

INFORMATION TO PARTICIPANTS INVOLVED IN RESEARCH

You are invited to participate

You are invited to participate in a research project entitled: **Psychological Recovery after Aneurysmal Subarachnoid Haemorrhage: The Moderating effects of Post-traumatic Growth.**

This project is being conducted by a student researcher Ms Joanne Thorburn as part of a PhD study at Victoria University under the supervision of Professor Jenny Sharples and Dr Kim Shearson from the Psychology discipline, College of Health and Biomedicine, Victoria University.

Project explanation

Aneurysmal subarachnoid haemorrhage (aSAH) is a life threatening type of haemorrhagic stroke with a high mortality rate. People who have experienced an aSAH are at higher risk of experiencing ongoing disabilities including: visual, physical, cognitive, and memory impairments. In addition, it has been found that after an aSAH people are also at high risk of experiencing negative psychological outcomes including: post-traumatic stress disorder (PTSD), depression and anxiety, as well as lower levels of overall well-being and quality of life. Despite this, there has been limited research conducted investigating factors involved in psychological recovery after an aSAH. Clearly there is a need for further investigation into what biopsychosocial factors influence aspects of negative and positive psychological recovery as well as potential psychologically protective factors that may occur after an aSAH. Therefore, if you are aged 18 years and above and have experienced an aSAH, your participation is important.

What will I be asked to do?

Participants are asked to complete an online survey as part of the first phase of the study. The survey asks you to provide some background (demographic) information and then proceeds with a series of questions designed to assess your views and experiences in respect to a range of factors related to your experience of an aSAH, and psychosocial factors related to your well-being. The survey can be completed in the privacy of your own home, and at your convenience. It is accessed via a secure online link. Victoria University is a licensee of the Qualtrics on-line survey program and it is widely used by researchers throughout the university. Participation in the study will take approximately thirty to forty minutes.

What will I gain from participating?

Although you will receive no direct benefit from participating in this study, your contribution is important to assist clinicians to better understand factors that influence psychological recovery after an aSAH.

How will the information I give be used?

All data collected in this study will be stored securely and confidentially. Only members of the research team will have access to the data. You cannot be identified by the data. The data will be downloaded from the on-line survey site and subsequently analysed using a statistical data analysis package to assess psychosocial factors that impact people during recovery after an aSAH. The data you provide will only be used for the specific research purposes of this study.

What are the potential risks of participating in this project?

Participation in this study should involve no physical discomfort or risks beyond those of everyday living. However, the study does ask you about your personal experiences and occasionally reflecting on those experiences may cause some degree of emotional discomfort. If any aspect of the survey causes you to feel distressed please do not hesitate to

contact Lifeline or one of the telephone counselling services provided at the conclusion of the study to discuss your concerns. Additionally, a list of resources and services for people who have experienced an aSAH is included at the end of this document. If you have any queries or concerns about the study, please contact the chief investigator, Professor Jenny Sharples or Associate investigator Dr Kim Shearson, before proceeding with the survey. Please note, you are free to withdraw from the study at any time if you choose. However, in respect to the online phase of the study you are only able to withdraw up to the point of submission only. Before proceeding with the online study, there is a section to read and agree to in order to indicate that you have been informed of the study purposes and freely consent to participate.

How will this project be conducted?

The study will be conducted entirely online via the secure Qualtrics survey program linked directly to Victoria University. All responses are anonymous and confidential.

Who is conducting the study?

Chief investigator: Professor Jenny Sharples +61-03-9919-4448 or email: jenny.sharples@vu.edu.au

Associate investigator: Dr Kim Shearson +61-03-9919-2784 or email: kim.shearson@vu.edu.au

Student investigator: Ms Joanne Thorburn email: joanne.thorburn@live.vu.edu.au

Any queries about your participation in this project may be directed to the Chief Investigator listed above. This study has been approved by the Victoria University Human Research Ethics Committee approval number: HRE17-007 on the 18th of January, 2017. If you have any queries or complaints about the way you have been treated, you may contact the Ethics Secretary, Victoria University Human Research Ethics Committee, Office for Research, Victoria University, PO Box 14428, Melbourne, VIC, 8001, email researchethics@vu.edu.au or phone (03) 9919 4781 or 4461.

Support Services

New Zealand

Lifeline Aoteaora - 0800 543 354

Stroke Foundation of New Zealand - 0800-787-653

United Kingdom

Samaritans - 08457 909090

Stroke Association of the United Kingdom - 0303-3033-100

United States of America

Lifeline - 1-800-273-8255

National Stroke Association - 1800-787-6537

Canada

Heart and Stroke Association of Canada 613-727-5060

Helpline 1: 604-872-3311 (Greater Vancouver)

Helpline 2: 18666613311 (Toll free-Howe Sound/Sunshine Coast)

Helpline 3: 1-866-872-0113 (TTY)

Helpline 4: 1-800-SUICIDE (784-2433) (BC-wide)

Mental Health Crisis Line 1-866-996-0991 (Ottawa and Eastern Ontario)

Mental Help Health Line 1-866-531-2600 (Ontario)

Heart and Stroke foundation of Canada - 613-727-5060