

Project Information Sheet

Long-term follow-up of symptoms, quality of life and functioning of patients treated with group cognitive behavioural therapy for anxiety and/or depression

Dear Participant,

I am a PhD student under the supervision of Professor Tian Oei and I am hoping to conduct follow-up interviews to examine the long-term benefits of group cognitive behavioural therapy (GCBT) for anxiety and depression, as part of my PhD thesis. As someone who has completed the GCBT program at Toowong Private Hospital, I value your perspective on the course and we are interested in whether it has provided you with benefits for your symptoms, quality of life and daily functioning.

The proposed research will examine the long-term effects of GCBT on symptoms and on the quality of patients' lives, from their perspective. Clearly, a treatment that can also improve QOL and functioning of patients, both at the end of therapy and in years to follow, will be highly beneficial for future anxiety and depression patients. Benefits to participants include being able to obtain an update on your mental health status and quality of life, and to give feedback on the services that you initially received at the hospital, so that we can continue to improve and provide a high standard of care.

The study will involve an interview with a registered psychologist-in-training and completion of a questionnaire booklet, which together should take no longer than an hour. Interviews will take place at Toowong Private Hospital, however alternative arrangements can be made if it is too difficult or too far for you to travel. In addition, all participants will receive a gift voucher as a token of our appreciation for your time and effort. All of the information obtained in the interview and from the questionnaires will be kept in locked files at the hospital, to ensure the highest confidentiality and no identifying participant details will be made public in any subsequent reports. You will be free to withdraw from the study at any time without consequences and you do not have to answer any questions that make you feel uncomfortable.

This study has been cleared in accordance with the ethical review processes of the University of Queensland and within the guidelines of the National Health & Medical Research Council. You are, of course, free to discuss your participation with project staff (contactable on: 0421 037 261). If you would like to speak to an officer of the University not involved in the study, you may contact one of the School of Psychology Ethics Review Officers directly on 3365 6394 or by email: john@psy.uq.edu.au for John McLean, or on 3346 9517 or by e-mail: stone@psy.uq.edu.au for Valerie Stone, or contact the University of Queensland Ethics Officer on 3365 3924, e-mail: humanethics@research.uq.edu.au.

Thankyou,

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