



## PARTICIPANT INFORMATION SHEET

### Monitoring emotional wellbeing via a mobile phone app – MoodMission

**David Bakker**

School of Psychological Sciences

email: [david.bakker@monash.edu](mailto:david.bakker@monash.edu)

You are invited to take part in this study. Please read this information sheet 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 researcher via the email address listed above.

#### **What does the research involve?**

The aim of this study is to explore whether people's mobile phone behaviours can help us understand or predict their emotional well-being, and also whether a smartphone app can improve mental health and well-being outcomes.

If you agree to be in this study, you will be asked to:

- (1) Use MoodMission on your smartphone for the 30 day research period
- (2) Complete two sets of surveys on the app, one set when you first start using MoodMission and another after 30 days of app use. Each set will take about 10 minutes in total to complete, and can be broken up and completed at a few different times if you wish.

#### **Why were you chosen for this research?**

We are interested in how people's emotional health might be improved through the use of smartphone apps. We are therefore seeking all sorts of people (e.g., males and females, living in the country or city, who might be feeling emotionally healthy or might not be feeling that healthy) and who are aged at least 13 years.

MoodMission is freely accessible on the iTunes Store for individuals to download and use.

Invitations to participate are being sent openly through websites and other means, calling for anonymous participation in this research.

#### **Consenting to participate in the project and withdrawing from the research**

By downloading MoodMission and agreeing to complete the online surveys, you are consenting to being involved in the research.

If you decide during the research that you no longer want to participate, you can withdraw from it at any time.

The data already collected will already have been sent to us, and as it is not linked to your name in any way, we will not be able to find and withdraw that data.

#### **Possible benefits and risks to participants**

By being involved in this research you will be helping us understand how mobile phones might be used to improve emotional wellbeing.

Being involved in the research will however involve some time from you over this month, and this could be an inconvenience at times. Some of the questions we ask are also personal, and about your emotions or mental health.

We recommend that if you do feel any distress or concern when you are involved in this research, that you contact your doctor or school/university or work's welfare officer to discuss this, or seek help from help services such as:

<b>Beyondblue</b> Beyondblue provides mental health and well-being support, information, and services Phone: 1300224636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	<b>Headspace</b> Headspace provides mental health and well-being support, information, and services for young people and their families <a href="http://www.headspace.org.au">www.headspace.org.au</a>	<b>Lifeline Australia</b> Lifeline is a 24/7 phone and online counselling service. Phone: 13 11 14 <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
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### Confidentiality

All information we collect from the app about you will be stored anonymously (without your name) on our secure and private servers. We will be publishing results of our study but there will be no way anyone could identify you and your individual information when we do this.

### Storage and use of data

During data collection, data will be stored confidentially on a secure storage site (Nectar.org.au or Amazon.com.au) behind a firewall. Only the research team will be able to access the server, via SSH (encrypted tunnel). All communications with the server will be via HTTPS.

Your information may also be used for future research projects by David Bakker or Nikki Rickard, but again only anonymously and as group data.

### Results

If you are interested in finding out the results of this study, please contact [david.bakker@monash.edu](mailto:david.bakker@monash.edu), and you will be advised where you can access our findings.

### 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):

Executive Officer  
Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Building 3e  
Research Office  
Monash University VIC 3800

Tel: +61 3 9905 2052      Email: [muhrec@monash.edu](mailto:muhrec@monash.edu)      Fax: +61 3 9905 3831

Thank you,



**Adjunct Associate Professor Nikki Rickard**