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School of Social Work and Arts

Faculty of Arts and Education

# Participation Information Sheet

**Exploring the Potential for Feedback-Informed Treatment in Adventure Therapy**

**Chief Researcher**

Dr. Will W. Dobud

*BSW, MSW(AP), PHD*

Social Work Lecturer

Charles Sturt University

**Invitation**You are invited to participate in a research study exploring the outcomes of adventure therapy practitioners. The study is being conducted by social worker and adventure therapy researcher Will Dobud from the School of Social Work and Arts at the Charles Sturt University.

Before you decide whether or not you wish to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish.

1. **What is the purpose of this study?**

This research will explore the individual outcomes of adventure therapy practitioners towards the development of a new database of adventure therapy outcomes. This study is informed by the research questions:

1. What are the individual outcomes of adventure therapy practitioners?
   1. Are there factors, such as theoretical orientation, years of experiences, or practice settings, that impact adventure therapy outcomes?
   2. Do adventure therapy practitioner outcomes improve over time?
2. Do therapeutic alliance measures correlate or predict positive adventure therapy outcomes?
3. How many adventure therapy sessions are necessary before change occurs (i.e. dose-effect)?
4. **Why have I been invited to participate in this study?**

You have been invited to participate in this study as you are an adventure therapy provider working in outpatient settings.

1. **What does this study involve?**

If you agree to participate, you will be asked to incorporate two ultra-brief measures to your adventure therapy practice. The two measures are commonly used in the evidence-based, Feedback-Informed Treatment. First, the Outcome Rating Scale, commonly referred to as the ORS, is a general measure of wellbeing which takes approximately one minute for your client to complete. This will be administered to your client at the beginning of the session. Before the end of the session, the Session Rating Scale (SRS) or Group Session Rating Scale (GSRS) is to be administered to the client(s). These scales are alliance measures and provide the opportunity for your client to rate the adventure therapy session and the quality of the therapeutic alliance.

Upon completing the session, you will be asked to take 3-5 minutes to add the client measures into a pre-formatted Excel spreadsheet provided to you by the chief researcher. You will be asked to return the spread sheet every three months via email so the researcher can track outcomes over time. This study will continue for two years (unless you decide to withdraw), totalling eight times required of you to return the spreadsheet to the researcher.

Training on the use of the instrument will be delivered prior to commencing participation in this study via Zoom beginning in April. If you are interested in registering for this training, please contact [wdobud@csu.edu.au](mailto:wdobud@csu.edu.au). Access to the recordings will be provided after the live session. It is not compulsory for you to attend the live session.

1. **Are the risks and benefits to me in taking part in this study?**

We do not anticipate any risk or benefitting in this study. While we cannot promise any benefits, implementing Feedback-Informed Treatment into your practice has been described by the American Psychological Association has the best available model for improving your outcomes. It is possible that by monitoring your outcomes you will be able to improve your clients’ outcomes. 

1. **How is this study being paid for?**

This study is self-funded by the researcher.

1. **Will taking part in this study (or travelling to) cost me anything, and will I be paid?**

There is no cost or stipend awarded for participating in this voluntary research. 

1. **What if I don’t want to take part?**

Participation in this research is entirely your choice. Only those people who give their informed consent will be included in the project. Whether or not you decided to participate is your decision and will not disadvantage you.

1. **What if I participate and want to withdraw later?**

If you decide to participate, you may withdraw from the project at any time without giving a reason and have the option of withdrawing any data you provide. Withdrawal is to be advised via email directly to the Chief Researcher, outlining whether or not you wish to withdraw data provided. No questions surrounding the reasons for this decision will be asked.

1. **How will my confidentiality be protected?**

We will not ask for any identifiable information to be included in your spreadsheet, which we will collect every 3 months. We will not ask you to collect any identifiable information from your clients, other than specific demographics. Data will be retained for at least 5 years on a password protected hard drive in the researcher’s office.

1. **What will happen to the information that I give you?**

The information you provide will be moved from the Excel spreadsheet into IBM’s Statistical Package for Social Sciences computer software for ongoing data analysis. It is expected that this data will be used for the development of at least 3 peer-reviewed journal articles. You will be responsible for obtaining informed consent from your client. We have provided a consent form for your client (or their legal guardian when necessary) to be provided with and signed. You are free to request access to the spreadsheet and its data at any time through your therapist.

1. **What should I do if I want to discuss this study further before I decide?**

If you like further information, please contact Will Dobud by email at [wdobud@csu.edu.au](mailto:wdobud@csu.edu.au) or by phone on +61 0477161768.

1. **Who should I contact if I have concerns about the conduct of the study?**

Potential participants can obtain further information about the project from Charles Sturt University’s Human Research Ethics Committee who has approved this project. If you have any complaints or reservations about the ethical conduct of this project, you may contact the Committee through the Executive Officer:

The Executive Officer  
Human Research Ethics Committee  
Tel: (02) 6338 4628  
Email: [ethics@csu.edu.au](mailto:ethics@csu.edu.au)

Charles Sturt University’s Human Research Ethics Committee has approved this project.

If you have any complaints or reservations about the ethical conduct of this project, you may contact the Governance Officer on (02) 6933 4213 or [ethics@csu.edu.au](mailto:ethics@csu.edu.au).

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.

**Thank you for considering this invitation. This information sheet is yours to keep.**