THE UNIVERSITY OF BRITISH COLUMBIA
Faculty of Medicine

Vancouver CoastalHealth
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Focus Group Consent Form: CREDA Study

Study Title: Exploring **c**ultural **r**esponsiveness in **e**-mental resources for **d**epression and **a**nxiety (CREDA)

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Invitation

You are being invited to take part in this research study because you identify as a visible minority and may have an interest in e-mental health resources. We are interested in learning more about the experience culturally diverse people have with e-mental health resources so that we may work toward improving services currently offered to treat anxiety and depression.

What's the study about?

We are studying the experience culturally diverse people have with e-mental health resources. This research aims for a better understanding of what technology-delivered mental health resources are like for someone like you, and in doing so give us a better idea of how we can create effective services for mental health in our community. In the Metro Vancouver Regional District, where visible minorities make up 49% of the population, it is clear that culturally responsive e-mental health services may have great impact. Such services can provide further support for visible minorities to address symptoms of common disorders such as anxiety and depressive disorders. From our research, we hope to support the creation of culturally responsive e-mental health services.

Why are we doing this study?

One in five Canadians will personally experience a mental health problem or illness in any given year. By age forty, 50% of Canadians, will have or previously had a mental illness. With such a high prevalence, a significant number of Canadians will search for resources and support for screening, diagnosis, management and self-care. However, 49% of Canadians who suffer from depression or anxiety have not seen a doctor for treatment. Challenges include long wait times for to see mental health professionals and high expenses for psychotherapy.

Digital health technologies such as e-mental health resources are suited to provide mental health services such as online cognitive behavioural therapy, virtual clinics, and group therapy to ensure more Canadians are receiving the care they need. Current digital health technologies and mainstream mental health care struggles to address the values, expectations, and lifestyles of visible minorities. While mental illness symptoms are similar across cultures, the ways in which individuals exhibit, express, and decipher their symptoms vary within cultural contexts. The use of technology has the ability to positively affect the health of visible minorities, but such services must be designed with cultural sensitivity in mind. This study hopes to support the creation of such technologies by learning about your experience with e-mental health services.

How will we do this study and how will you be involved?

We are inviting you to consider being part of the study by sharing your experience of using e-mental health in an open group conversation guided by questions known as a focus group interview. We are guided by the following research question: What are visible minorities' experiences with e-mental health resources and treatments for anxiety and depressive disorders in the Metro Vancouver Regional District? We hope to get a description of your experiences and how you came to access services. This will help us understand how to create interventions moving forward that are aligned with visible minorities' experiences. Interviews will also document socio-demographic characteristics.

The focus groups with have four to eight participants for three focus groups.

Questions for the focus group may include:

1. Tell me about recommendations you have for future e-mental health resources as a visible minority.
2. Tell me about your ideal e-mental health service for visible minorities.
3. Describe how e-mental health services can be developed to better fit the needs of culturally diverse populations.

Interviews will be conducted in English. The focus group interviews will be semi-structured. The interviewer will begin the focus group using the focus group guide. The interviewer will actively listen to your experiences with e-mental health resources and ask follow up questions based on your responses. The interviewer will explore details of

an experience by asking probing questions to the group. The interview will last for 45 to 60 minutes. Interviews will be recorded and transcribed for analysis.

What do we hope to get out of this study?
We hope to get enough information to help us design mental health services that are useful for visible minorities. We want to hear your recommendations for future services. Therefore, you can improve our understanding by participating in the study and help shape future e-mental health services.

Who can participate?
You may be able to participate in this study if you:
1) Are searching for resources for anxiety and depressive symptoms
2) Are over the age of 19
3) Can speak and read/write in English on your own or with the assistance of a family member or translator
4) Identify as a visible minority
5) Are a BC resident within Metro Vancouver Regional District

What are the benefits of this study?
There are no explicit potential benefits to you for taking part in this research. By participating, you have the opportunity to provide recommendations and contribute to improving e-mental health resources for visible minorities.

What are the possible risks of this study?
The focus group may include sensitive subject matter, namely your experience with e-mental health resources and mental illness (if applicable). You may or may not choose to discuss your experiences with anxiety and depressive symptoms. The session may cause stress due to the answering questions related to symptoms of depression and anxiety. If you need immediate, free, and confidential emotional support, you can contact the Fraser Health Crisis Line at 604-951-8855, 24 hours a day.

Vulnerability is a concern, but potential risks are low, as the study will only enrol people such as yourself who are willing to talk about this subject. The research is non-judgmental, confidential, and seeks to explore participants' views, experiences, and opinions. In the event that you become distressed during an interview, the interviewer will acknowledge this and ask if you would like to take a break or withdraw from the study altogether. The researcher will help connect you with health services if you require immediate psychological support.

Confidentiality and Voluntary Participation
All researchers will use de-identifying codes rather than using your name in any official data collection. Focus group interviews will be recorded with your consent, and audio files will be password protected and stored on a password locked laptop. The audio recording files will immediately be transferred into a password encrypted folder onto a laptop computer, which is protected by a lock screen and password. The files will be transcribed by a member of the research team.

In addition to the audio data, you will also fill out a short sociodemographic questionnaire. Studies involving humans now routinely collect information on race and ethnic origin as well as other characteristics of individuals because these characteristics may influence how people respond to medical interventions. Providing information on your race or ethnic origin is voluntary. A member of the research team will input this data into a data collection file for use in the thematic analysis. This file will be password encrypted and stored on the laptop computer.

Your participation in the research is completely voluntary and you may choose to stop participating at any time. Your decision to enroll in this study or to stop participating will not influence your relationship with the researchers or the care you receive. If you withdraw from the study, you have the right to request that your data be removed from the study. However, it may be impossible to remove individual data from a focus group session. In the future, the data/findings of this study may be used to produce a publication. The publication may be open access meaning our findings may be publicly available. No participant names and/or identifying details will be used.

While we encourage participants not to discuss the content of the focus group to people outside the group, we cannot control what participants do with the information discussed and confidentiality cannot be guaranteed.

Your confidentiality will be respected. However, research records identifying you may be inspected in the presence of the Investigator or his or her designate by representatives of the Fraser Health Research Ethics Board for the purpose of monitoring the research. No information or records that disclose your identity will be published without your consent, nor will any information or records that disclose your identity be removed or released without your consent unless required by law.

Will you get paid for participating in this study?
You will be provided with $20 for taking part in the interview, which will cover any costs incurred, such as transit or parking.

Contact for information about the study and rights of research subjects:
If you have questions about the study, contact Shawna Narayan, Researcher, Faculty of Medicine, UBC, shawna.narayan@ubc.ca or Dr. David Kealy, Principal Investigator, Faculty of Medicine, UBC, david.kealy@ubc.ca.

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598 or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598. You may also *contact the Fraser Health REB co-Chairs by calling 604-587-4681. You may discuss these rights with one of the co-chairs of the Fraser Health REB.*

Participant Consent

My signature on this consent form means:

- I have read and understood the information in this consent form.
- I have been able to ask questions and have had satisfactory responses to my questions.
- I understand that my participation in this study is voluntary.
- I understand that I am completely free at any time to refuse to participate or to withdraw from this study at any time, and that this will not change the quality of care that I receive.
- I understand that I am not waiving any of my legal rights as a result of signing this consent form.
- I will receive a signed and dated copy of this consent form for my own records.
- I consent to participate in this study.

_____ _____
Participant Signature Date

If this consent process has been done in a language other than that on this written form, with the assistance of an interpreter/translator, indicate:

Language: _____

Was the participant assisted during the consent process in one of ways listed below?

☐ Yes ☐ No

[Note: For typical situations where the person conducting the consent discussion simply reads the consent with the participant to ensure that informed consent is properly obtained, check "no".]

If yes, please check the relevant box and complete the signature space below:

☐ The consent form was read to the participant, and the person signing below attests that the study was accurately explained to, and apparently understood by, the participant (please check if participant is unable to read).

☐ The person signing below acted as an interpreter/translator for the participant, during the consent process (please check if an interpreter/translator assisted during the consent process).

_____ _____ _____
Signature of Person Assisting in the Consent Discussion Printed Name Date