

This information will be presented in the Minding Your Mind app in a click-through format rather than as a static document, allowing participants to engage with the content in a more interactive and digestible way. This format ensures that key details are delivered in a clear and structured manner, making it easier for participants to navigate and understand the information at their own pace.

For individuals who decide not to participate in research as part of their use of the Minding Your Mind app, there will be an 'x' in the top right-hand corner of each slide so that users can exit out of the participant information and go back to the app dashboard. Once the 'x' is pressed, a message will come up that says:

**Are you sure you want to exit out of this information? If you change your mind and want to find out more information about participating in research later, you can always come back to it through the app settings!**

- ☐ **Yes** → redirect to app dashboard.
- ☐ **No** → continue on current slide.

### Slide 1:

Would you like to be included in our mental health research?

You can help the wider community and other young people like you by sharing your data with us as part of a research project at the Brain and Mind Centre (University of Sydney)! We're building a 'big-picture' database to understand how mental health changes over time. Your data, along with info from other young people, helps us see the bigger picture about mental health. The more we learn, the better we can get at spotting mental health challenges earlier and improving supports for young people.

This study has been approved by the Ethics Review Committee (RPAH Zone) of the Sydney Local Health District (X24-0175).

- ☐ I'm not interested in the study → **Continue to slide 2.**
- ☐ Tell me what's involved → **Continue to slide 3.**

### Slide 2:

If you change your mind or want to find out more information about the research later, you can always come back to this in the app settings! → **Exit information and redirect to app dashboard.**

### Slide 3:

What do I need to do?

By joining this research, you agree to share the data you enter into the Minding Your Mind app for research purposes. That's it! You won't be asked to do anything extra—just use the app however you like. → **Continue to slide 4.**

### Slide 4:

What type of data is shared?

There are two types of data that are collected in the app and shared with us:

1. Surveys: The app will send you short surveys at different times—twice a day (morning and night), weekly and every few months. These help the app learn about your mood and experiences over time.
  - You decide how many surveys you want to do.
  - Daily and weekly surveys are super quick—just a few minutes.
  - Quarterly surveys take a little longer (about 10 minutes).

- They might feel repetitive, but that's because tracking changes over time is important!
2. **Passive data:** Your smartphone and smartwatch can track things like movement and location—this is called passive data. Our app gives you the option to share your Apple Health data with us, but it's completely your choice. If you decide to use this feature, your Apple Health data will also be included in the research.
- Before anything happens, you'll be asked if you want to give permission for the app to access this information.
  - You can choose which data (like steps or location) you're okay with sharing and you can change your mind anytime and turn it off under app permissions in your phone's Settings.
  - If you do share the data, it'll sync automatically and you'll see your health stats in the Minding Your Mind app.

If you're part of another research study (like one at the Brain and Mind Centre), we may combine your data from that research with your app data—but only in a de-identified way. This helps us get a clearer picture while keeping your info safe and private.

- You'll need to enter a unique ID code (provided to you by the research team) to link your data.
- No personal details will be used—just the code, so we can't identify you.

→ **Continue to slide 5.**

#### **Slide 5:**

Who gets to see my data? Where is it stored?

Cogniss is an Australian technology company that helped the researchers build the Minding Your Mind app. Your info is protected under the Cogniss privacy policy ([www.cogniss.com/privacy-policy](http://www.cogniss.com/privacy-policy)). Your email and app data are stored separately on secure, password-protected servers at Cogniss and the University of Sydney. If you agree to take part:

- Your data will be grouped with others—no one will know it's yours.
- Researchers at the Brain and Mind Centre will analyse the data.
- Findings may be shared in scientific papers, reports, and presentations, but never with your identifying details.

→ **Continue to slide 6.**

#### **Slide 6:**

Will I get to see any of the research results?

Yes! Any research from this project will be open access, meaning you can read it for free!

We'll also create easy-to-understand summaries written by our lived experience researchers from our team. You'll find these on our website: [www.mindingyourmind.co](http://www.mindingyourmind.co).

→ **Continue to slide 7.**

#### **Slide 7:**

What if I join the research and then change my mind?

No worries! Taking part in this study is completely up to you—you don't have to join, and if you do, you can leave anytime without giving a reason.

Here's how:

- Stop using the app if you don't want your data shared.
- Skip surveys whenever you like.
- Don't open the app, and it won't read your Apple Health data. Or you can turn off the app's permissions anytime in your phone's Settings.
- Delete your account anytime under 'My account'.

If you want to keep using the app but stop sharing data, or if you'd like your past data deleted, just email the research team at [research@mindingyourmind.co](mailto:research@mindingyourmind.co).

→ Continue to slide 8.

#### Slide 8:

If you have any questions, you can reach out to our team at [research@mindingyourmind.co](mailto:research@mindingyourmind.co) and you can read our full participant information sheet by going to the following link [www.mindingyourmind.co/app](http://www.mindingyourmind.co/app)

This study has been approved by the Ethics Review Committee (RPAH Zone) of the Sydney Local Health District. If you have any concerns, you can contact the Executive Officer at (02) 9515 6766 or email [SLHD-RPAEthics@health.nsw.gov.au](mailto:SLHD-RPAEthics@health.nsw.gov.au). Please mention protocol number X24-0175.

Now you know what's involved, are you interested in participating in the research?

- ☐ No thanks (you can always change your mind later) → Continue to slide 9.
- ☐ Yes, I want to participate. Take me to the final step! → Continue to slide 10.

#### Slide 9:

If you change your mind or want to find out more information about the research later, you can always come back to this in the app settings! → Exit information and redirect to app dashboard.

#### Slide 10:

Review each point below and confirm your consent by ticking the box. If you've changed your mind, just exit this page. Once you hit submit, you'll be part of the study!

1. ☐ I have read the participant information and am fully aware of what is involved in the research. → go to Q2.
2. ☐ Count me in – I agree to participate in this research study and share my data for research purposes.\* → go to Q3.
3. ☐ I understand that I can withdraw from the research at any time.\* → go to Q4.
4. I am currently participating in another research study at the Brain and Mind Centre and I agree to linking my data in a de-identified form:\* → go to passive data permissions.
  - ☐ Yes
  - ☐ No
  - ☐ N/A, I am not participating in another research study at the Brain and Mind Centre.

\*Users must respond to all points (1–4) and press “submit” at the end to complete their consent.