



# CSIRO Health Behaviour & Wellbeing Survey

## PARTICIPANT INFORMATION SHEET

**STUDY PROTOCOL ID:**

**HUMAN RESEARCH ETHICS COMMITTEE NUMBER: 2023\_070\_LR**

### INTRODUCTION

This information sheet is intended to provide you with sufficient information to make an informed decision about participating in this research study. Please read through the information carefully to determine the eligibility criteria and what participation would involve (should you wish to take part).

CSIRO Health & Biosecurity are interested in better understanding the health, lifestyle, and contextual factors in the Australian population to prevent health conditions, which are costly and impact people's lifestyle and health. We are developing a survey tool to capture the health behaviours and emotional, mental, and physical wellbeing of the Australian population.

The aim of this study is to develop an initial survey tool to collect the health behaviours and wellbeing of Australians and to gain a deeper understanding into the aspects of nutrition, lifestyle, personal context and wellbeing that relate to healthy lifestyle behaviours. We will use the knowledge gained from this study to understand the most important aspects of health and wellbeing to assess in our future research.

### WHAT IS THE AIM OF THIS STUDY?

The aim of this study is to develop a consumer facing survey tool to collect the health behaviours and mental, emotional, and physical wellbeing of Australians. We will use this data to better understand wellbeing, and to explore what are the most important aspects of health and wellbeing to measure and focus on in our future research.

### HOW WILL THE STUDY BE CARRIED OUT?

- If you wish to participate in this study, you will indicate consent by selecting the option below.
- You will be directed to the anonymous online survey, hosted by a secure online survey platform.
- Providing you are eligible to participate, the survey will include questions surrounding demographic information (i.e., age, education, etc.), as well as a variety of validated questionnaires related to mental, emotional, and physical wellbeing, and lifestyle behaviours.
- The survey will take you approximately 20 minutes to complete.

## WHO CAN TAKE PART IN THE STUDY?

To be eligible to participate in this study, you must/be:

- Aged 18 years or older
- Currently residing in Australia

*Please note: If you are currently feeling elevated levels of distress or think that answering questions of this nature will be troubling for you, we advise that you do not participate in the current study.*

## WHAT ARE THE BENEFITS OF PARTICIPATING IN THE STUDY?

You may not benefit directly from participation in this study, but you will be providing a valuable contribution to the scientific knowledge in this field. Upon completing the survey, you will have the opportunity to enter a draw to win 1 of 20 \$100 digital vouchers (terms and conditions apply). All survey data is confidential and anonymous. Therefore, we will be unable to provide you with personalised results. The findings may be published, but these will be based on non-identifiable, aggregated data. Once the data have been analysed and summarised, a media campaign will be released to communicate the results to the Australian public. If you wish to receive a summary of the group results or being part of future health and wellbeing surveys, you can email [chewstudy@csiro.au](mailto:chewstudy@csiro.au) with **Results** and/or **Subscribe**.

## ARE THERE ANY RISKS INVOLVED?

We will publish the results, but these will be based on non-identifiable aggregated data, and you will not be individually identifiable. There is a small risk that completing validated scales related to mental, emotional, and physical wellbeing may remind people of current psychological challenges, or otherwise induce mild psychological discomfort. We do not anticipate that this study will pose any additional level of risk beyond what people experience in their everyday activities. However, in the unlikely event that you experience psychological discomfort during or following your involvement in this project or feel that you need greater support with managing your mood or stress, we suggest that you contact one of the support resources listed on the Australian Government's Health Direct website at: <https://www.healthdirect.gov.au/mental-health-helplines>. Alternatively, you can contact the Principal Investigator of the project, Emily Brindal, via email: [emily.brindal@csiro.au](mailto:emily.brindal@csiro.au).

One of the tools we are using offers an indication of distress that can be useful as a tool to indicate that you may need to talk to someone about your mental wellbeing. If your score indicates that you have elevated levels of psychological distress, the survey will automatically let you know that although it is not a diagnostic tool, it may be worth considering whether you need to follow up with a health professional.

All human research undertaken by the CSIRO must comply with the values, principles, governance and review process specified in the *NH&MRC National Statement on Ethical Conduct in Human Research* (2007, updated 2023). A copy of the National Statement can be found at [www.nhmrc.gov.au/guidelines/ethics/human\\_research/index.htm](http://www.nhmrc.gov.au/guidelines/ethics/human_research/index.htm)

## HOW WILL MY PRIVACY BE PROTECTED?

Your personal information is protected by the *Privacy Act 1988* (Cth) (Privacy Act) and CSIRO will handle your personal information in accordance with this Act. You can participate in this survey anonymously, which means that your personal information will not be collected (the survey contains some mandatory demographic information, which will aid high level analysis of the results. Given the sample size and virtual nature of this survey, CSIRO is confident no one will be able to identify an individual respondent).

Your personal information (in particular, your email address) will be collected if you wish to be considered in the prize draw which is open to survey respondents. These email addresses will not be connected in anyway with your survey response. You may complete the survey without providing your email address, but you will not be entered into the prize draw. You may use an email address that does not identify you by name.

Your email address will not be stored by CSIRO beyond the conclusion of the prize draw and will not be used for any purpose other than conducting the prize draw and contacting winners. CSIRO is providing other options to join a mailing list if you wish to remain informed about research and developments in this field.

Your email address will not be disclosed overseas or to any third party.

CSIRO will be using Qualtrics to conduct this survey. Qualtrics will only use Australian-based servers and is contractually committed to complying with the Australian Privacy Principles.

It is anticipated that aggregated survey results will be published and/or presented in a variety of forums. This includes the production of a general report as well as scientific journal publications, conference presentations and/or press releases. De-identified information collected through the surveys may also be shared with other researchers for the purposes of verifying published results or future research. Sharing of this information may include putting it in data repositories where anyone can easily access it. We will ensure this information cannot be linked to you before it is published or shared.

For further information about how CSIRO handles your personal information and our access, correction and complaints process please read our [privacy policy](#) available on our website or by contacting us at [privacy@csiro.au](mailto:privacy@csiro.au).

You are also not to disclose any confidential information about others without their permission.

## WHAT IF I WISH TO WITHDRAW?

Participation in this project is completely voluntary and you are free to withdraw at any time. If you choose to withdraw, you may simply close your internet browser or navigate away from the survey. However, your data up to this point will be retained and cannot be removed later because there will be no way to link back to you.

## IF YOU HAVE FURTHER QUESTIONS

Please contact the Project Team, via email: [chewstudy@csiro.au](mailto:chewstudy@csiro.au)

This study has been approved by the CSIRO Low Risk Review Panel. If you would like to speak with someone with respect to ethical matters or wish to register a formal complaint about the conduct of this research, please contact the Secretary of the Committee via email at [chmhrec@csiro.au](mailto:chmhrec@csiro.au).

## CONSENT

1. I voluntarily consent to take part in the research project entitled: “CSIRO Behavioural Health & Wellbeing Survey” – Low Risk Review Panel Number: 2023\_070\_LR
2. I am at least 18 years of age and have legal authority to independently consent to my participation in the research.
3. I recognise that my participation in this study will assist with the advancement of science and that I may not benefit personally from the research.
4. I understand that none of the information/data will be released in identifiable form.
5. I understand that I am free to withdraw from the project at any stage (noting that CSIRO will not be able to remove any anonymous data from the project once submitted).
6. I understand that any information/data obtained from me will be used for the purposes of research related to this study, as specified in the information sheet. I also understand that my information/data may be stored by CSIRO as stated in the information sheet, before being discarded.
7. I donate the information/data generated for this project to future unspecified research purposes, provided that all such research is approved by an ethics committee.
8. I understand that all data will be hosted in Australia and subject to local laws regarding privacy.
9. I acknowledge that I have read and understand the attached Participant Information Sheet and I agree to take part.