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, and the Future Proofing Study website. 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. 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 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. Stopping the study won’t have any effect on your relationship with the Black Dog Institute.

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

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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The section for Withdrawal of Participation should be forwarded to:

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<tr>
<th>Name</th>
<th>Email: <a href="mailto:futureproofing@blackdog.org.au">futureproofing@blackdog.org.au</a></th>
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<tbody>
<tr>
<td>Phone: (02) 9382 3803</td>
<td>Postal Address: Black Dog Institute, Hospital Road Randwick NSW 2031</td>
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