



Associate Professor Richard Fletcher
Family Action Centre
College of Health, Medicine and
Wellbeing
University of Newcastle, Callaghan, NSW, 2308
4921 6401 (Ph)
4921 8699 (Fax)
Richard.Fletcher@newcastle.edu.au

Information Statement for SMS4dads for Rural and Remote Fathers project

You are invited to participate in providing feedback on **SMS4dads for Rural and Remote Fathers project** message development. **SMS4dads** are currently developing new messages suitable for fathers in rural and remote areas whose partners are experiencing anxiety and depression. Associate Professor Richard Fletcher, College of Health, Medicine and Wellbeing at the University of Newcastle is seeking advice from parents with experience with of perinatal mental health distress.

Why is testing on the project being done?

The purpose is to ensure that draft texts developed for partners of mothers with perinatal mental health distress really do assist fathers to offer effective support.

Who can participate in providing feedback?

You can participate in providing feedback if you are a mother with experience of perinatal depression or anxiety or you are a dad or partner of a mother who has experienced perinatal mental health distress.

What would you be asked to do?

If you agree to participate, you will be asked to:

- Complete an online consent form.
- Receive up to 5 sets of ten text messages to evaluate using a likert scale and provide feedback

What choice do you have?

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

How much time would it take?

Screening ten messages usually take about 10-20 minutes to complete.

What are the risks and benefits of participating?

We hope that participants will find benefit from being part of a project seeking to assist fathers whose partners have perinatal mental health distress.

How will your privacy be protected?

Any information collected by the project team which might identify you will be stored securely and only accessed by the project team unless you consent otherwise. Your information will remain confidential except in the case of a legal requirement to pass on personal information to authorised third parties. This requirement is standard and applies to information collected both in research and non-research situations. Such requests to access information are rare, however, we have an obligation to inform you of this possibility.

Information will be retained for at least five years at the University of Newcastle, unless you ask for it to be destroyed.

How will the information collected be used?

The 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. Results of the Program 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 results of the SMS4dads for Rural and Remote Fathers will be available to you upon request. You can either request this information on the registration page or by mailing or emailing Associate Professor Richard Fletcher.

What do you need to do to participate?

Complete the online form and consent page on SMS4dads.com

Further information

If you would like further information, please contact Richard Fletcher on (02) 4921 6401 or via richard.fletcher@newcastle.edu.au

Thank you for considering this invitation.



Richard Fletcher,
Associate Professor
College of Health, Medicine and Wellbeing
University of Newcastle

Complaints about this pilot project

This pilot project has been approved by the University of Newcastle's Human Research Ethics Committee, Reference No. H-2016-0055. Should you have concerns about your rights as a participant or you have a complaint about the way it is conducted, it may be given to the Chief investigator, or, if an independent

person is preferred, you can contact the University of Newcastle's Human Research Ethics Committee, Callaghan, NSW, 2308, Australia, telephone (02) 49217894, or email human-ethics@newcastle.edu.au