

Participant Information Sheet

Research Project Title	<i>Consumer and carer experiences with suicide prevention safety planning in SA emergency departments</i>
Project Number	206617
Project Funder	<i>Suicide Prevention Australia Limited</i>
Chief Investigator	<i>Monika Ferguson</i>
Associate Investigators	<i>Mark Loughhead, Kate Rhodes, Nicholas Procter</i>

Introduction

You are invited to take part in this research project, which is called ‘Consumer and carer experiences with suicide prevention safety planning in SA emergency departments’. This Participant Information Sheet tells you about the research project and explains what’s involved, to help you understand if you want to take part. Please read this carefully and ask any questions about anything you don’t understand. To help you decide if now is the right time in your journey for you to participate, you may find the ‘Readiness to be involved in research’ guide helpful – it’s been put together by Roses in the Ocean, Australia’s national lived experience of suicide organisation. You can find it here: <https://rosesintheocean.com.au/wp-content/uploads/2023/05/20230215-Readiness-form-research-1.pdf> (or you can ask the research team for a copy). You might also like to talk this decision through with a trusted friend or loved one.

What is the purpose of this research?

We know that many people experience suicide-related distress each day. Suicide safety planning has become a popular approach to reducing this distress. It involves developing a personalised list of coping strategies that people can use to keep themselves safe when they notice feelings of suicide. There is lots of research to indicate that safety planning is effective, but most of this research is based on statistical data. There isn’t enough information about people’s lived experiences with safety planning. This research aims to hear the voices of people with lived experience, to help us better understand how safety planning is working and how it can be improved.

Who is being invited to participate?

Adults (18 years+) with lived experience of creating a safety plan in a South Australian emergency department in the past 2 years, or people who have lived experience of supporting a loved one who has created a safety plan in a South Australian emergency department in the past 2 years. Participants need to be fluent in spoken English. People won’t be able to participate if they only created their first safety plan, or supported a loved one to create their first safety plan, less than 2 weeks ago.

What does participation in this research involve?

You are invited to participate in an audio-recorded, one-on-one interview, either in person at UniSA City East Campus or via Zoom, depending on your preference. Before the interview, we

will talk to you (over the phone or by email) to check that you are eligible to participate; if you are, we'll arrange a mutually suitable interview time.

Before the interview starts, you'll be given this Participant Information Sheet again and a Consent Form to sign (either in hard copy for in-person interviews, and via email approximately 2 days before for Zoom interviews). The interview will take approximately 1 hour. There will be some semi-structured questions, and we will email these to you ahead of the interview so you can think about your answers, but it will be a free-flowing conversation. We'll ask you to choose a pseudonym to use during the interview, rather than your real name, to protect your privacy and anonymity. After the interview, we'll send you a written copy of the interview (transcript) for you to check – if you want to add or change anything, you're welcome to. To recognise your time and expertise, a \$50 gift card will be offered to all participants at the completion of the interview.

What are the possible benefits of taking part?

While we can't promise that you'll receive any direct personal benefits from taking part in this research, some people with lived experience who participate in suicide prevention research say that it's a cathartic or healing experience for them, knowing that they can turn their experiences into positive changes for other people. This research also has benefits for the wider community. It will be used to inform best practice in suicide safety planning in emergency departments. We anticipate this will benefit people accessing these services in the future.

What are the possible risks and disadvantages of taking part?

We won't be asking you to recall specific details of your experiences with suicidal thoughts and/or behaviours, or specific details of your time in the emergency department. However, because we'll be talking about your experiences of creating and using a safety plan, or being involved in your loved one creating and using a safety plan, this may bring up memories of your past experiences with suicidality and you may find this distressing.

You're very welcome to bring a support person to your interview, either to sit in or wait outside the room. We'll check in with you before, during and after the interview, and you are welcome to pause or end the interview at any time.

If you feel distressed after the interview, please contact any of the following supports:

- A trusted friend or loved one;
- Your GP;
- Lifeline: <https://www.lifeline.org.au/> or 13 11 14 (24/7)
- MensLine Australia: <https://mensline.org.au/> or 1300 78 99 78 (24/7)
- 13YARN: <https://www.13yarn.org.au/> or 13 92 76
- Suicide Call Back Service: <https://www.suicidecallbackservice.org.au/> or 1300 659 467 (24/7)
- Lifeline: <https://www.beyondblue.org.au/> or 13 11 14 (24/7)
- Mental Health Triage: 13 14 65 (24/7)
- Call 000 or visit your nearest hospital in an emergency

If you still have a safety plan and you've found it useful, you may also like to enact some of the steps in your plan.

Please note that if you disclose any information regarding professional negligence (breach of duty of care) or the use of illicit substances, the research team will be required to discuss this and determine an appropriate course of action (e.g. whether the matter needs to be reported to authorities).

Do I have to take part in this research project?

No. The decision to participate is voluntary and entirely up to you. If you don't wish to participate, you don't have to. If you decide to participate and change your mind before or during the interview, please let the researcher know (either by email or phone, or in person during the interview) and your interview will be cancelled/stopped. You are also free to withdraw your interview data up to one week after participating in the interview, by contacting the researcher by email or phone; after this time, we'll begin to analyse the data.

Your decision to take part or not to take part, or to take part and then withdraw, will not affect your routine care, your relationship with professional staff or your relationship with the University of South Australia.

What will happen to information about me?

Any records containing personal information will remain confidential and no information which could lead to the identification of any individual will be released (other than in the event that this is required by law).

The interview audio recording will contain your voice and will therefore be potentially individually identifiable. However, the recording will only be used to create a transcript (a written record of the interview), which we will then use for data analysis. When your interview is transcribed, any identifiable information will be removed. The audio recording and transcript will be stored electronically on a password protected UniSA server; the transcript will also be stored in hard copy in a locked office at UniSA City East Campus. Because you will use a pseudonym during the interview, we will need to keep a record of participant names and pseudonyms, in case we need to check any information with you after the interview. This makes your data re-identifiable. However, this record of names will be kept in a separate, password protected electronic file on a password protected UniSA server.

We'll analyse the data through a process called 'thematic analysis', where we'll pool all of the interviews together and identify common 'themes' across the data. We'll write this up as an academic journal article and may present the results at a conference. We'll include some quotes from the interviews in our write up/presentation, but we won't be using your name – we'll use your chosen pseudonym instead.

Once the project is complete, the electronic and hard copy data will be stored in locked compactus at UniSA City East Campus for five years; after this, it will be destroyed. While every effort will be made to ensure that responses are confidential, the research team cannot guarantee the confidentiality or anonymity of data transferred by email or the internet. De-identified data collected from this project may also be made publicly available through Open Access data repositories to contribute to, and use in, future research (with datasets uploaded to the UniSA Data Access Portal).

What if something goes wrong?

We don't anticipate anything going wrong as a result of this research. If you experience any distress during the interview, we will pause and check how you want to proceed, as well as remind you of the supports available to you. We'll also check in again when we send you your interview transcript for reviewing.

How will I find out the results of the research?

If you would like a written summary of the research findings, please let a member of the research team know by email, phone or during your interview, and we will provide this to you at the end of the study (approximately July 2025).

Who is organising and funding the research?

This research project is being led by Monika Ferguson, whose current position at UniSA is funded by a Postdoctoral Fellowship grant from Suicide Prevention Australia Limited.

Who has reviewed the research project?

The ethical aspects of this research project have been approved by the Human Research Ethics Committee (HREC) of the University of South Australia as required by the Australian government research requirements, specified in the National Statement on Ethical Conduct in Human Research (2023). This statement has been developed to protect the interests of people who agree to participate in human research studies.

What next?

If you'd like to accept the invitation to participate, please contact Monika Ferguson at Monika.Ferguson@unisa.edu.au or 8302 1594. Similarly, if you have any access/support requirements that will help you participate in this project, please feel free to discuss these with us and we will do our best to fulfill these.

Further information and who to contact

The person you may need to contact will depend on the nature of your query. If you want any further information concerning this project or if you have any problems which may be related to your involvement in the project, you can contact any of the following:

Research team:

Name	Position	Telephone	Email
Monika Ferguson (primary contact)	Senior Lecturer in Mental Health	8302 1594	Monika.Ferguson@unisa.edu.au
Mark Loughhead	Lecturer: Lived Experience	8302 1267	Mark.Loughhead@unisa.edu.au
Kate Rhodes	Lecturer in Nursing	8302 2102	Kate.Rhodes@unisa.edu.au
Nicholas Procter	Chair: Mental Health Nursing	8302 2148	Nicholas.Procter@unisa.edu.au

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about being a research participant in general, please contact:

Reviewing HREC approving this research and HREC Executive Officer details

Reviewing HREC name	University of South Australia Human Research Ethics Committee
HREC Executive Officer	Human Ethics Officer
Telephone	+618 8302 6330
Email	humanethics@unisa.edu.au