

<p>The research is being carried out by the following researchers:</p> <p>The research is being carried out in partial fulfilment of a Doctor of Philosophy of the student researcher under the supervision of A/Prof Simon Egerton, Department of Computer Science and Information Technology, . The following researchers will be conducting the study:</p>		
Role	Name	Organisation
Student	Akihiro Yorita	Computer Science and Information Technology
Chief investigator	Simon Egerton	Computer Science and Information Technology
Associate investigator	Carina Chan	Department of Psychology
Associate investigator	Rebecca Flower	Department of Psychology
Research funder	This research receives in kind support from La Trobe University.	

1. What is the study about?

You are invited to participate in a study of entitled 'Using technology to provide stress management support for working adults'. Occupational stress is a significant workplace problem with high costs for individuals and society. A range of factors contribute to an increase in reported stress by workers and may include inadequate support from management, low levels of control, inappropriate task allocation etc. To deal with this situation, we are developing a stress management application prototype. It is going to measure stress coping ability of the users and provide appropriate support (at a later stage). We would like to assess the users' perspective of this piece of technology. We hope to learn how the use of a computer mobile application (Chatbot) can be utilised to provide additional social support to understand and manage work-related stressors.

2. Do I have to participate?

Being part of this study is voluntary. If you want to be part of the study we ask that you read the information below carefully and ask us any questions.

You can read the information below and decide at the end if you do not want to participate. If you decide not to participate this won't affect your relationship with La Trobe University or any other listed organisation.

3. Who is being asked to participate?

You have been asked to participate because you are:

- An academic or professional in full-time employment ;
- Over the age of 18 years,
- Able to read and speak English;
- In possession of a smartphone; and
- Able to use a phone with text messaging functions.

4. What will I be asked to do?

If you want to take part in this study, you will download a mobile application (Chatbot) given by the research team and will engage with this application via text messages for 1 week. Chatbot is a conversation program like an Apple Siri, but chatbot usually uses only text information. Chatbot will first initiate the conversation and ask you questions to measure your capacity to deal with stress. You will communicate with Chatbot via texting and will experience some peer support from the chatbot. The chatbot will respond to your texts or give you some advice for your source of occupational stress. After 1 week, you will be asked to fill out another questionnaire. The short conversations with Chatbot will take no more than 10mins of your time. The total time will not be more than one hour.

5. What are the benefits?

The benefit of you taking part in this study is that you will be made aware of your work-related stressors and know how technology may be used to understand your work-related stressors. Your participation will make the next phase of the

development of the technology possible. The expected benefits to society in general are to promote stress management using technology that can be easily embedded to people's mobile phones.

6. What are the risks?

With any study there are (1) risks we know about, (2) risks we don't know about and (3) risks we don't expect. If you experience something that you aren't sure about, please contact us immediately so we can discuss the best way to manage your concerns. You can also contact the Employee Assistance Program should you experience distress.

Name/Organisation	Position	Telephone	Email
Employee Assistance Program (EAP)	[INSERT - Position Title]	1300 687 327	[INSERT - work email]
Beyond Blue		1300 22 4636	

We have listed the risks we know about below. This will help you decide if you want to be part of the study.

- There is minimal risk associated with participating in this study. The process of interacting with chatbots may elicit emotional responses or raised concerns about your work environment. Should you experience distress, you can stop your participation any time

7. What will happen to information about me?

We will **collect** information about you in ways that will not reveal who you are.

We will **store** information about you in ways that will not reveal who you are.

We will **publish** information about you in ways that will not be identified in any type of publication from this study.

We will **keep** your information for 5 years after the project is completed. After this time we will destroy all of your data.

The storage, transfer and destruction of your data will be undertaken in accordance with the [Research Data Management Policy](https://policies.latrobe.edu.au/document/view.php?id=106/) <https://policies.latrobe.edu.au/document/view.php?id=106/>.

The personal information you provide will be handled in accordance with applicable privacy laws, any health information collected will be handled in accordance with the Health Records Act 2001 (Vic). Subject to any exceptions in relevant laws, you have the right to access and correct your personal information by contacting the research team.

8. Will I hear about the results of the study?

Results from this study will be used to further develop the programming and Chatbot protocol, we will not inform participants about the results of the data at this stage.

9. What if I change my mind?

If you do consent to participate, you may stop taking part at any time without having to give a reason. If you decide to withdraw your data from the project, please notify a member of the research team within 2 weeks of the end of your participation. If you do decide to withdraw your data, you will be asked to complete and sign a 'Withdrawal of Consent' form; this form will be provided to you by the research team at the beginning of project.

Any identifiable information about you will be withdrawn from the research study. However, once the results have been analysed we can only withdraw information, such as your name and contact details. If results haven't been analysed you can choose if we use those results or not.

10. Who can I contact for questions or want more information?

If you would like to speak to us, please use the contact details below:

Name/Organisation	Position	Telephone	Email
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<i>Simon Egerton</i>	<i>Deputy Head, Department of Computer Science and Information Technology</i>	<i>03 5444 7273</i>	<i>s.egerton@latrobe.edu.au</i>
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11. What if I have a complaint?

If you have a complaint about any part of this study, please contact:

Ethics Reference Number	Position	Telephone	Email
HEC19349	Senior Research Ethics Officer	+61 3 9479 1443	humanethics@latrobe.edu.au

Consent Form – Declaration by Participant

I (the participant) have read (or, where appropriate, have had read to me) and understood the participant information statement, and any questions have been answered to my satisfaction. I agree to participate in the study, I know I can withdraw at any time until [four weeks] following the collection of my data. I agree information provided by me or with my permission during the project may be included in a thesis, presentation and published in journals on the condition that I cannot be identified.

[DELETE - Option/s that are irrelevant to the study]

I would like my information collected for this research study to be:

☐ Only used for this specific study;

[INSERT/DELETE - Applicable statements]

☐ I agree to have the Chatbot program installed on my mobile phone.

☐ I agree to submit data via Chatbot

Participant Signature

☐ I have received a signed copy of the Participant Information Statement and Consent Form to keep

Participant's printed name	
Participant's signature	
Date	

Declaration by Researcher

☐ I have given a verbal explanation of the study, what it involves, and the risks and I believe the participant has understood;

☐ I am a person qualified to explain the study, the risks and answer questions

Researcher's printed name	
Researcher's signature	
Date	

* All parties must sign and date their own signature

Withdrawal of Consent

I wish to withdraw my consent to participate in this study. I understand withdrawal will not affect my relationship with La Trobe University or any other organisation or professionals listed in the Participant Information Statement. I understand the researchers cannot withdraw my information once it has been analysed, and/or collected as part of a focus group.

I understand my information will be withdrawn as outlined below:

- ✓ Any identifiable information about me will be withdrawn from the study
- ✓ The researchers will withdraw my contact details so I cannot be contacted by them in the future studies unless I have given separate consent for my details to be kept in a participant registry.
- ✓ The researchers cannot withdraw my information once it has been analysed, and/or collected as part of a focus group

I would like my already collected and unanalysed data

- ☐ Destroyed and not used for any analysis
☐ Used for analysis

Participant Signature

Participant's printed name	
Participant's signature	
Date	

Please forward this form to:

CI Name	Simon Egerton
Email	s.egerton@latrobe.edu.au
Phone	03 5444 7273
Postal Address	La Trobe University