

PARTICIPANT INFORMATION LETTER

Dear Nurse,

We invite you to participate in a study on Victorian mental health nurses' workplace wellbeing. Below is some information about the project. Once you have read and understood this information and would like to participate, you may click the link at the bottom of this page which will represent your understanding of the project and consent to participate.

PROJECT TITLE: Resilience and wellbeing: the experience of nurses working in mental health

PRINCIPAL INVESTIGATOR: Professor Kim Foster

CO-INVESTIGATORS: Dr Trentham Furness, Associate Professor Michael Roche

What is the project about?

The research aims to investigate the resilience and wellbeing of Victorian mental health nurses and to explore strategies nurses use to address workplace challenges. The findings will be used to provide support for mental health nurses in their workplace practice.

Who is undertaking the project?

This project is being conducted by a research team led by Professor Kim Foster. PI Foster is a registered nurse and has over 20 years research expertise in mental health nursing.

What will I be asked to do?

You will be asked to complete an online confidential survey. The questions ask about you (e.g., age, current role, years' experience in mental health), about workplace stressors, and your wellbeing. It is anticipated that the survey will take you between 15 and 20 minutes to complete. You can complete the survey anytime online on your mobile device or on any laptop or desktop computer.

You will then be asked if you would like to participate in a confidential follow-up one-to-one telephone or face-to-face interview to discuss strategies you use in your practice to address workplace challenges. The interview will take approximately 45 minutes and will be conducted at a convenient time for you. If you agree to participate in the interview, click on the link in the survey that takes you to a separate page to provide your contact details. Your identity will be known only to members of the research team. A member of the research team will contact you to arrange the interview.

Are there any benefits associated with participating in this project?

To thank you for your time in completing the survey, you will be placed in the draw for 1 of 10 x \$100 Coles/Myer vouchers. If you would like to go in the draw you will be taken to a separate page to leave contact details.

Are there any risks associated with participating in this project? (survey and interview)

You will be asked about work experiences and practices relating to workplace challenges. We do not anticipate you will experience distress or harm as a result of their participation. However it is possible you may feel distress in answering questions. If you do not wish to answer a question in the survey, you can skip it and go to the next question, or you may stop immediately. In the interview, if you feel distressed you can stop the interview or withdraw from the interview at any time. If you feel upset or

distressed as a result of your participation in the study, you may find support through your organisation's Employee Assistance Program (EAP) or ring Lifeline Ph: 13 11 14.

Can I withdraw from the study?

Participation in this study is completely voluntary. You are not under any obligation to participate. If you agree to participate, you can withdraw from the survey at any time until it is submitted. In the interview, you can withdraw at any time during the interview without affecting your relationship with the researchers. Any information that you have provided prior to withdrawing from the interview will be deleted and/or destroyed and not used in the study.

Will anyone else know the results of the project?

Information from the study will be aggregated and appear in journal publications or conference presentations. Any identifying details will be removed before publishing and you will not be individually identifiable. De-identified anonymous data (results) on nurses' practices will be shared at the end of the study with the scale's developers to assist in building normative data.

Will I be able to find out the results of the project?

If you participate in the interview, you can request a copy of your interview transcript. Overall results of the study will be published in journal articles and presented at conferences.

Who do I contact if I have questions about the project?

If you would like further information about the project, you may contact the Principal Investigator, Professor Kim Foster; kim.foster@acu.edu.au

What if I have a complaint or any concerns?

The study has been reviewed by the Human Research Ethics Committee at Australian Catholic University (review number 2017-27.6). If you have any complaints or concerns about the conduct of the project, you may write to the Manager of the Human Research Ethics Committee care of the Office of the Deputy Vice Chancellor (Research).

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Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

I want to participate! How do I sign up?

If you decide to participate please click on the web link below. Your participation will be taken as your agreement to participate.

https://acu.qualtrics.com/jfe/form/SV_9Bx7UiiNY4mofQN

Thank you very much for your participation