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Information Statement for the Research Project:

Fatherhood Reference Group

You are invited to participate in the Fatherhood Reference Group research project which is being conducted by Associate Professor Richard Fletcher, College of Health, Medicine and Wellbeing at the University of Newcastle.

In this study, we will be asking new and expectant fathers to provide feedback on the resources that we are developing to help new dads in their role.

Why is the research being done?

This study builds on the successful SMS4dads project, in which new dads were provided with information and links to online support via text messages. The text messages also included links to high-quality videos made especially for new dads.

In this next phase of the project, we are seeking the help of a wide range of dads to provide feedback on new and existing information and support resources for new dads. These resources could include text messages, links to websites and videos, and printed material. This will enable us to improve the content of the material and ensure that is relevant and useful to new and expectant dads.

Who can participate in the research?

You can participate in this research if you over 18 years of age and you are a father with a baby or child under the age of two years, or expecting to have a baby in the next 12 months. You will also need to have a mobile phone that is capable of receiving and sending text messages, and have access to the internet.

What would you be asked to do?

If you agree to participate:

- When you first register with the project, you will be asked to provide some information about you and your child.
- Over a period of 12 months, you will be contacted by the researchers approximately 6 times. On each occasion you will receive information via text message, email or mail, and you will be asked to complete a brief questionnaire on the material provided.

There is no charge to be part of the Fatherhood Reference Group and there is no payment.

What choice do you have?

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project.

There is no obligation for you to provide feedback on the resources every time that we contact you. If you are busy, or don't feel like responding, that will be fine. There will be no harassing phone calls or unwanted reminders.

Participants can withdraw from the project at any time by texting "Stop" to SMS4dads. Participants can withdraw without giving reason and all information provided by the participant for this research will be destroyed if they ask for this to be done.

How much time would it take?

Questionnaires at the beginning of the study should take about 10 minutes to complete. Viewing or reading the resources for new and expectant dads, and completing the survey should take no longer than 15 minutes on each occasion.

What are the risks and benefits of participating?

We hope that participants will find benefit from the information that they receive. However, there is potential that the information in text messages or questionnaires could raise discussion about distressing issues, encourage distressing thoughts, or contribute to existing emotional or psychological issues. If you do become distressed through participation in this study you are encouraged to call Lifeline on 13 11 14 or the Mental Health Access Line on 1800 011 511 from anywhere in Australia.

How will your privacy be protected?

The information about the Fatherhood Reference Group will not be released to anybody except in aggregate form which does not identify any individual father. The information given such as phone number and website and email address will only be seen by members of the research team and will not be used for any other purpose without your express agreement.

Any information collected by researchers which might identify you will be stored securely and only accessed by the researchers unless you consent otherwise, except as required by law. Data will be retained for at least 5 years at the University of Newcastle.

How will the information collected be used?

The study outcomes may be used to develop a better understanding of how to support fathers during the time before and after the arrival of a new baby. Study outcomes may also be published in journal articles or presented at conferences. Individual participants will not be identified in any reports arising from the project. A summary of the research results will be available to you upon request. You can either request this information on the attached survey or request this information by mailing or emailing Dr Richard Fletcher.

What do you need to do to participate?

- You can complete consent forms and the questionnaire by going online at <https://www.sms4dads.com/> and clicking on the Fatherhood Reference Group button
- OR
- Send a text message to 0429152405 indicating your interest in the study, and we will then call you to provide further information over the phone.

Further information

If you would like further information please contact Richard Fletcher on (02) 4921 6401.

Thank you for considering this invitation.



Richard Fletcher, Chief Investigator

Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2016-0292. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Office, The Chancellery, The University of Newcastle, University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email Human-Ethics@newcastle.edu.au.