Consent Form

Last updated: 7th June 2020

Introduction: You are being asked to participate in a research study. Your participation is voluntary.

You are being asked to participate in this study because you are a student in SRM Institute of Science and Technology and you may have signs and symptoms of depression, anxiety or stress if you're 18 or older.

Your decision whether or not to participate will have no effect on the quality of your medical or psychological care or your education. Please ask questions if there is anything about this study you do not understand.

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1. What is the purpose of this study?

The purpose of the study is to study the development and utility of a smartphone app to assess prevalence of Depression, Anxiety, Stress & Impediments in Seeking Care among Medical and Paramedical University Students.

2. Will you benefit from participating in this study?

a. You might know about your current mental health status, through the research-based screening tools used in the app and may benefit by seeking professional help for any current mental health conditions you have.
b. You might not personally benefit from being in this research study.
c. We hope to gather information that may help people in the future.

3. What does this study involve?

This study involves you to answer Questions, truthfully and to the best of your knowledge. The Instructions to answer the questions have been laid out in the app. Your Answers to the above questions will help us assess your mental health status and the options for further professional evaluation will be detailed in the app, depending on your health status. The questions in the app are research-

based screening questions and have been carefully chosen by the investigator for the purpose of the research. The screening is not a replacement for professional mental health check-up.

If any time during the process of filling out the questions you feel uncomfortable, you can seek professional help details of which are laid down in the app.

4. What are your options if you do not want to take part in this study?

If you do not wish to participate in this study, you can choose not to answer the questions. You may seek help from Professional Mental health care providers. You do not have to take part in this study to receive medical care or treatment. Because it is experimental, the app is only available for students from SRM Institute of Science and Technology.

5. If you take part in this study, what activities will be done only for research purposes?

If you take part in this study, the following Questionnaires would be administered for research purposes

a. PHQ-9 (Patient health Questionnaire-9): The PHQ-9 is a nine-item measure of depressive symptomatology requiring responders to identify the frequency that they experienced certain depressive symptoms over the past 2 weeks on a 5-point scale from Not at All to Nearly Every Day. (Kroenke, K. spitzer, rl & Williams, JB (2001). the PhQ-9. Journal of General Internal Medicine, 16(9), 606-613.)
b. GAD-7 (General Anxiety Disorder-7): GAD-7 is a self-administered 7 item instrument that uses some of the DSM-V criteria for GAD to identify probable cases of GAD along with measuring anxiety symptom severity. (Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of internal medicine, 166(10), 1092-1097.)
c. DASS-21: The DASS 21 is a 21 item self-report questionnaire designed to measure the severity of a range of symptoms common to both Depression and Anxiety. In completing the DASS, the individual is required to indicate the presence of a symptom over the previous week.

(Henry, J. D., & Crawford, J. R. (2005). The short-form version of the Depression Anxiety Stress Scales (DASS-21): Construct validity and normative data in a large non-clinical sample. British journal of clinical psychology, 44(2), 227-239)

d. Barriers to Access to Care Evaluation (BACE): The BACE is designed to assess barriers to mental health care for people with mental health problems. It includes barriers related to, and unrelated to, stigma and discrimination. (Clement et al.: Development and psychometric properties the Barriers to Access to Care Evaluation scale (BACE) related to people with mental ill health. BMC Psychiatry 2012 12:36.)
e. Socially Desirable Response Set Five-Item Survey (SDRS-5): To determine Social desirability of the participants. (Hays, R. D., Hayashi, T., & Stewart, A. L. (1989). A Five-Item Measure of Socially Desirable Response Set. Educational and PsychologicalMeasurement, 49(3),629636. https://doi.org/10.1177/0013164489049003 15)

6. Other important items you should know:

a. Withdrawal from the study: You may choose to stop your participation in this study at any time for any reason. Your decision to stop your participation will have no effect on the quality of your medical or psychological care, or your education.
b. Product Development: You will not receive any compensation if the results of this research are used to develop a commercial product
c. New Information: To the best of our ability, new findings from this research study will be made known to you.
d. Funding: None
e. Number of participants: We expect 700 participants to enrol in this study.

7. How will your privacy be protected?

The information collected as data for this study includes: Questionnaires and interview questions that ask about:

a. Symptoms of depression, anxiety and stress.
b. Information about your gender
c. Barriers related to, and unrelated to, stigma and discrimination.
d. Your Knowledge attitude and practices regarding Mental Health.

Your responses within the program will be stored on a secure server. Your identity will not be revealed to anybody. The data collected will be analysed to assess the issues stated in the study. If the questionnaire reveals that you require these services a notification will appear at the end of the session. Kindly seek help, through the options provided at the end of the survey. Due to ethical considerations your identity will not be known to the researcher or the administration.

8. Whom should you call with questions about this study?

Questions about this study or may be directed to the researcher in charge of this study: Dr. Manik Inder Singh at manikindersinghsethi@gmail.com. If you would like a printed copy of this electronic consent form, please download from here.

If you develop thoughts of suicide or harming yourself or others or are experiencing a psychiatric emergency, you should treat this as a medical emergency and immediately contact your doctor. You may also go to the emergency room of SRM Medical College & Hospital.

If you need technical support, please email mysafespaceindia@gmail.com. This email is not continually monitored but we will do our best to respond during business hours. Please do not contact this email if you are experiencing a psychiatric emergency instead go to Emergency of SRM Medical College & Hospital.

9. Will you be paid to participate in this study?

You will not be compensated for this study.

CONSENT

I have read the above information about the study and I agree to participate in this study.