



Information and Consent form for Interview Participants

Project Title: Qualitative Study on the Health and Well-being of Families of Canadian Armed Forces Veterans with Mental Health Problems

Researchers: Dr. Heidi Cramm, PhD, OT Reg. (Ont.), Queen's University
Dr. Deborah Norris, PhD, Mount Saint Vincent University
Dr. Maya M. Eichler, PhD, Mount Saint Vincent University
Dr. Kelly Dean Schwartz, PhD, University of Calgary
Ms. Alyson Mahar, PhD (Candidate), Queen's University
Ms. Andrea M. Stelnicki, PhD (Candidate), University of Calgary
Ms. Linna Tam-Seto, PhD (Candidate), Queen's University
Ms. Kimberley Smith-Evans, MA (Candidate), Mount Saint Vincent University
Ms. Bailey Wheeler, MSc (Candidate), University of Calgary
Dr. Dave Blackburn, PhD, Université du Québec en Outaouais

We would like to invite you to participate in this research study entitled "*Qualitative Study on the Health and Well-being of Families of Canadian Armed Forces Veterans with Mental Health Problems.*" Please read this Consent Form carefully and ask as many questions as you like before deciding whether to participate in this research study.

Details of the Study

The purpose of this study is to better understand the impacts of Canadian Armed Forces (CAF) Veterans' mental health challenges on the family, factors that contribute to the mental health and well-being of CAF Veterans and their families, and the effectiveness of current support services during the military to civilian transition period. Furthermore, the researchers seek to identify interventions and supports accessed during the military to civilian transition and their success in addressing the mental health needs of the Veteran family.

This form provides information about the study. If there is anything you do not understand, please feel free to contact any member of the research team with any questions you may have.

Description of Procedures

You will be asked to complete an interview with the researcher at a convenient time. The interview will take place over the telephone or through Skype. When you meet with the researcher s/he will talk to you about any challenges you and/or you family have encountered while your family member was transitioning out of the military and whether available support services were useful in addressing these challenges. If you are not comfortable talking about a topic, you do not have to; just ask to skip the question. We expect that the interview will last about 60 to 90 minutes.

Risks and Benefits:

There are no expected risks from participation in this research study. As a benefit, participants may gain insight into their own knowledge of the mental health of CAF Veterans, but there is no guarantee that the research will benefit participants. The information gathered from this study will provide the Veterans Affairs Canada, health care professionals, and community service providers with a more in-depth understanding of the challenges and strengths experienced by the families of CAF Veterans and support services used by Veterans and their families. Your decision to participate in this process will not impact any current or future services, support or benefits you or your family member may receive from Veterans Affairs Canada.

Confidentiality

All information obtained during the course of this study is confidential and your identity will be protected at all times. We will not tell anyone who participated in this study. You will not be identifiable in any publications or presentations resulting from this study. Pseudonyms will be used and all potentially identifying information, such as the names of family members, communities, schools, names of agencies, names of consulting professionals will also be changed or redacted in the transcripts so as to maintain the confidentiality of the participants. With your permission your interview will be recorded and transcribed verbatim. The recordings of the interviews will be labelled with a Study ID generated by the researchers, not with your name. Interview transcriptions (typed copies of the interviews) will be labelled with a Study ID. The master file that links you with a Study ID will be stored on a secure server that will only be accessible by the research team. The study materials (including the consent forms, audio recordings of interviews, and transcriptions) will be kept for a period of 5 years after the study has been completed. All paper records will be stored in a locked file and office. All electronic files will be stored on secure servers and protected by user passwords, again only accessible by the research team.

Freedom to Withdraw or Participate:

Your participation in this study is voluntary. You have the right to withdraw from the study at any time without any impact. You may refuse to answer any question you do not want to answer, or not answer an interview question by saying “pass”. There is no expectation that any distress will be experienced as a result of these interviews. It should be noted, however, that the personal nature of the questions may lead to unanticipated emotional recollections. You are reminded that you may stop the interview at any time if the process creates any discomfort. If you experience significant emotional or psychological discomfort, you will be provided with contact information for confidential services within the community that will be able to support you. Your

participation or non-participation in this study will not influence any services or programs you are accessing or wish to access in the future.

If you have any questions:

You can ask questions any time before, during, or after the study. You can call Dr. Heidi Cramm or a member of the research team listed below:

Dr. Heidi Cramm: 613-533-6094; heidi.cramm@queensu.ca

If you have any concerns about your rights as research participant please contact Dr. Albert Clark, Chair of the Queen’s University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board, toll free at 1-844-535-2988.

Consent to Participate in Research

Consent to Participate

By signing this consent form, I am indicating that I agree to participate in a research study titled, “*Qualitative Study on the Health and Well-being of Families of Canadian Armed Forces Veterans with Mental Health Problems.*” I have read this consent form (or have had this document read to me). I consent to participate in this study. I know I can change my mind at any time.

Participant Name

Participant Signature

Date

I confirm that I have explained the study to the participant to the extent compatible with the participant’s understanding, and that the participant has agreed to be in the study.

Printed name of
Principal Investigator

Signature of
Principal Investigator

Date