



Department of Psychological Sciences
Faculty of Health, Arts and Design

PROJECT TITLE:	Examining the relationship between beliefs about mental health and service use in a sample of Australian asylum seekers and refugees.
PRINCIPLE RESEARCHER:	Associate Professor Ann Knowles (supervisor)
OTHER/STUDENT RESEARCHERS:	Kate Bannister (student researcher)

You are invited to participate in this research project which is about beliefs about mental health held by asylum seekers and refugees in Australia. This research is being conducted by myself, Ms Kate Bannister, a Master of Psychology (Counselling) student in the School of Health Sciences, under the supervision of Associate Professor Ann Knowles. This project will form part of a Master of Psychology (Counselling) thesis and has been approved by the University's Human Research Ethics Committee.

The aim of this research is to investigate beliefs about mental health held by Asylum Seekers and Refugees in Australia and how these might be related to various factors, including your previous service use. If you have gained residency in Australia as either an asylum seeker on a Bridging Visa or as refugee on a Humanitarian Visa and are over 18 years old, you are eligible to participate in this study.

What will I be asked to do?

Participation in this study is strictly voluntary and anonymous. It will involve completing a questionnaire. The questionnaire will ask you to provide some background information about yourself (such as gender, age, country of origin, and years of residency in Australia). Also, you will answer some questions about your psychological health, access to treatment, and beliefs towards mental health. **Please note that there are no questions requiring answers that could be used to identify you so that your participation will be strictly anonymous.** It is estimated that the time commitment required of you to complete the questionnaire will be about 20 minutes. All written materials, including the questionnaire are written in English and need to be completed in English. You can complete the questionnaire anonymously online by accessing an online link.

Your participation in the questionnaire for this study will be strictly anonymous. There is nothing in the questionnaire that could identify you.

Are there any possible risks from participation in this study?

There are no anticipated issues or problems arising out of completing the questionnaire. However, if your participation leads to distress or discomfort, please be aware that you can contact Lifeline for free telephone support, by landline, mobile or public pay phone 24 hours a day, 7 days a week on 13 11 14. If you are a refugee with a permanent Visa, you can contact the Southern Migrant and Refugee Centre for refugee specific counselling services. Please present at 39 Clow Street, Dandenong VIC 3175 or call (03) 9767 1900. If you are an Asylum Seeker or on a temporary protection visa (TPV or SHEV), you can contact The Victorian Foundation for Survivors of Torture Incorporated (Foundation House) for asylum seeker specific counselling services. Please present at 4 Gardiner Street, Brunswick VIC 3056 or call (03) 9388 0022.

What if I change my mind during or after the study?

Participation in this study is entirely voluntary and stopping participation requires no explanation. Your decision to participate or not participate will not have any effect on the services you receive through the community centre or organisation from which you accessed the questionnaire. You are free to choose not to answer certain questions in the survey if a question makes you feel uncomfortable. You are able to discontinue your participation at any time prior to completion of the questionnaire.

It is assumed that your completing the questionnaire is an indication of your consent to participate. Once you have completed the questionnaire online and your responses have been uploaded to the data file, it will not be possible to exclude your answers from the data analysis because there is nothing on the questionnaire that could identify it as yours.

What will happen to the information when this study is over?

The data collected during this study will not contain any personal or information that could identify participants. Only myself, Kate Bannister and my research supervisor, Associate Professor Ann Knowles, will have access to the completed questionnaires. Data collected from the online questionnaire will be stored securely in a password protected Swinburne University Cloud storage file for seven years from the date of the completion of the study. All data obtained during this research project will then be deleted.

How will the results of the study be published?

Findings may be presented at a number of forums for educational research. The thesis (final written study) may or may not be published. Any participant who would like to learn about the results of the study can contact Kate Bannister via email kbannister@swin.edu.au for copies of any reports. Once the thesis has been completed, a brief plain language summary of the findings will also be available for participants. No participant will be identifiable in the final report.

How can I get more information or participate in this study?

If you would like to participate in this study and are prepared to complete the questionnaire, please access and complete the questionnaire online at https://swinuw.au1.qualtrics.com/jfe/form/SV_6VErt9EysDkC4Lz **NO LATER THAN 30TH SEPTEMBER 2019.**

If you have any questions, or you would like further information regarding the project titled 'Examining the relationship between beliefs about mental health and service use in a sample of Australian asylum seekers and refugees' please don't hesitate to contact:

Associate Professor Ann Knowles, Department of Psychological Sciences
Swinburne University, John Street, Hawthorn VIC 3122
Email: aknowles@swin.edu.au

This project has been approved by or on behalf of Swinburne's Human Research Ethics Committee (SUHREC) in line with the *National Statement on Ethical Conduct in Human Research*. If you have any concerns or complaints about the conduct of this project, you can contact:

Research Ethics Officer, Swinburne Research (H68),
Swinburne University of Technology, P O Box 218, HAWTHORN VIC 3122 Australia.
Tel (03) 9214 3845 or +61 3 9214 3845 or resethics@swin.edu.au