all, please contact us at futureproofing@blackdog.org.au.

Yours sincerely,

Professor Helen Christensen
Director and Chief Scientist
Black Dog Institute
Information Sheet for Parents

We know we can prevent depression in 22% of young people. However, a major problem is providing these prevention programs easily to everyone. At the Black Dog Institute, we are investigating mobile applications (apps) that could be used to help prevent depression in young people on a large scale. We are also interested in learning more about the health, wellbeing and experiences of young people to identify the factors that lead to depression and mental health problems. This landmark study is going to involve up to 20,000 young people across 400 schools in Australia. Your child’s school has enrolled to participate, and it is now up to you and your child to decide if your child will take part.

What are the benefits? Who can participate?

Information from the Future Proofing Study will lead to important new findings about the health and wellbeing of Australian young people, with the ultimate goal of helping future generations to experience improved mental health. Students who take part in the study may benefit directly by receiving interventions that prevent depression. We will also identify students in need of support and let the school counsellor know. All participating students will receive a $20 gift card.

To take part, your child is required to:
1. Be in Year 8
2. Have their own smartphone (Android or iOS)
3. Have permission from a parent or guardian

What does it involve?

Aware of busy lives and the pressure and importance of schoolwork, our study has been designed to minimise impact on time required by students both in and out of school. Participating students will:

1. **Complete online surveys during school or in own time** three times in the first year and then once each year until Year 12. The surveys will ask about depression, anxiety, suicide, self-harm, drug and alcohol use, traumatic experiences, bullying, puberty, and from Year 10 onwards, sex. A final online survey will be sent to students one year after they complete high school. **The security of your child’s information is our priority.** All data will be non-identifiable and stored securely in accordance with UNSW research ethics requirements.

2. **Use the ‘Future Proofing’ app** which collects information about thinking skills, speech, mood and movement. Research shows that changes to cognition (thinking skills), speech, physical activity and sleep might be early indicators of deteriorating mental health. Collecting this information will help us work out ways to identify mental health problems at the earliest possible opportunity. For the most part, the app will run in the background and students will only be asked to actively use it for 10 minutes at a time to complete logic games.
and mood ratings. This will happen weekly for the first 6 weeks of the study, and then once each time they complete a study survey as described above in Step 1. Please see the Apps Information Sheet on our website to learn how your child’s privacy will be protected within the app.

3. **Half of participating schools will be randomly assigned to use an additional app** called SPARX-FP for 6 weeks during Year 8. SPARX-FP is a game designed for teenagers where users learn about psychological strategies to manage emotions. When these students are in Year 9, they may also be invited to use another app designed to help with their sleep. Please see the Apps Information Sheet on our website for more details about both of these apps.

**Does my child have to take part?**

No. Participation in this study is entirely voluntary. We encourage you to discuss this study with your child. A student information sheet is provided on our website for you to download and read together. If you or your child decide to take part and later change your mind, you are free to withdraw from the study at any time, without explanation.

**Are there any risks?**

We don’t anticipate any risks to your child from taking part in this study. The online surveys ask about sensitive topics including suicide and trauma. Research shows that asking about suicide does not increase suicidal thinking or behaviour, rather, participation in suicide-related research reduces suicidal thinking. In the unlikely event your child expresses thoughts or plans about suicide we will notify their school counsellor or nominated school staff member immediately so they can check in with your child. If your child changes schools between now and Year 12, we will inform you instead and provide you with details of support services in your area.

When your child is in Year 12, the survey content will also include questions about sexual abuse. Of course if your child indicates any abuse we are legally required to let their school know so that a report can be made to the Department of Family and Community Services. If they are no longer attending the same school as when they started the study, we will inform you instead.
What information will be collected?

**Information will be collected via the online surveys and the Future Proofing app.** The Future Proofing app collects information from your child about their mood, their performance on two logic games, a typing task, and audio recordings of their voice while they read out simple sounds (e.g., ‘Pa, Ka, Ta’). Their voice is only recorded when they activate and complete the inbuilt reading tasks. We have no ability to listen to or monitor calls or messages.

If and only if you and your child give specific permission on the consent form, the app will also use the phone’s sensors to take measurements of location (via GPS) and movement (via accelerometer and gyroscope sensors) over the first three months of the study. Collection of this sensor information is optional and does not affect your child’s ability to take part in the rest of the study.

We’re doing this because we think that these signals about behaviour – such as daily movement rhythms – could help us predict the risk of mental health problems and offer early intervention. If you do choose to opt in, we may ask your child for permission to collect further phone sensor information later in the study. This is also optional. We will treat any data we collect in the strictest confidence. This means we will anonymise the data and, for GPS data, will process it so that no-one in the research team is able to identify the true locations measured by the phone.

**For this study it would be ideal to access health and education records,** which are already routinely collected by the Australian government (e.g. administrative records about your child’s birth, healthcare, and school results). These records are confidential and will be accessed in a format that will not identify your child.

We want to include these records to learn more about how changes to mental health affects physical health, health system usage and school results. Because it is time consuming to collect this type of information using traditional methods like surveys, researchers can instead use a procedure called ‘Record Linkage’ which involves submitting an application directly to a specialist linkage agency (e.g. Centre for Health Record Linkage, Australian Institute of Health and Welfare, and NSW Education Standards Authority) to request records of interest for a particular group of research participants. Requesting this type of information involves a rigorous application process that requires researchers to justify the necessity of using this information in their research, as well as providing research ethics approval.

Record linkage is a one-way process. This means that the Future Proofing research team may receive your child’s birth, health, and education records from these linkage agencies, however, they will not share information provided by your child from the study surveys or app with these agencies or anyone else. For more details about this, please see the Requesting Health and Education Records Information Sheet on our website. You can choose to opt your child in or out of the ‘Record Linkage’ aspect of the study.

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*Parent Information Sheet (Version 6, 5.11.2019)*

HREC number: HC180836 | SERAP2019201
How will the study data be stored?

All of your child’s data will be stored and managed for 15 years according to the relevant privacy laws. In all cases, your child’s information will be stored in a way that will not allow them to be identified.

**At the end of the study, the research team would like to store your child’s de-identified data in a databank** called the ‘Black Dog Institute Data Bank – Future Proofing Study’. This allows for all the data to be stored in one place and accessed in the future for other research studies that address questions about mental health in young people. If other researchers would like to access this databank, they would have to apply to the Black Dog Institute Research Review and Advisory Group to be granted access. Any data provided would be de-identified so that your child’s identity remains unknown. You can choose not to include your child’s data in the databank.

When will the findings be published?

A summary of the research findings will be published in your child’s school’s newsletter and/or on the school’s website. It will also appear on the [Black Dog Institute website](http://www.blackdog.org.au) and the [Future Proofing Study website](http://futureproofingstudy.com). In these publications, your child will not be identifiable from the information presented as data is shown in an aggregate format. Throughout the study, the research team will provide regular updates about the study's progress to your child’s school, who will keep you updated.

What if I have more questions or a complaint?

More detailed information about the study apps and requesting access to health and education records can be found on the [Future Proofing Study website](http://futureproofingstudy.com).

If you have any questions or would like more information, feel free to contact the Trial Manager, Kate Maston, at any time by email at futureproofing@blackdog.org.au or phone 02 9382 9506.

If you wish to make a complaint, please contact the UNSW Human Research Ethics Committee by email: humanethics@unsw.edu.au or phone: 02 9385 6222 and quote the HC reference number: HC180836.
What if I want to withdraw my child’s participation?

If you would like to withdraw your child’s participation in the study after it has commenced, please fill in and return the withdrawal of consent form on the next page. You may also write an email to the lead investigator of the trial, Dr Aliza Werner-Seidler, at futureproofing@blackdog.org.au to withdraw. This will not affect yours or your child’s relationship with the Black Dog Institute or UNSW now or in the future.

Driving a mentally healthier world

Taking part in this study is an incredible opportunity to be part of a research project that has the potential to support young people and change the future landscape for young people’s mental health. Thank you for taking the time to read through this information sheet. We hope you consider your child’s participation in the Future Proofing Study.

If you would like your child to participate in the Future Proofing Study:

To consent for your child to participate in this study please visit our secure online portal and complete the online consent form. Your child’s school will share a website link for you to access the form that is unique to your school.

If you do not want your child to participate, we also encourage you to visit our online portal to register your decision to ensure we don’t contact you again about this study.
Withdrawal of Consent Form

You may withdraw your consent for the Future Proofing Study at any time. You may also withdraw your consent for your child’s data to be linked to existing government datasets and/or retained in the databank for future research purposes. You can do so by completing the appropriate ‘Withdrawal of Consent Form’ provided below. You do not have to give a reason. Alternatively, you can call or email the research team and tell them that you would like to withdraw your child using the details at the end of this page. Your decision to withdraw from the study will not affect your relationship with the University of New South Wales, the Black Dog Institute, or any other organisations involved in this study.

If you decide to leave the research study, the researchers will not collect additional information from your child. All participants who withdraw will not receive any further study updates or reminders from the study team.

Withdrawal consent for the Future Proofing Study

☐ I wish to WITHDRAW consent for my child to participate in the research study described above.

Please indicate whether the researchers can retain your child’s de-identified data up until this point:

☐ Yes, you can retain study information already collected about my child up until this point;
☐ No, I would like any information collected from my child for the purpose of this research project withdrawn.

Withdrawal consent for record linkage and/or data bank

☐ I wish to WITHDRAW my consent for my child’s data to be linked to existing government datasets. I understand it is not possible to withdraw my child’s information from the study results if my child’s personal identifying details have already been removed*

☐ I wish to WITHDRAW my consent for my child’s deidentified data to be stored in the databank for future research purposes*

*Please note, you can withdraw your consent for record linkage and/or the databank and allow your child to continue participate in the study without having their data used in these ways.

Name of Parent/Guardian

Name of Child

Signature of Parent/Guardian

Date

The section for Withdrawal of Participation should be forwarded to:

Name: Dr Aliza Werner-Seidler  Email: futureproofing@blackdog.org.au

Phone: (02) 9382 3803  Postal Address: Black Dog Institute, Hospital Road Randwick NSW 2031
Information Sheet for Students

What’s the Future Proofing Study?

The Future Proofing Study is a really big research study currently running in Australian high schools. Your school has signed up to the study and all students in Year 8 are invited to take part.

We all go through tough times in life, and for many, high school can be especially challenging. In this study we want to test whether we can use smartphone apps to teach young people the skills to prevent problems like depression and anxiety from happening in the first place. We’re also trying to work out what causes so many young people to develop depression and other mental health problems during high school. The Future Proofing Study is being run by the Black Dog Institute in Sydney which is one of Australia’s leading mental health organisations.

What are the benefits? Who can take part?

The results of this study will teach us a lot about the health and wellbeing of young Australians. Our goal is for future generations of young people to experience better mental health. All students who join the study will get a $20 gift card. Students may also benefit from getting apps that prevent depression. To take part you need to be in Year 8, have a smartphone (Android or iOS), and have permission from your parent/guardian.

What do I have to do?

1. Complete online surveys at school or in own time three times in the first year and then once each year until Year 12. You’ll also do one last survey the year after you finish high school. The surveys ask questions about mental and physical health (e.g. sadness, worries, alcohol/drug use, puberty, thoughts of suicide). All your answers will be confidential and recorded in a way that will not identify you.

2. Use the ‘Future Proofing’ app which collects information about thinking skills, speech, mood and movement. This information will help us to understand how people think and behave as mental health problems develop, so we can identify the young people who need help as early as possible. For the most part, the app will run in the background and you’ll only need to use it occasionally to complete the games and mood ratings.

3. Half the schools will get access to another app called SPARX-FP for 6 weeks during Year 8. SPARX-FP is a game designed for teenagers to learn strategies to manage emotions. In Year 9, you may also be invited to use another app designed to help with sleep.
Do I have to take part?

Joining the study is voluntary so if you decide not to take part, that’s completely OK. If you decide to join and later change your mind, you can stop the study at any time and don’t have to give a reason.

Are there any risks?

We don’t expect this study to cause any risks to you. The surveys ask questions about suicide. If you tell us that you’re thinking seriously about suicide your school counsellor (or other nominated teacher) will get a confidential email to check in with you. If you change schools between now and Year 12 we’ll get in touch with your parent or guardian instead. When you’re in Year 12, the survey will ask about sexual abuse. If you tell us you’ve been abused, the law says we must let your school know so a report can be made to the Department of Family and Community Services. If you’ve left the school you were at when you started the study, we’ll talk to your parent or guardian instead.

What information will be collected?

We’ll collect information from you from the online surveys and from the Future Proofing app. This app collects information about your mood, your scores on two logic games, a typing task, and audio recordings of your voice while you read out simple sounds (e.g. ‘Pa, Ka, Ta’). Your voice is ONLY recorded when you activate and complete the reading activities, the app can’t listen to or monitor your calls or messages.

You might already know that phones have sensors which collect continuous measurements of location (via GPS) and movement (via other sensors). If you agree to it, the app will collect this information from your phone for the first three months of the study. Collection of location and movement information is optional. It is important to note that if you do give access to this information, we can never see where you are in real-time and your information is anonymous. There is more information about this in the Apps Information Sheet on our website.

For this study it would be ideal to access health and education records which are already collected by the Australian government (e.g. records about your birth, doctor visits, and school results). These records are confidential. Including these records in the study will help us find out how mental health problems affect how often teenagers visit doctors and how they do in school. There is more information about this in the Requesting Health and Education Records Information Sheet on our website. Giving permission for us to access these records is optional.
How will my information be stored?

All of the information collected by the Future Proofing Study will be stored securely on the Black Dog Institute servers for 15 years. Your information will be stored in a way that will not identify you.

At the end of the study, we would also like to store the information we collect in something called a databank (the ‘Black Dog Institute Databank – Future Proofing Study’). This means all the study data will be stored in one spot so it can be used in the future for other research studies that are looking into mental health. **All information in the databank will be anonymous.** That is, your name and address will be removed so nobody will know the information is about you. Any future use of this data will need to be approved by the Black Dog Institute and the same strict privacy and confidentiality rules as this study will apply. It’s optional for you to include your information in the databank.

When can I find out the results of the study?

At the end of the study a summary of the results will be published in your school’s newsletter and/or on the school’s website. It will also appear on the [Black Dog Institute website](http://blackdog.org.au) and the [Future Proofing Study website](http://www.fpstudy.org.au). Nobody will be able to identify you in these reports. Throughout the study, we will provide regular updates to your school, who will keep you and your parents updated about the study.

What if I have more questions?

More detailed information about the study apps and requesting access to your health and education records was given to your parents with their study invitation. You can find a copy of these on the [Future Proofing Study website](http://www.fpstudy.org.au). If you have any questions or want to know more, feel free to contact the Trial Manager, Kate Maston, at any time by email at [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au) or phone 02 9382 9506.

What if I have a complaint or want to stop the study?

If you wish to make a complaint about the study, please contact the Human Research Ethics Committee by email humanethics@unsw.edu.au or by phone 02 9385 6222 and quote the HC reference number HC180836.

If you want to stop the study you can withdraw your participation at any time by filling in and returning the ‘withdrawal of consent form’ on the next page. You can also tell us by email [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au). Stopping the study won’t have any effect on your relationship with the Black Dog Institute.

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**If you would like to participate in the Future Proofing Study...**

You can fill in your details using the online form at [www.fpstudy.org.au](http://www.fpstudy.org.au)

If you don’t want to join the study, just tell your parent or teacher.
Withdrawal of Consent Form

You may withdraw your consent for the Future Proofing Study at any time. You may also withdraw your consent for your data to be linked to existing government records and/or kept in the databank for future research purposes. You can do so by completing the appropriate ‘Withdrawal of Consent Form’ provided below. You do not have to give a reason. Alternatively, you can call or email the research team and tell them that you would like to withdraw using the details at the end of this page. Your decision to withdraw from the study will not affect your current or future relationship with the University of New South Wales, the Black Dog Institute, or any other organisations involved in this study.

If you decide to leave the research study, the researchers will not collect additional information from you. All participants who withdraw will not receive any further study updates or reminders from the study team.

Withdrawing consent for the Future Proofing Study

☐ I wish to WITHDRAW my consent to participate in the research study described above.

Please indicate whether the researchers can keep your anonymous data up until this point:

☐ Yes, you can keep study information already collected up until this point;

☐ No, I would like any information collected from this research project withdrawn.

Withdrawing consent for record linkage and/or databank

☐ I wish to WITHDRAW my consent for my data to be linked to existing government records. I understand it is not possible to withdraw my information from the study results if my personal identifying details have already been removed*

☐ I wish to WITHDRAW my consent for my anonymous data to be stored in the databank for future research purposes*

*Please note, you can withdraw your consent for record linkage and/or the databank and still participate in the study without having your data used in these ways.

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<tr>
<th>Full name (please print)</th>
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<tbody>
<tr>
<td>Signature</td>
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<tr>
<td>Date</td>
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</tbody>
</table>

The section for Withdrawal of Participation should be forwarded to:

<table>
<thead>
<tr>
<th>Name: Dr Aliza Werner-Seidler</th>
<th>Email: <a href="mailto:futureproofing@blackdog.org.au">futureproofing@blackdog.org.au</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone: (02) 9382 3803</td>
<td>Postal Address: Black Dog Institute, Hospital Road Randwick NSW 2031</td>
</tr>
</tbody>
</table>
The apps your child uses in the Future Proofing Study will depend on which school they go to:

**ALL participating schools will have access to the Future Proofing app from Year 8 until they complete the study**

**HALF of participating schools will be randomly selected to get access to SPARX-FP in Year 8**

**A SMALL GROUP of students who used SPARX-FP in Year 8 will get access to Sleep Ninja in Year 9 if we think it may be helpful to them**
Future Proofing App

What is the purpose of the Future Proofing app?
The Future Proofing app has been developed by the research team to collect a wide range of data in addition to the online surveys. It will collect data that is either not feasible to administer via the online surveys or which is intended to be collected outside of classroom hours.

What type of data will be collected?
The app will involve activities that collect the following data:

1. Self-rated current mood (students rate current mood, where their current setting is, e.g. home or school, and their intention to change their mood);
2. Cognitive function via three activities (card sorting, a memory task, speed typing task);
3. Voice samples (study participants are asked to provide a sample of repeated vowel sounds);
4. Continuous information about location and movement in the background on students' devices.

How long will the activities take, when will they be done and how long will the data be collected for?
The app activities take between one to three minutes each. Students will be automatically notified via SMS when activities become due. The activities will be completed on a weekly basis for 6 weeks, then again at subsequent study timepoints (6, 12, 24, 36, 48 and 60 months later). They will be combined into a single, continuous session at each timepoint. The continuous information about location and movement will only be collected for the first three months of the study. Parents and students can choose not to have location and movement data collected and still take part in all other aspects of the study.

Why is this information being collected?
This data has the potential to provide useful information about how changes in cognitive function, speech sounds, physical activity, sleep patterns, and movement are associated with a deterioration in mental health. It is hoped that information collected from this part of the study will help researchers learn more about new ways to identify young people who might be struggling emotionally, so that appropriate sources of help can be offered as early as possible.

How does my child get the app?
Parents/guardians will be encouraged to help their child download the Future Proofing app from Google Play or the App Store at home, after parent consent has been given online. Research assistants from the Black Dog Institute will also be available to help students download the app at the first school visit if necessary.
What is SPARX-FP?
SPARX-FP is a digital program delivered in a gaming format, designed to prevent depression in young people. The original version was developed by researchers from the University of Auckland and adapted by The Black Dog Institute.

How does SPARX-FP work?
SPARX-FP is based on Cognitive Behavioural Therapy (CBT), which is the gold standard approach for addressing depression. It covers seven topics including: finding hope, being active, dealing with emotions, problem solving, recognising and challenging unhelpful thoughts and bringing it altogether.

What are the features of SPARX-FP?
SPARX-FP is a serious game, which means that while it is a game, it also delivers important messages about developing skills and strategies that help to prevent depression and low mood. The gaming component allows the user to choose an avatar and then undertake a number of skill-building challenges (e.g., relaxation skills – slow, controlled breathing) in the context of a fantasy world. This component is supplemented by direct instruction, education and activities (or homework) provided by a ‘guide’ avatar.

How long will SPARX-FP take to complete?
Each of the seven levels takes up to 20 minutes to complete. Each level is designed to be completed on separate days, and it is encouraged that users do around one or two per week. Study participants will be given up to 6 weeks to complete all the levels.

How does my child get the app?
Only half of the schools participating in the Future Proofing Study will download and use SPARX-FP. Parents/guardians of children at schools randomly selected to use SPARX-FP will be encouraged to help their child download the app from Google Play or the App Store at home, after parent consent has been given online. Research assistants from the Black Dog Institute will also be available to help students download the app at the first school visit if necessary.
Sleep Ninja

What is the Sleep Ninja?
The Black Dog Institute has built a smartphone app called ‘Sleep Ninja’ to help young people with their sleep. The app was developed in consultation with twenty young people and draws on research findings to teach young people effective strategies to overcome their problems with sleep.

How does the app work?
Like SPARX-FP, Sleep Ninja is based on Cognitive Behaviour Therapy, but in this case, it is focused on Insomnia (CBT-I). The material that is covered includes: psychoeducation, stimulus control, emphasis on regularity in sleep-wake cycles, sleep hygiene, behavioural activation to encourage night-time sleepiness and sleep-focused cognitive therapy.

The app includes the following features:
- Six training sessions
- A sleep tracking function (sleep diary)
- Recommended bed times based on sleep guidelines (calculated from required wake up time)
- Reminders to commence the pre-bed routine one hour before bed
- A list of sleep tips and helpful suggestions for improved sleep
- Feedback on sleep progress at each level

The Sleep Ninja acts as a sleep coach that guides the user through the app, using a text messaging interface. The app is interactive, including quizzes and psychoeducational games. As the user navigates through the app, they ‘level-up’ and move through a belt system, until they receive their black belt in sleep.

When and how long should Sleep Ninja be used for?
Sleep Ninja can be used anytime but should not be used within one hour of bedtime. Users are required to complete a single training session and track their sleep using an inbuilt sleep diary for three days before they can move to the next level. The app is designed to be used over a six-week period.

How does my child get the app?
A notification to download and install the Sleep Ninja app from Google Play or the App Store will be sent to students who meet criteria for this program when they are in Year 9 (one year after the study starts).
Crash reporting

To help us diagnose and fix any unexpected issues affecting the apps in the Future Proofing Study, if any crashes occur while your child is using the app(s) then we would like to collect **anonymous** information about:

- The crash;
- What was happening when the crash occurred;
- Basic details about the device type and operating system/app version numbers.

We use Crashlytics, an online crash reporting service provided by Google, to process and analyse the information. Crash information **cannot** be used to identify your child, and will not be shared with anyone outside the research team and the developers who help us maintain the apps.
Requesting Health and Education Records: Information Sheet for Parents

This information sheet is designed to help you understand what is involved if you give consent for the Future Proofing research team to access records about your child that are stored by the Australian government (e.g. administrative records about their birth, health, and education).

Why are we interested in these records?

The Future Proofing research team want to include these records in the study to learn more about how changes to mental health affects how young people access the health system and how they do in school. The researchers are also interested to learn if experiences that occurred at birth and infancy have any influence on mental health problems in adolescence. Because it is time consuming to collect this type of information using traditional methods like surveys, researchers often use a procedure called ‘Record Linkage’ instead.

What is ‘Record Linkage’?

Record linkage brings together information that relates to the same individual from different sources. For example, all people born in NSW have a record of their birth kept with the NSW Registry of Births, Deaths and Marriages; anyone who visits a GP will have some basic details of their visit stored with Medicare; and all students who sit NAPLAN will have their results kept by the NSW Department of Education. When combined, these individual pieces of information help to create a broader picture about a person’s health and wellbeing.

Record linkage will take place in the first year after the Future Proofing Study has commenced, when your child is in Year 9 and updated every two years until the end of the study. At those times, the Future Proofing research team will apply to three Australian agencies that specialise in the linkage of health and education-related information for research purposes. The Centre for Health Record Linkage, the Australian Institute of Health and Welfare, and the NSW Education Standards Authority. These agencies link multiple sources of data whilst protecting privacy. Requesting this type of information involves a rigorous application process that requires researchers to justify the necessity of using this information in their research, as well as providing research ethics approval.

Record linkage is a one-way process. This means that the Future Proofing research team will receive your child’s birth, health, and education records from these agencies, however, they will not share information provided by your child from the study surveys or apps with these agencies or anyone else. The Future Proofing research team will use these records to strengthen the information they already have about your child’s health and wellbeing to help them identify health trends at a population level. This information will help the research team to discover new ways to better support young people’s mental health in the future.
What am I consenting to?

By giving consent, you are giving permission for the Future Proofing Study to apply to the Centre for Health Record Linkage, Australian Institute of Health and Welfare, and NSW Education Standards Authority to access records about your child’s birth, infancy, school results (NAPLAN and HSC), and healthcare. The records provided to the research team will be in a format that will not identify your child. All information from these data sources will be managed according to strict privacy regulations and will be used only for the purposes of this study. The Future Proofing research team will not share these records with anyone else.

Please note that this process is not related to ‘My Health Record’ in any way.

What do linked records look like?

The records provided to the research team are generally high-level, administrative records that are routinely collected to run the health and education systems. The records do not contain personal information like topics discussed with a GP or details from your child’s school reports.

Some examples of the types of information contained in these records are outlined below:

<table>
<thead>
<tr>
<th>Type of record</th>
<th>Examples of information received</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic records</td>
<td>NAPLAN scores (Years 7 and 9)</td>
</tr>
<tr>
<td></td>
<td>HSC results (Year 12)</td>
</tr>
<tr>
<td>Hospital records</td>
<td>Number of hospital admissions over a specific time period</td>
</tr>
<tr>
<td></td>
<td>Number of emergency department visits</td>
</tr>
<tr>
<td></td>
<td>Reason for an admission (recorded as a standard hospital code)</td>
</tr>
<tr>
<td>Medicare and PBS records</td>
<td>Type of health professional visited</td>
</tr>
<tr>
<td></td>
<td>Medicare rebate received for health professional visit</td>
</tr>
<tr>
<td></td>
<td>Prescribed medications under the PBS (Pharmaceutical Benefits Scheme)</td>
</tr>
<tr>
<td>Infancy records</td>
<td>Pregnancy complications</td>
</tr>
<tr>
<td></td>
<td>Length of gestation</td>
</tr>
<tr>
<td></td>
<td>Baby’s status at birth (e.g. birthweight, APGAR score)</td>
</tr>
<tr>
<td>NSW Registry of Births,</td>
<td>Birth records</td>
</tr>
<tr>
<td>Deaths and Marriages</td>
<td>Death records</td>
</tr>
</tbody>
</table>

How do I know my child’s privacy will be protected?

All privacy measures have been put in place to ensure that the confidentiality of your child’s information is maintained, including removal of identifying information from all data and agreement from all parties to adhere to strict guidelines regarding data transfer, storage and access. The records received by the Future Proofing Study will be in a format that will not identify your child as their name will be replaced by a unique ID code.
The Future Proofing research team will not share any information provided by your child in the study surveys or apps with these linkage agencies or anyone else.

The only time there will be any identifying information provided is when the Future Proofing Study submits their application to the Centre for Health Record Linkage, Australian Institute of Health and Welfare, and NSW Education Standards Authority. This is to ensure the correct records are received. Information from the research team will be transferred securely to the relevant linkage agency each time an application is made, and will include their name, date of birth, and address only. As soon as the linkage agency receives this information, they will be able to locate the correct records and replace the identifying information with an ID code for all further procedures. At no other point will any identifying information be used.

The research team hopes that the information collected from the Future Proofing Study will lead to exciting new findings about the health and wellbeing of Australian young people, with the ultimate goal of helping future generations of young people to experience improved mental wellbeing. The team will ensure that in any publication or presentation of study findings, information is presented in an anonymous and summary format, so that your child cannot be identified. Your child’s privacy will be protected at all times.

Do I have to give consent to record linkage for my child to take part in the Future Proofing Study?

No, you can choose to opt your child in or out of the record linkage aspect of the study. There is an option to indicate your choice on the online consent form. It will not impact the other components of the Future Proofing Study that your child can participate in.

Can I give consent now and change my mind later?

If you wish to withdraw your child’s consent from the record linkage aspect of the study once it has started, you can do so at any time without having to give a reason. You can contact the research team using the details below, or you can fill in the ‘withdrawal of consent form’ attached to the main parent information sheet available on our website. Please note, it may not be possible to withdraw your child’s health and/or education records from the results at the end of the study, as your child’s identifying details will have been removed.

For more information, please contact the research team using the details below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Dr Aliza Werner-Seidler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
<td><a href="mailto:futureproofing@blackdog.org.au">futureproofing@blackdog.org.au</a></td>
</tr>
<tr>
<td>Phone</td>
<td>02 9832 3803</td>
</tr>
</tbody>
</table>
Duty of Care and Risk Management Protocol for the Future Proofing Study

Putting health in mind
Duty of Care and Risk Management Protocol

Duty of Care Procedure

In this study, some survey items indicate a risk of suicide when an individual makes certain response selections. Other items also indicate evidence of sexual abuse (only asked when students are in Year 12). This trial utilises a notification system on the Black Dog Institute research platform, which has been configured to detect and identify these responses.

When a selection is made that indicates a “significant” or “elevated” risk of suicide, or evidence of sexual abuse, an automated alert system is triggered. An email is then sent to both the research team and the school counsellor. This email will prompt the school counsellor to log onto the research platform using an individual username and user generated password. On the platform they will find details regarding which participant triggered the notification, their scores on the surveys listed below, and suggested next steps. At the beginning of the study, the school counsellor will be provided with a list of participating students’ names and emails to allow them to make contact with the relevant students.

Alert Triggers

There are six items for which alerts will be triggered.

Alerts will be triggered if:

1. Participants score ≥1 on the ‘Suicidal Ideation Attributes Scale’ Question 3:
   “In the past month, how close have you come to making a suicide attempt?”
   (Scaled from 0 – “not close at all” to 10 – “made an attempt”).

2. Participant answers “Yes” to ‘Youth Risk Behaviour Survey’ Question 2:
   “During the past 12 months*, did you make a plan about how you would attempt suicide?”.

   *At post-intervention timepoints, this question asks about previous 6 weeks not 12 months because participants would have received this survey question 6 weeks prior.

3. Participants answer 2 (More than half the days) or 3 (Nearly every day) on item 9 of the PHQ-A:
   “Over the last two weeks, how often have you... had thoughts that you would be better off dead, or of hurting yourself in some way?”***

   **Item used at 6-month follow-up and Stage II post-intervention timepoints only

4. Participant answers 2 (Once or more) or 3 (More than once) to items 9-11 of the ‘Behavioural Risk Factor Surveillance System - Adverse Childhood Event’ measure (Please note, these items are only asked in Year 12):
   “9) How often did anyone at least 5 years older than you or an adult, ever touch you sexually?”, or
“10) How often did anyone at least 5 years older than you or an adult, try to make you touch sexually?”, or “11) How often did anyone at least 5 years older than you or an adult, force you to have sex?”. 

Response
If participants meet any of the above criteria, an automatic email alert will be sent to the nominated school counsellor and a member of the research team (Trial Manager). The school counsellor will be instructed to make contact with the participant using their standard school protocol. The trial manager will also contact the school counsellor after 48 hours to confirm that the email notification was received and is being acted upon. The research team will report to the Data Safety and Monitoring Board (see below for details) at each assessment timepoint on the total number of alerts. Please see Figures 1-3 at the end of this document for details.

Procedure for Participants that Change or Leave Schools
The research team will check if a student has left the school they attended at study enrolment (Year 8) at each follow-up assessment timepoint via the online survey. If a student has left or changed school, they will be able to continue in the study, completing assessments in their own time. Online surveys will be gated to the hours of 7am-6pm, Monday to Thursday, and the parent or guardian that consented the child into the study will be contacted in the case of suicide risk. Items assessing history of sexual abuse will be included at 48-month follow up (when students are in Year 12). These items will include a “Prefer not to answer” option to give students. If they indicate they have been abused, this information disclosed to their parent. All alerts will come first to the research team who will then inform the parent/guardian of the risk and appropriate support services in their area. All participants will receive information about the change in reporting procedures if they change or leave schools. This information is included in the online introduction to each survey administration and included in the PISCF.

At the 60-month follow-up participants will be aged over 18 years and no longer have links to their school. At this timepoint, participants will be given contact information for headspace and an option to leave their details if they would like a call back from the research team.

Data Safety and Monitoring Board (DSMB)
An independent Data and Safety Monitoring Board (DSMB) will be established to monitor the quality of trial data and the safety of research participants. DSMB membership will consist of 3-4 members who are experts in clinical trial conduct, statistics, and youth mental health. The research team will record the number of notifications at each assessment timepoint and notify the DSMB when each assessment period is complete. The DSMB will provide recommendations to the research team to continue, temporarily pause conduct of the trial, or discontinue, pending risk issues or adverse events. The research team will record all risk alerts in a case report which will be securely stored on the Black Dog Institute’s UNSW server.
Other Supports
Given the sensitive nature of the surveys, the following steps will be taken to ensure participants are supported throughout the study:

- Students will complete the surveys during class time, under the supervision of the class teacher and trained research assistant from the Black Dog Institute. This will ensure that if a student becomes distressed, school and project staff will be able to immediately offer support to the student.

- If students are unable to attend an assessment session in class, they will be permitted to complete the survey in their own time. However, access to the survey will be gated to the hours of 7am-6pm, Monday to Thursday, to ensure appropriate follow-up can occur quickly if needed.

- Students will be provided with an in-page list of resources during every online survey, detailing where they can go to for help if they are feeling distressed.

- The Black Dog Institute research assistant will verbally provide instructions for what a student should do if feeling distressed (i.e., let themselves or their teacher know immediately by putting their hand up and receiving support from the counsellor). All study volunteers have a valid Working With Children Check (WWCC).

- Parents will be provided with information about when study assessments take place and will be instructed to check in with their child about how they are finding the study and more generally about how they are going in terms of their mental health.

- A list of support for students and parents will be available as part of the PISCF and listed on the study website.
**Reporting adverse events**

All adverse events and safety issues will be reported as per the Safety Monitoring Reporting Guidelines for Clinical Trials set out by the UNSW Human Research Ethics Committee. All events will be reported by Dr Aliza Werner-Seidler to the UNSW Research Ethics Compliance Support Office and to the Future Proofing Study Steering Committee.

<table>
<thead>
<tr>
<th>Type of Event</th>
<th>Example</th>
<th>How</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adverse Event</td>
<td>Mental health-related hospitalisation Attempted suicide or death</td>
<td>Adverse Event Form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
<tr>
<td>Adverse Device Effect</td>
<td>Mental health-related hospitalisation Attempted suicide or death</td>
<td>Adverse Event Form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
<tr>
<td>Serious Adverse Events</td>
<td>Mental health-related hospitalisation Attempted suicide or death</td>
<td>Adverse Event Form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
<tr>
<td>Serious Adverse Device Effect</td>
<td>Mental health-related hospitalisation Attempted suicide or death</td>
<td>Adverse Event Form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
<tr>
<td>Unanticipated Serious Adverse Device Effect</td>
<td>-</td>
<td>SSI notification form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
<tr>
<td>Significant Safety Issue (without an Urgent Safety Measure)</td>
<td>-</td>
<td>SSI notification form</td>
<td>Immediately after an urgent safety measure has been put in place to eliminate an immediate hazard to a participants' health or safety.</td>
</tr>
<tr>
<td>Significant Safety Issue that meets the definition of an Urgent Safety Measure</td>
<td>-</td>
<td>SSI notification form</td>
<td>Annually with the annual safety report, or as required.</td>
</tr>
<tr>
<td>Investigator’s Brochure Updates/Addenda</td>
<td>-</td>
<td>Submitted with a Cover Sheet</td>
<td>Annually with the annual safety report, or as required.</td>
</tr>
<tr>
<td>Annual safety report</td>
<td>-</td>
<td>Annual Progress Report</td>
<td>Annual as required by the HREC</td>
</tr>
<tr>
<td>Serious Breach of Protocol</td>
<td>-</td>
<td>Suspected Serious Breach Report Form</td>
<td>Within 24 hours of becoming aware of the event</td>
</tr>
</tbody>
</table>
Figure 1. Flow chart of suicide risk management procedure: Future Proofing school

Participant reports high level of suicidality (Items 1 - 3)

- Email alert sent to School Counsellor
  - School Counsellor logs onto secure platform for student details
  - School Counsellor to assess participant
    - Risk of significant harm is YES
      - School Counsellor to provide support, make referral to appropriate services and inform parents if indicated
    - Risk of significant harm is NO
      - No action taken
  - Trial Manager to follow-up with school counsellor within 48 hours
    - Trial Manager to report alert numbers to DSMB
      - Alert sent to Trial Manager

Trial Manager to report alert numbers to DSMB

Figure 2. Flow chart of sexual abuse risk management procedure (Year 12 only): Future Proofing school

1. Participant reports history of abuse (Item 4, Q 9, 10, 11)
2. Email alert sent to School Counsellor
3. School Counsellor logs onto secure platform to access student details
4. School Counsellor to assess participant
   - Risk of significant harm is YES
     - School staff (Principal, Counsellor) to inform participant and instigate NSW Mandatory Reporting Guidelines by filing a report with the Department of Family and Community Services
     - Trial Manager to report to DSMB
   - Risk of significant harm is NO
     - No action taken
      - Trial Manager to follow-up with school counsellor within 48 hours

- Alert sent to Trial Manager
- School Counsellor to contact Trial Manager
Participant reports: high level of suicidality (Items 1-3) OR history of abuse (Item 4, Q 9, 10, 11)

- Email alert sent to Trial Manager

Risk of significant harm is YES
- Parent/guardian to provide support, arrange referral to appropriate services

Risk of significant harm is NO
- No action taken

Trial Manager contacts parent/guardian by phone and gives details of local support services

Parent/guardian to check in with participant

Trial Manager to report alert numbers to DSMB
Meet our Future Proofing Team at the Black Dog Institute

Dr Aliza Werner-Seidler

Aliza is a **Chief Investigator** on the Future Proofing Study. Her research interests include the prevention and treatment of depression and anxiety in young people.

Contact Aliza to:

- Get additional information about the study
- Request additional support for your school
- Lodge a complaint or concern about the study
- Withdraw from the study

Hiroko Fujimoto

Hiroko is a **Project Officer** for the Future Proofing Study and will work closely with schools prior to the study to help them decide whether to take part. Hiroko oversees the Volunteer Research Assistants who will come to your school to help with the study sessions.

You can expect to hear from Hiroko about:

- General study information
- Guidance about how your school can participate
- Guidance about how to get consent from parents

Contact Hiroko for:

- Information for your school about signing onto the study
Kate Maston
Kate is the Trial Manager for the Future Proofing Study. Kate is responsible for coordinating the daily operations of the study, including working with schools to schedule study sessions and liaising with school counsellors to support the students involved in the study.

Contact Kate for:
- Arranging and rescheduling school visit dates
- Questions about the study including the surveys and apps
- Support for school counsellor regarding students in the study

Lara Johnston
Lara is a Research Assistant for the Future Proofing Study. She works closely with the Trial Manager to provide support for schools involved in the study.

Contact Lara for:
- Scheduling and confirming school visit dates
- Support for school counsellor regarding students in the study
- Questions about the study

Professor Helen Christensen
Helen is the Director and Chief Scientist of the Black Dog Institute. She is a Chief Investigator on the study and a global leader in the use of technology to deliver psychological interventions for both the prevention and treatment of mental health problems like depression and anxiety.