Participant Information Statement

Consumers and Healthcare Professionals

Research study: Co-designing a blueprint for pharmacist-delivered depression and anxiety screening and referral for parents in community pharmacy

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Ms Lily Pham (Doctor of Philosophy student) | Email: lily.pham@sydney.edu.au

1. What is this study about?

We are conducting a research study to co-design a blueprint for a perinatal depression and anxiety screening and referral service in community pharmacy settings. Taking part in this study is voluntary.

Please read this sheet carefully and ask questions about anything you don't understand or want to know more about.

2. Who is running this study?

The study is being carried out by the following researchers:

- Dr Sarira El-Den, The University of Sydney, School of Pharmacy
- A/Prof Claire O'Reilly, The University of Sydney, School of Pharmacy
- Prof Rebekah Moles, The University of Sydney, School of Pharmacy
- Dr Jack Collins, The University of Sydney, School of Pharmacy
- Ms Lily Pham, The University of Sydney, School of Pharmacy

Ms Lily Pham is conducting this study as a basis for a Doctor of Philosophy at the University of Sydney.

3. Who can take part in the study?

We are seeking consumers who are parents and/or expectant parents who reside in Australia. We would prefer that you have lived experience of perinatal depression or anxiety; or have been screened for perinatal depression or anxiety in Australia, however not having this experience does not disqualify you from participating.

We also are seeking healthcare professionals including pharmacists, general practitioners, psychologists, psychiatrists, nurses and midwives who are currently residing in and practising in Australia. We would prefer that other healthcare professionals have experience in providing perinatal mental health screening and/or care.

4. What will the study involve for me?

If you decide to take part in this study, you will be asked to provide feedback on what a perinatal depression and anxiety screening and referral service in community pharmacy should look like, the educational needs of pharmacists and their support staff, as well as any relevant resources such a service may need. This feedback will be collected as part of a collaborative workshop. This workshop may include other healthcare professionals and consumers. After you express interest to participate in the workshop, we will reach out to meet with you to explain the process of the workshop and answer any questions you may have. We may also ask you to verify your identity using e.g., Australian photo identification.

We anticipate the workshop will run for approximately 2-3 hours. If you consent to the study, you are expected to attend the full length of the workshop. You will be sent materials to read and review prior to the workshop. We anticipate this will take approximately 30 minutes. These materials may be used as a topic of discussion during the workshop. After the workshop, there will be opportunities to reflect on what was discussed and provide further feedback and input. Any feedback or further input provided after the workshop must be provided to the research team within two weeks. It is optional to provide feedback or further input after the workshop. Your feedback or further input may be included and de-identified in the study.

If you consent to this study, some of the information from your Expression of Interest survey will be used when reporting the findings of the study. This includes general demographic information such as your health profession and whether you have lived experience of perinatal depression or anxiety. The information used will be de-identified. If you do not consent to this study, this information will not be used in the study.

A researcher and pharmacist (Ms Lily Pham) and; consumer and former pharmacist (Ms Emma McLeod) will co-facilitate the workshops.

We will host the workshop in-person or on the Zoom teleconferencing platform. If you say it's ok, we would like to record what you say during the Zoom meeting so we can go back and listen to what we talked about when progressing the development of the blueprint. With Zoom, there is not currently an option to capture audio only and video recording will also be captured in any recordings. Video recordings will be deleted immediately after the audio recording has been retained. If you do not feel comfortable, you may keep your camera off for the duration of the workshop.

We will also use Zoom to transcribe what you say during the workshop so that there is a written record of what we talk about.

5. Can I withdraw once I have started?

Being in this study is completely voluntary and you do not have to take part.

Your decision will not affect your current or future relationship with the researchers or anyone else at The University of Sydney.

If you decide to take part in the study and then change your mind, you can withdraw by emailing **sarira.el-den@sydney.edu.au** and/or Ms Lily Pham at **lily.pham@sydney.edu.au** .

If you take part in the workshop, you are free to stop at any stage or to refuse to answer any of the questions. However, since it is a group discussion, it will not be possible to withdraw your individual comments from our records once the group has started.

6. Are there any risks or costs?

Aside from giving up your time, we do not expect that there will be any risks or costs associated with taking part in this study. Discussions about perinatal mental health may evoke personal or past experiences that some individuals may find distressing or traumatic. You are under no obligation to share any personal experience that you are not comfortable sharing. However, if any topic(s) raised during the workshops causes you any distress, members of our research team who are Mental Health First Aid® trained will immediately put you in contact with appropriate health services such as Perinatal Anxiety and Depression Australia: 1300 726 306 or refer you to see your personal general practitioner to ensure you have the help and support you need.

7. Are there any benefits?

To thank you for the time you spend participating in this study, we will reimburse you with a $200 gift card after you participate in the workshop. This also includes any time reading and reviewing material prior to and after the workshop. If you leave early or withdraw from the workshop, you will not be reimbursed with a gift card.

By participating in this study, you may also be contributing to the development of future perinatal depression and anxiety screening training and services that may be of benefit to the wider community.

8. What will happen to information that is collected?

By providing your consent, you are agreeing to us collecting information from or about you for the purposes of this study.

Any identifiable information you provide us will be stored securely and will only be disclosed with your permission unless we are required by law to release information.

We plan to publish the study findings.

You will not be individually identifiable in these publications. However, due to the nature of these collaborative workshops, it may it may be possible for other participating members of the workshop to identify you.

We will use Zoom AI to transcribe the workshops. This will involve sharing your information with Zoom. We will not share this information with anyone else without your consent unless we are required to do so by law. Zoom is owned by Zoom Video Communications Inc and is located in San Jose, California, US.

We will store this information and dispose of it securely following the University's Recordkeeping Policy. For more details about how your information will be handled please see the University's privacy webpage.

Sharing research data is important for advancing knowledge and innovation. A de-identified set of the data collected in this study may be made available for use in future research.

9. Will I be told the results of the study?

You have the right to receive feedback about the overall results of this study. You can indicate your interest in receiving feedback about the results of the study in the participant consent form. This feedback will be in the form of the publication.

10. What if I would like more information?

When you have read this information, the following researcher(s) will be available to discuss it with you further and answer any questions you may have:

- Dr Sarira El-Den on +61 2 8627 6417 or **sarira.el-den@sydney.edu.au**
- Ms Lily Pham on +61 28627 8728 or **lily.pham@sydney.edu.au**

11. What if I have a complaint or any concerns?

The ethical aspects of this study have been approved by the Human Research Ethics Committee (HREC) of The University of Sydney [ethics reference: 2025/HE001662] according to the National Statement on Ethical Conduct in Human Research.

If you are concerned about the way this study is being conducted or you wish to make a complaint to someone independent from the study, please contact the University:

Human Ethics Manager
human.ethics@sydney.edu.au
+61 2 8627 8176

THE UNIVERSITY OF SYDNEY

This information sheet is for you to keep