

MACQUARIE UNIVERSITY



PARTICIPANT INFORMATION

Title of Project

Thinking style in illness.

About the study

You are invited to participate in a series of studies because you are an adult, resident in Australia, who has either been diagnosed with cancer (breast, cervical, colorectal, prostate or skin cancer (melanoma)) and is not in palliative care or has been diagnosed with Type I or Type II diabetes.

This study aims to examine the extent to which the style and content of a person's thinking can influence their emotional and behavioural reactions to illness, with a specific focus on cancer and diabetes. Identifying thinking styles that may increase psychological distress or affect adherence to treatment and recommended health protective behaviours will allow the earlier identification of individuals at risk and the provision of early intervention.

This study is being conducted by [Heather Soo](#) ✉, a student at Macquarie University, Sydney, to meet the requirements for the degree of Doctor of Philosophy (Psychology) under the supervision of [Dr. Kerry Sherman](#) ✉, Senior Lecturer, Department of Psychology, contact [61 2] 9850 6874, and [Dr. Maria Kangas](#) ✉ Senior Lecturer, Department of Psychology, contact [61 2] 9850 8599.

What will happen on the study?

If you decide to participate in the study, you will be asked to complete a series of questionnaires about personal characteristics, cancer or diabetes and feelings and thoughts about illness. It is estimated that the initial questionnaire will take approximately 30 minutes to complete. You will be contacted at three monthly intervals for a period of six months to complete further questionnaires. These questionnaires will be considerably shorter and will require only 15 minutes to complete. You may elect to receive either email or SMS reminders for subsequent questionnaires or to elect to have a paper version of the questionnaires mailed out to you for completion.

You may choose to enter a draw to win one of seven iPod Shuffles (one per disease group) on completion of the study, with one chance in the draw allocated for each questionnaire completed.

Are there any risks?

There are no known risks associated with this study. However, answering questions about illness may be distressing for some people. If your responses show high levels of depression, anxiety or stress, you will be contacted by one of the researchers to help organise psychological assistance where required.

If you feel upset during or after completing the survey, please feel free to contact either [Dr. Kerry Sherman](#) ✉, Senior Lecturer, Department of Psychology, contact [61 2] 9850 6874, or [Dr. Maria Kangas](#) ✉ Senior Lecturer, Department of Psychology, contact [61 2] 9850 8599 and we will be available to talk with you during business hours. If you need to speak to someone after-hours because you are feeling highly anxious or depressed, it is important that you take action immediately. Your first point of call should be your local Community Health Centre, Area Crisis or Extended Hours team; or a telephone counselling service such as Lifeline (131114), or the Emergency Department of your local hospital which are all available 24 hours a day, 7 days a week.

Who May I Talk to About This Study

There are no known risks associated with this study. However, as answering questions about illness may be distressing for some people, you may choose to discuss your participation in this study with your medical practitioner before choosing to complete the questionnaires. Alternatively, if you have specific questions or concerns about the questionnaire at any stage, you may contact either [Dr. Kerry Sherman](#) ✉, Senior Lecturer, Department of Psychology, contact [61 2] 9850 6874, or [Dr. Maria Kangas](#) ✉ Senior Lecturer, Department of Psychology, contact [61 2] 9850 8599 for further assistance.

Confidentiality

Any information or personal details gathered in the course of the study are confidential. Only the researchers will have access to your personal information. No individual will be identified in the publication of the results. The process of storing the questionnaires and data will comply with regulations set by Macquarie University, Australia.



Voluntary Participation

If you decide to participate, it is important to note that you are free to withdraw from further participation in the research at any time without having to give a reason and without consequence.

Complaints

The ethical aspects of this study have been approved by the Macquarie University Ethics Review Committee (Human Subjects). If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through its Secretary (telephone [61 – country code] (02) 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.

Contact details

Thank you in advance for your time and assistance in this research study. If you have any queries about the research, please do not hesitate to contact either [Dr. Kerry Sherman](#) , Senior Lecturer, Department of Psychology, contact [61 2] 9850 6874, or [Dr. Maria Kangas](#) , Senior Lecturer, Department of Psychology, contact [61 2] 9850 8599 for further assistance.

Informed Consent

Please note that you must be 18 years or older to complete this survey. Please answer all questions and remember that there are no right or wrong answers.

I confirm that I am 18 years of age or older. I give my informed consent to participate in this study, knowing I can choose to withdraw at any time without penalty. I am aware of the purpose of the study and that there are no known or expected discomforts or risks associated with my participation. I also acknowledge that either Dr. Kerry Sherman or Dr. Maria Kangas will contact me if my results demonstrate a high level of depression, anxiety or stress to offer psychological assistance.