

Information Sheet

*Emotion Regulation after Brain Injury
(ER-ABI): Group Therapy Program*

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You have been nominated as a knowledgeable person (for example a close friend or family member of an individual who has volunteered to take part in a study being conducted by researchers from the University of Western Australia (UWA)).

Why we are doing the study

The purpose of this study is to pilot a group therapy program for individuals who have difficulty regulating their emotions following a brain injury. We hope to establish the effectiveness of this program in improving participants' ability to regulate their emotions. Our aim is to make the program widely available for use in settings such as inpatient or outpatient rehabilitation centres and hospitals.

What your participation will involve

If you agree to participate, we will provide several brief questionnaires to you – either in paper form delivered to you in person or by mail, or in an internet version which you would access via a link sent to you by email. These questionnaires will ask you to provide some information about the person's recovery – including physical symptoms, ability to complete everyday tasks independently, memory and about their ability to manage their emotions. Completing the questions should take about 30 minutes, and provides some of the most important information in this research.

We are reliant on friends and family members like you to inform this research about improving emotion regulation after acquired brain injury. However, we understand that you may not be able to complete any or all of the questionnaires given limited time, and of course there is no obligation or adverse consequences to the individual if you are unable to do so. However if you are willing to fill out even one questionnaire, that would be very helpful, and we have placed the questionnaires in order of how vital they are to the research. So feel free to complete as many or few as you are able, or to leave individual items blank if you feel you do not have the information, or if you feel uncomfortable answering the question.

We will ask you (with your permission) to complete these questionnaires (or a subset of them) after they have completed the 8 week group intervention program, and after a follow-up session one month later. You are invited to complete the questions at each time point if you are still in contact with the individual. However, you are also free to only complete the questions at a single time point without any obligation to fill out the questions in the future.

How your privacy and confidentiality will be protected

You can mail the questionnaires directly to us, or fill in the questions online, and your responses will remain confidential. That is, no one will be allowed to see it without your permission unless required by law. No information that can identify who you are will be kept with your study results. We will assign a code number (e.g., 001) to your results instead of your name so that you cannot be identified from your results. Only the chief researchers will have a list that can connect you with this code number so that we can match your results from one time to the next. This list will be kept secure in a locked office at UWA.

Data collected in this research will be communicated to other researchers studying brain injuries, through published research articles and conference presentations.

The data may also be used in research projects completed by students who are learning to do research in this area. Data that are presented will only include very basic information (e.g., age and gender) and no one would be able to identify who you are from this information.

Voluntary participation and withdrawal

Your participation in this study is completely voluntary. You do not have to participate and, if you decide to take part, you are free to withdraw at any time. Please note, your decision to participate or not will not affect your nominators place in the group therapy program. That is, the nominator is not required to have a study partner in order to participate in the ER-ABI group program and their inclusion will not be affected by whether or not you agree to participate.

The Human Research Ethics Committee at The University of Western Australia requires that all participants are informed that, if they have any complaint regarding the manner in which a research project is conducted, this may be given to the Secretary, Human Research Ethics Committee, Registrar's Office, The University of Western Australia, 35 Stirling Highway, Crawley, WA 6009 (telephone 6488-3703).