

EXPLANATORY STATEMENT

Project: STRESS & HEALTH Study

Project researchers:

Dr. Joshua F. Wiley

Monash Institute of Cognitive and Clinical Neurosciences

Phone: (03) 9005 7297

email: Joshua.Wiley@monash.edu

Bei Bei (bei.bei@monash.edu)

Jorja Collins (jorja.collins@monash.edu)

Linda Leucken (Linda.Luecken@asu.edu)

Andrew

Phillips (andrew.phillips@monash.edu)

Natasha Tung (yan.tung@monash.edu)

Yang Yap (yi.yap1@monash.edu)

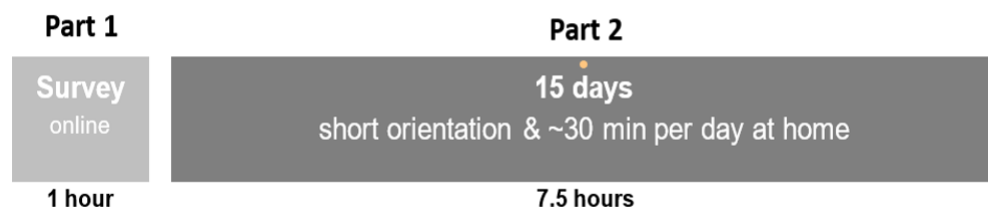
We invite you to take part in this voluntary study. Please read this entire Explanatory Statement before you decide whether to take part in this research.

Summary

Many young adults move states or countries to start their university or college studies. During this time, they face many changes: new independence from family, moving and living in a new city, and new courses and studies. All these changes can cause stress.

The purpose of this study is to understand how young adults respond to stress during these transitions and what helps people manage stress. This study focuses on how family experiences, resilience, behaviours (diet, exercise, sleep), and coping strategies relate to stress and how people feel. The findings of this study will help us better understand stress and responses to stress, which we hope can help us develop interventions to **help people manage stress effectively**.

The study has **2 Parts** involving surveys, wearing devices to measure sleep and physical activity, reporting diet, and some saliva collections to measure cortisol, a marker of stress.



In total, the study takes up to about **8.5 hours**. If you take part, you will **receive a personalised report on your own data**. Your report will describe your stress and feelings, sleep physical activity, and diet. You can choose to customise the information you want. For example, if you want to compare your results to average results or compare against recommendations for best health. Your report also will tell

you how all these pieces fit together to answer questions like: “how much does stress influence how you feel?” or “do you eat more after a poor night sleep?” Also, you can be paid up to **\$142** for your time

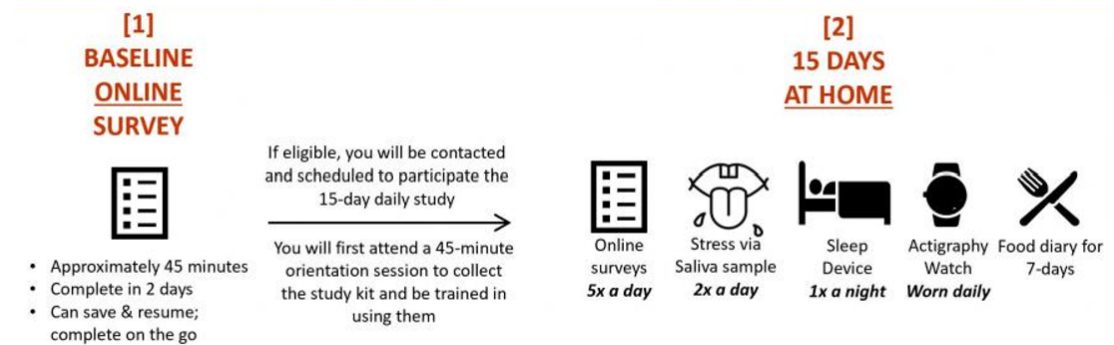
Personalised Report	
	Typical and daily levels of your stress and feelings.
	How much and how well you sleep.
	How physically active are you, compared to recommendations.
	<u>Amount and quality of your diet</u> , compared to recommendations.
	How does stress, your feelings, and behaviour all fit together?

What does the research involve?

To be eligible to take part, you must:

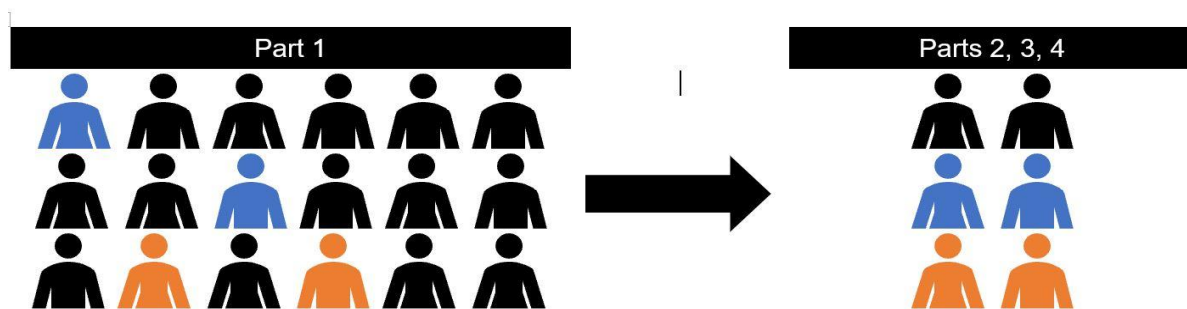
- Be between 18 - 25 years old
- Have moved to Victoria, Australia for **the first time**
- Have **never lived in Victoria for more than 6 months** in the past 10 years prior to the start of your college or undergraduate degree
- Be an Undergraduate (up to a maximum of 5-years; excluding Honours degree) or College student
- Be able to understand, read, and answer in English
- Be able to regularly receive and access emails
- Be able to travel to Monash Clayton campus
- Possess a smartphone that runs either Android OS or iOS (with enough storage to download mobile applications)
- Have both parents still living
- Have never lived in foster care; have not been adopted

If you agree to take part, we ask you to complete the following 2 parts. This figure summarises each part. Details follow



Part 1. 45-minute online survey, completed one time

- After signing up for the study, if you are eligible, we will contact you to schedule you to complete an online survey that takes about 45 to 60 minutes. The survey asks about your background, feelings, behaviours, and family experiences growing up.
- You can answer the questions on your own time. You can save your progress and resume completing the questionnaire later, as long as you complete the questionnaire within 2 days
- We ask everyone who consents and is eligible to complete this part (Part 1). We have space for as many people as are interested in Part 1. However, we only have space for about 100 people in Part 2. We want to make sure that people from more and less chaotic environments growing up and who are more and less resilient are equally represented in Parts 2. Therefore, after Part 1, not everyone will be invited to Part 2. We will invite people until we have enough of each type of person.



Part 2. 15-Day Study, Device Collection and Return

After completing Part 1, we will invite you to Part 2, which involves daily assessments at home across 15-days.

We will call to schedule for picking up the kits at Monash University Clayton Campus We will provide you with a pre-recorded video on how to

- (1) use devices that monitor sleep and physical activity,
- (2) install and use a mobile application to answer short surveys throughout the day,
- (3) report what you eat throughout the day online, and
- (4) collect saliva samples to measure stress.

We will also schedule you for an online session (on Zoom) on Monday for the orientation and information session
 At the end of the 15-day study, we will schedule you to drop off the devices.

Here are more details about what we will ask you to do each day:

1) Answer surveys about your experiences on your mobile phone.

- A mobile app (MetricWire) will prompt you to complete 5 short surveys each day. Surveys ask about your sleep, emotions, hassles you may have experienced, and through a maximum of 1-minute audio recordings, to describe in your own words about your experiences.
- The questions stay the same each day, so you may find it takes less time to complete after your first day. In total, the surveys should take 10 minutes per day.
- The mobile app also will use your smartphone to collect location information to help us understand the environmental factors that may influence results. For example, people may feel differently when answering surveys at home or at school. If you do not wish location information to be collected, you may request this information not to be collected and we will show you how to turn it off in the app

Survey	Time period for completion	Duration
Morning sleep	6am – 6pm	< 2 mins
Morning survey	6am – 11am	< 2 mins
Afternoon survey	12pm-3pm	< 2 mins
Evening survey	4pm-7pm	< 2 mins
Pre-sleep survey	830pm – 430am	< 4 mins
Total time per day		~ 10 mins

2) Dietary record:

- We ask you to report every meal, snack, and beverage as you consume throughout the day for the first 7-days of Part 2.
- You report what you eat through an online platform. Please report as you eat any snack, meal, or beverage, because it is harder to remember exactly what you ate if you wait.
- Typically, it takes about 30 minutes per day to report everything. However, time can vary depending on the type and how many different foods or drinks you have.

3) Salivary cortisol samples:

- We ask you to supply 2 saliva samples each day. These saliva samples let us measure cortisol, which is a biological indicator of stress.
- The two saliva samples happen: 1) in the morning **when you first wake up** (before brushing your teeth, drinking water, or consuming foods), and 2) **before bed time**.

4) Wear a wrist-watch actigraphy device (ActiGraph) that measures physical activity and sleep

- We ask you to wear the actigraphy device on your non-dominant hand for both the day and night throughout the 15-day study period.

- Wearing the ActiGraph is easy and not painful. It feels like wearing a watch and it works like fitness trackers (e.g., Fitbit).
- You can remove the ActiGraph during water activities such as swimming or showering.

5) Apply a sleep-monitoring device (Z-Machine Insight+)

- We ask you to wear an electroencephalography sleep-monitoring device each night while you sleep throughout the study period.
- Wearing the Z-Machine is easy and not painful.
- Each night before bed, you clean and put on three sensors: one below each ear and one at the back of the neck. Putting these on is like putting a piece of tape or band-aid on your skin. When you are ready to go to sleep, you attach a cable to each sensor that allow the Z-machine to measure electrical activity from your brain. When you wake up for the day, you remove the sensors.

Upon completion of the 15-day (part 2), we will call you to collect your academic examination results when published

Why were you chosen for this research?

You were chosen because you responded to online, printed, or in-person advertisements for the study.

Consenting to participate in the project and withdrawing from the research

Participation in this study is voluntary. If you do not wish to take part, you do not have to.

At the end of this explanatory statement are several questions. By clicking “I consent, begin the study” and providing your contact details, you are consenting to be part of this research.

If you choose not to take part in this study, your option is to click “I do not consent, I do not wish to take part” or not provide us your contact details.

If you decide to take part and alter change your mind, you are free to withdraw at any stage by contacting the research team at psych.stress@monash.edu or (03) 9005 7297.

- You will still be compensated based on the number of Parts and days of the study that you completed.
- You also have the option to withdraw all data collected by requesting the research team to erase your data.

Risks for you as a participant. There are no major foreseen risks in taking part in this study.

- i. Personal questions may make you uncomfortable or could produce stress (for example, “what type of stressor did you experience today?”). You may decline to answer any questions or to disclose information during your participation.
- ii. If you do experience any significant distress from this study, you may contact a list of counselling/support services provided below.
 - iii. There are no known risks associated with the collection of saliva. For people who tend to have a dry mouth and produce little saliva, there can be some discomfort in providing saliva samples.
 - iv. You may experience minor skin irritation from the nylon band while wearing the ActiGraph watch. If you experience any irritation or discomfort while wearing either of these watches, please remove them and let us know.
- v. Although access is restricted to study personnel only, we use secure passwords, and data encryption, there is a small possibility that theft or hacking could compromise your data. In the unlikely event that occurs, others may find out your contact details and responses to study questions.
- vi. The analyses to determine cortisol from saliva are conducted by an outside lab. We will only send your saliva samples identified by a numeric code so the outside lab will not have anyway to link them back to your name or contact details. Further, as part of our arrangement with this lab, they promise to keep all data confidential and to only conduct the analyses we ask them to. However, every saliva sample contains genetic information and although we are not analyzing your data for genetic information, during shipping or while being stored by the outside lab, there is a small chance they could be stolen or misused by someone else.

Services on offer if adversely affected

24/7 Mental Health Support Lines for Monash Students and Staff (free and confidential)

- Students: 1300 STUDENT (1300 788 336), Staff: 1300 360 364
- From elsewhere outside Australia (students and staff): +61 2 8295 2292

Anxiety, depression or suicide - 24-hour service

- Lifeline: 13 11 14, Suicideline: 1300 651 251, Suicide Call Back Service: 1300 659 467
- Obsessive Compulsive Disorder and Anxiety Helpline: 1300 269 438 or 9886 9377
 - Kids Helpline (5 to 25 year olds): 1800 551 800

Sexual assault - 24-hour service

- Sexual Assault Crisis Line: 1800 806 292 or 9349 1766, Centre Against Sexual Assault: 9635 3610
 - MensLine: 1300 789 978

- Drugs, alcohol and gambling - 24-hour service
Turning Point: 1800 888 236, Gamblers Help: 1800 858 858

- Grief and loss - 24-hour service
The Compassionate Friends: 1800 641 091 or 9888 4944, GriefLine: 9935
7400 (12pm to 3am)

Payment

As a token of our appreciation, you will be compensated via electronic Coles voucher :

You will receive up to **\$112** for completing this study, broken down as follows.

- Part 1. By completing the online survey for Part 1, you will receive **\$10**
- Part 2. For each day:
 - \$2 for 2x cortisol (extra \$5 if complete >85%)
 - \$2 for completing surveys (extra \$4 if complete >85%)
 - \$1 for applying sleep machine (Zmachine; extra \$4 if complete >85%)
 - \$2 for completing dietary record (for 7 days, extra \$1 if complete all)
 - You will receive up to \$102 if completing **all daily assessments**

We also will email a personalised report to everyone who completes at least Part 1. This report will include data from each Part of the study, so the more Parts you complete, the more information we can give you in your report. We will email you this report at the end of the study, after we have had time to prepare the data and write your personalised version.

Examples of what the report will include for each part of the study are below.

Part 1. From the online survey part, your personalised report will include:

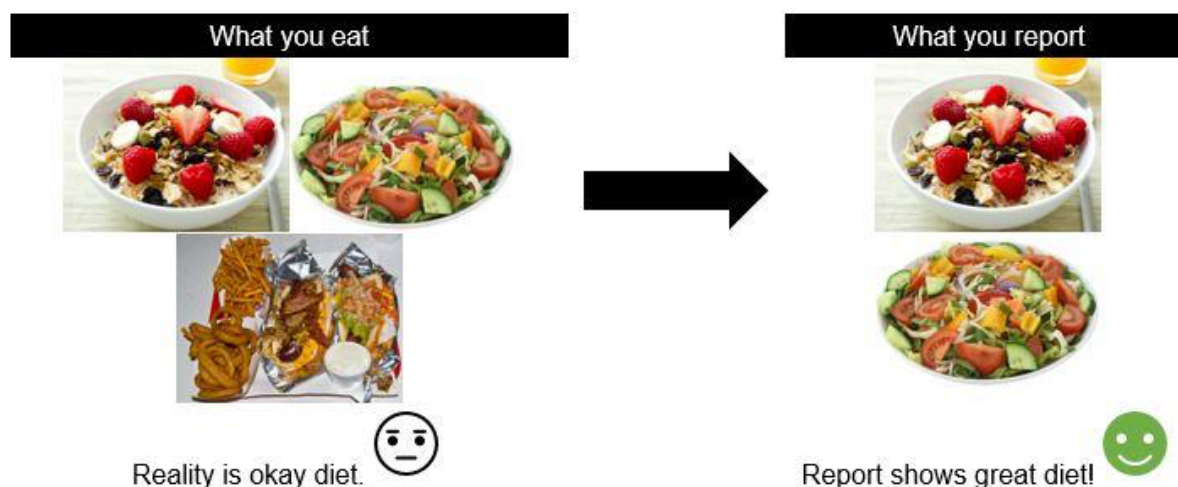
- a. Information about your mental health, how your mental health compares to the general population, and whether you are at any elevated risk. If you are at risk, we will supply some suggestions for getting help.
- b. Recommended levels of sleep and whether your sleep (based on self-report) is meeting recommendations or not.
- c. Information about your typical stress levels and how those compare to the general population.
- d. Information about what strategies you use to respond to stress along with a brief summary of what we know are some effective approaches.

Part 2. From the daily part, your personalised report will include:

- a. Information about your daily stress and feelings across the 15-days of the study
- b. Information on the amount and quality of your sleep, based on high-quality data from the Z-machine, across the 15 days of the study. We also will supply notes on current sleep recommendations, and if you have at risk sleep, where to seek help.
- c. Information on your level of physical activity across all 15 days from the ActiGraph and current recommended levels of activity for Australian adults.

- d. Information on your diet, including the quantity you are eating, and how that compares with the estimated amount you need each day (based on your age, sex, height, weight, and activity levels).
- e. Summaries of how each of these pieces fit together. For example, on days when you were more stressed than usual, did you also feel worse and have poorer sleep that night? After a good night sleep, do you eat more or less the next day?

Your personalised report is **based on the data you give us**. The more accurate and complete your data, the more accurate and comprehensive your report. For this reason and to ensure our results are accurate, we ask that if you take part in the study, please try to answer everything truthfully and complete as many measures as possible. The example shows how **incomplete reporting can make your report and our recommendations inaccurate for you**.



Confidentiality

Only authorised study personnel listed and approved by the Monash University Human Research Ethics Committee will have access to your data. Confidentiality is kept through rigorous passwords and encrypted connections to all online databases, and restricted access to and password protection of all local computers with any personally identifying information (such as your name, email, address).

Any publications or presentations that make use of your data will only be presented in aggregated summary form that will not name you or any other participants individually.

Storage of data

The baseline survey data will be collected and stored on Qualtrics, with which Monash has a licensing agreement. Daily survey data and location data will be collected and securely stored on MetricWire, which meets stringent criteria for data security of health-related information. Dietary data will be collected and stored securely on computers managed by the United States National Cancer Institute (NCI). Online research data on both Qualtrics, MetricWire, and the NCI will be secured by passwords, and your data will not be identified by your actual identity, but a numeric code. Local computers that store raw data with personally identifiable information (e.g., names, date of birth, location data) will be password protected and use encryption. After seven years, we will de-identify the data by removing names, date of birth, addresses/contact details, and all location data. These personally

identifying data will be completely erased and destroyed. The de-identified database will be made publicly available through Monash Figshare to maximize the potential benefit to the scientific and research community.

Use of data for other purposes

Data collected for this study may be used for future research purposes. After seven years when all personally identifying information have been erased and completely destroyed from all online and local computers, a de-identified dataset will be made publicly available to researchers through Monash Figshare.

Results

Approximately 12-months after the completion of the entire study, you will receive a short summary of the main findings from the study written in plain language (separate from the personalised report you will receive). Findings from this study will form the basis for Doctorate theses and will be submitted in aggregate form as research articles and conference presentations. If you would like any of these other reports or further information, you may contact the principle investigator (Dr. Joshua Wiley) whose contact details are on the first page.

Complaints

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC) and reference **Project ID 17281**

Executive Officer
Monash University Human Research Ethics Committee
(MUHREC)
Room 111, Chancellery Building E,
24 Sports Walk, Clayton Campus
Research Office
Monash University VIC 3800
Tel: +61 3 9905 2052
Email: muhrec@monash.edu
Fax: +61 3 9905 3831

Thank you,



Dr. Joshua F. Wiley

I consent to the following:

	Yes	No
To begin and take part in the study	<input type="radio"/>	<input type="radio"/>
To take part in completing the baseline questionnaire	<input type="radio"/>	<input type="radio"/>
To allow the researchers to contact me for future studies	<input type="radio"/>	<input type="radio"/>
To take part in completing the daily phase study (if eligible)	<input checked="" type="radio"/>	<input checked="" type="radio"/>
To allow the researchers to collect and analyse my cortisol as part of the study findings	<input checked="" type="radio"/>	<input checked="" type="radio"/>
To allow researchers to collect my examination results	<input checked="" type="radio"/>	<input checked="" type="radio"/>

Screening Questionnaire for Eligibility

Age Are you between the ages of 18 and 25 years old?

Yes (1)

No (2)

Skip To: End of Survey If Are you between the ages of 18 and 25 years old? = No

Inter Are you an international or interstate student?

- International student (1)
- Interstate student (2)
- Neither (3)

Skip To: End of Survey If Are you an international or interstate student? = Neither

Firstyr Are you in your first-year of Undergraduate or College tertiary studies (either first semester or second semester)?

- Yes (1)
- No (2)

Skip To: End of Survey If Are you in your first-year of Undergraduate or College tertiary studies (either first semester or... = No

Display This Question:

If Are you in your first-year of Undergraduate or College tertiary studies (either first semester or... = Yes

PrevMelb **Excluding the time** you've spent here for your tertiary studies, have you previously lived in Victoria for more than 1 month in the past 10 years?

- Yes (1)
- No (2)

Skip To: End of Survey If Excluding the time you've spent here for your tertiary studies, have you previously lived in Vict... = Yes

phone Do you own a smartphone running on Android or iOS (with sufficient storage to download mobile applications)?

Yes (1)

No (2)

Eng Are you able to understand, read and answer in English?

Yes (1)

No (2)

Skip To: End of Survey If Are you able to understand, read and answer in English? = No

Email Are you able to regularly receive and check email communications?

Yes (1)

No (2)

Campus Are you able to travel to Monash Clayton campus?

Yes (1)

No (2)

foster adopt Are you from foster care or adopted **after** the age of 1 years old?

Yes (1)

No (2)

Skip To: End of Survey If Are you from foster care or adopted after the age of 1 years old? = Yes

parent death Have you experienced parental loss? (i.e., your parent(s) passed away)? This includes non-biological parent(s) **only if** they have been functioning as your parent since birth.

Yes (1)

No (2)

Skip To: End of Survey If Have you experienced parental loss? (i.e., your parent(s) passed away)? This includes non-biologi... = Yes

End of Block: Informed Consent

Start of Block: Contact and Location

*

email What is the best email address to get in contact with you?

*

number What is your Australian mobile number? Please check that you have the correct number written.

contime What is the best time to call you regarding the study?

name What is your preferred name?



sleep_address What is the address of your home (where you usually sleep at night)?

work Are you currently working at a job outside of the home?

Yes (1)

No (2)

Display This Question:

If Are you currently working at a job outside of the home? = Yes

work_address What is the address of your work (if you work at more than one place, please list the address that you spend the most time at).

school Are you currently attending any school/university in person (i.e., not online or distance only)?

Yes (1)

No (2)

Skip To: End of Survey If Are you currently attending any school/university in person (i.e., not online or distance only)? = No

school_address What is the address of your school/university (if you attend more than one, please list the address that you spend the most time at).
