

STUDY INFORMATION FOR PARENTS

Smooth Sailing: Evaluating an online service for student wellbeing

What is this study about?

The Black Dog Institute has built an online service called Smooth Sailing. Smooth Sailing aims to help students cope with worry, stress, and feelings of sadness. We now wish to test this service in high schools. We will do this by conducting a research study. Your child's school has decided to take part and we'd like to invite students to participate. This study is being done by Dr Bridianne O'Dea from the Black Dog Institute, UNSW, and is funded by HSBC.



What does this study involve?

1. Your child will sign a consent form and return it to the school. It will be provided to the research team.
2. In class, consenting students will be asked to visit the Smooth Sailing website, create a username and password. This will ensure that all students' details are safe and secure.
3. Students will then be asked to answer questions about themselves (e.g. name, gender, age, history of mental health problems) and questions about how they have been feeling lately (e.g. depression and anxiety symptoms, thoughts about suicide).
4. Based on how well a student is feeling, Smooth Sailing will then create a personalised website for each student. A range of internet activities and programs that are proven to improve wellbeing will be suggested. These can be done in a student's own time, without supervision.
5. Every 2 weeks, the student will receive an automated email or SMS "check-in" to see how they are doing.
6. At 6 weeks, the student will be sent an email to complete another questionnaire.
7. At 12 weeks, the student will complete one last questionnaire. This will help determine whether Smooth Sailing improved students' wellbeing. After this, the study will be complete.

If a student reports that they are feeling **suicidal**, or very **depressed** or **anxious** in the trial, the School Counsellor will be informed. The School Counsellor will then assess the student, and follow school procedures. Mandatory reporting requires that a parent or guardian is informed if a student is at risk of suicide or self-harm.

If you would not like your child to participate in this study:

Please contact your child's school to withdraw them from participation in the Smooth Sailing study. Such withdrawal will not affect your relationship with The University of New South Wales or the Black Dog Institute.

Questions or comments?

If you have any questions, contact the chief investigator Dr Bridianne O'Dea by b.odea@blackdog.org.au or 02 9382 8509. If you wish to make a complaint, contact the Human Research Ethics Committee humanethics@unsw.edu.au or 02 9385 6222 using project reference number HC17910.