

Depression & Anxiety Consumer Research Unit  
**CENTRE FOR MENTAL HEALTH RESEARCH**

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The ANU Centre for Mental Health Research conducts high quality research into mental health problems in the community. The Centre's research programs focus on improving public knowledge about mental health, identifying risk factors for common mental health problems such as depression and anxiety, and developing programs for the prevention and treatment of these problems.

The Centre recently established the Depression & Anxiety Consumer Research Unit (CRU). This Unit is a world-first – it not only focuses on depression and anxiety from a consumer (sufferer's) perspective, but is also staffed by qualified and experienced academic researchers who have personally experienced depression or anxiety disorders.

From time to time CRU and other collaborators at the Centre conduct research which involves direct participation or input from people who have suffered from an anxiety or depressive disorder. To enable this, CRU maintains a Depression and Anxiety Consumer Register. The Register forms a 'pool' of consumers who may be interested in helping us with future research.

Should you decide to join the register, you will be contacted in the future with the option of participating in a study. You can choose or decline to participate in any study at any time. You can also choose to leave the Register and you will not be contacted again for future studies.

As a member of the register you will also receive newsletters and other publications from CRU and the Centre, keeping you up to date with latest research programs and findings.

We hope that you will consider joining the Register, so that with your help we can conduct meaningful research which makes a real difference to the community.

To join, please fill out the personal information sheet and consent form, and return by mail to:

Consumer Research Unit Register  
Centre for Mental Health Research  
Building 63, Eggleston Rd  
The Australian National University  
Canberra ACT 0200

Yours Sincerely,



Associate Professor Kathy Griffiths  
Director  
Depression & Anxiety Consumer Research Unit

## Consent Form: Depression & Anxiety Consumer Register

*This form provides formal consent for your details to be recorded in a database for future studies conducted by the ANU Centre for Mental Health Research.*

### Background

The ANU Centre for Mental Health Research conducts community research projects, designed to help people improve their mental well-being. To do this, we need people who are willing to participate in our research projects. We also need to collect scientific information from participants during these studies.

### Privacy

The ANU Centre for Mental Health Research complies with The Privacy Act 1988 (Commonwealth). The Privacy Act lays down a set of information privacy principles, which oblige us to treat all the information given to us by participants in our research with the utmost respect, and to take every measure possible to ensure that their confidence is never breached.

For the Consumer Register, this means that **no** information that you may provide in the future as part of research conducted by the Centre for Mental Health Research will be stored with your personal details. You will be assigned an ID number, and the information you provide will be catalogued by your ID number. The Consumer Register and the data collected during future studies will be stored separately. Survey answers and other data collected will never be linked back to names.

### Consent

I hereby consent to my name and address being held in an electronic database, and understand that I may be contacted in the future regarding participation in projects conducted by the ANU Centre for Mental Health Research.

I have been informed that participation in the database is voluntary and that at any time and without giving a reason, I may withdraw from the database. I understand that I may refuse to participate in any future study, but I may be contacted in the future regarding other studies.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name (please print):** \_\_\_\_\_

*Please return this form with your personal information sheet. A copy will be returned to you for your records.*

## Personal Information Sheet: Depression & Anxiety Consumer Register

Title \_\_\_\_\_ First Names \_\_\_\_\_ Surname \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

Sex:  Male  Female Age: \_\_\_\_\_

Do you have problems with anxiety or depression?  
(tick one or both boxes)  Anxiety  
 Depression

Do you have access to the Internet?  Yes  No

Do you wish to receive research information  
(like newsletters) from the Centre?  Yes  No

Are you able to travel to the ANU  
to participate in projects?  Yes  No

Comments (if applicable):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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*Please return this sheet with your consent form.*