**Information Sheet**

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| Supervisor: Dr David Coyle  Topic: Technology Enabled Mental Health for Young People.  Funder: European Union’s Horizon 2020 research and innovation programme under the Marie Sklodowska-Curie Action grant number 722561 | University College Dublin  Belfield, Dublin 4, Ireland  Email: Claudette.pretorius@ucdconnect.ie  https://www.team-itn.eu |



**Project Title: A Survey of Online Help-Seeking in Young Adults**

This research is being conducted by Claudette Pretorius, a doctoral candidate in School of Computer Science at the University College of Dublin under the supervision of Dr. David Coyle. This research is part of the TEAM (Technology Enabled Youth Mental Health) consortium. Our focus is on the design and development of new technology-enabled mental health services.

We would like to invite you to take part in an online survey that looks at how young people look for information and help online for personal and emotional concerns. Before you decide whether to take part it is important that you understand why the research is being done and what it will involve. Please take time to read this information sheet carefully.

***What is this research about?***

This research is interested in learning how young people look for help for personal and emotional concerns online and which factors influence this process. We are particularly interested in your views of e-mental health and using the internet and technology for mental health information and support.

***Why are we doing this research?***

We understand that it is sometimes difficult to find the right information online. By gathering information on young people’s current online information and help-seeking behaviours, we hope by the end of the research project to develop an online tool that can safely and accurately refer young people to online supports relative to their level of need.

***Why have you been invited to take part?***

You have been invited to take part because you are a young person between the ages of 18 and 25. Your views and experiences are very important in helping us understand how young people look for support and information online for personal and emotional concerns.

***How will your data be used?***

Results of the study may be presented at future academic or research conferences, or within research journals. Information from this study will also be included in a doctoral thesis. It won’t be possible for any individual to be identified from these results.

With your permission, data related to your participation will be submitted to the Horizon 2020 open access repository. This data is completely anonymized. This process is integral to the research process as it allows other researchers to verify results and avoid duplicating research in the future.

***What will happen if you decide to take part in this research study?***

If you wish to take part in the survey, you can click onto the next page. By completing the survey, you agree to take part in the research. The online survey will take approximately 15 minutes to complete.

***How will your privacy be protected?***

This survey is anonymous in that we do not ask for your name or any identifying information. Your responses will be confidential and we do not collect identifying information such as your name, email address or IP address. Only those associated with this study will have access to these records which are secured by encryption and are password protected.

***What are the benefits of taking part in this research study?***

Information from the survey will be used to guide the development of an online tool that will assist the online help-seeking process, hopefully making it simpler and more reliable. The information will also be used to inform the development and improvement of online mental health supports.

***What are the risks of taking part in this research study?***

You may feel that some of the questions we ask are stressful or upsetting. If you should find any question to be invasive or offensive, you are free to omit answering or participating in that aspect of the study. If you do experience any distress from participation, please contact one of the mental health supports provided below:

**Samaritans:**   
Phone: 116 123 (Freephone, Republic of Ireland)

Email: jo@samaritans.org

*24 hours a day, 365 days a year*

**If you are in crisis:**

* Contact your local doctor. To find yours, visit **www.icgp.ie/go/find\_a\_gp**
* Go to, or contact, the Accident and Emergency Department of your nearest general hospital
* Emergency services can be contacted at any time by dialling 999 or 112.

***Can you change your mind at any stage and withdraw from the study?***

Participation in this research is voluntary. If you don’t wish to take part, you don’t have to. If you do consent to participate, you can withdraw from the survey at any time while you are answering the questions, however, once you have finished and submitted your answers, your data will be combined with that of other participants and will therefore no longer be identifiable. Accordingly, once your data have been submitted you will not be able to withdraw your participation.

***How will you find out what happens with this project and contact details for further information?***

If you would like to be kept informed about the survey and the broader study, please contact Ms. Claudette Pretorius on [Claudette.pretorius@ucdconnect.ie](mailto:Claudette.pretorius@ucdconnect.ie) . You can also find more information general information about the TEAM project at this web address: [www.team-itn.eu](http://www.team-itn.eu)