



BRIEF EXPLANATORY STATEMENT FOR PATIENT PARTICIPANTS

The IMPROVE Trial

We are inviting people who are currently employed to join the IMPROVE trial.

IMPROVE aims to help to GPs provide better care for patients with mental health conditions. Taking part in the study is voluntary. You can withdraw at any time. All information you provide will remain confidential.

Why am I being asked to take part?

You are invited to join the trial if you are:

- 18 years old or over;
- are currently employed;
- have symptoms of a mental health condition that has arisen as a result of work factors;
- have received/are receiving care from a GP who is also enrolled in the trial.

Please note, we may need to contact your GP to confirm your eligibility for the study.

Who is running the study?

The study is led by Professor Danielle Mazza, Head of Department, General Practice at Monash University.

What does the research involve?

Being part of the study involves completing surveys related to your mental health and wellbeing now and every 3 months until late 2022. At each timepoint, these surveys will take less than 15 min to complete, and may be answered on paper, by phone or accessed electronically via an email link.

If you have an accepted workers' compensation claim if you submit a claim between now and late-2022, then we would like to request information about this claim from the workers' compensation agency.

Note, we will ask you for your consent to access this information via a separate process. You may indicate now or when we contact you if you do not wish to give us access to this data.

In 2022 we will also invite a random selection of participants to be interviewed about the experience of being in the trial. You may indicate then if you do not wish to be contacted to participate in the interview.

What are the benefits?

The study will help GPs to provide better care to patients presenting with work-related mental health conditions.

Consenting to participate in the project
You may consent to take part in this project by completing and signing the two included consent forms and returning these to the research team using the reply-paid envelope provided. The two forms are:

- Consent to participate in the trial
- Consent to Services Australia to release Medicare claims history OR Pharmaceutical Benefit Scheme (PBS) claims history, OR Medicare and PBS claims history to the project team.

If you wish to ask further questions about the trial prior to consenting you may call the project team on 0428 044 655 or 0428 154 302.

What are the risks?

Some of the survey questions ask about your emotional wellbeing and quality of life. You may feel distressed when you think about your experiences. If you feel distressed, you can speak with a friend or family member, your GP, or call Lifeline on 13 11 14.

Payment

Each participating patient will receive a \$25 gift voucher for completion of surveys at each stage (every 3 months until late 2022)



What will happen to my information?

The research team will write reports to explain the results from all the responses collected in the surveys from the group of participants. You will not be identified in any report from the study. You can ask for a copy of the report by contacting the research team.

Concerns or complaints

If you have any concerns or complaints about the study, you can contact the Monash University Human Research Ethics Committee. You can contact the ethics committee via telephone by (03) 9905 2052 or email – muhrec@monash.edu or fax (03) 9905 3831.

A copy of a full explanatory statement is also available on request from the project team via www.monash.edu/improve-trial or improve.trial@monash.edu