**Informed Consent Form**

Men’s Mental Health- their way

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**Why are you invited to take part in this study? Why are we doing this study?**

We would appreciate your input regarding the focus of this research study initiated by BSW students at Thompson Rivers University. The purpose of this research is to explore barriers and deterrents men experience regarding programs intended to improve their mental health, and what alternatives they would like to see. We would like to receive men’s feedback on what they would find helpful, in the hopes that the research results could be used to stimulate further research for male-specific mental health interventions and designing programs that appeal to men.

**Your participation is voluntary.**

You have the right to withdraw at any time; not participating in the study will have no deleterious impact on your life and you have no obligation to complete it.

**What happens if you say, “Yes, I want to be in the study”? What happens to you in the study? How is the study done?**

The study collects data through quick, hard copy confidential surveys that will be anonymized after collection, compared to existing literature, and the findings summarized at the end of the study. The likelihood of you being connected to the used data with all identifiers removed is very unlikely. The name and contact information you provide on your consent form will be saved and used exclusively for the cash draw. After the data is collected, the researcher will be analyzing the results, comparing them to pre-existing literature and summarizing the results in a paper to be published within the social work field. It may also be presented at a conference for undergraduate research.

**Will you be paid for your time/ taking part in this research study?**

All participants will receive entry into a prize draw for $500 cash. The draw will be made after the data collection period, and the winning participant contacted. If the participant does not collect their prize within a week, names will be redrawn; all names and contact information will be destroyed after the prize is collected.

**Is there anyway being in this study could be bad for you?**

The risks of this study are minimal, although you may experience some emotional distress while reflecting on stressors in your life. If you would like to speak to a professional afterwards, please see the handout provided with services available in your community.

**Will being in this study help you in any way? What are the benefits of participating?**

Beyond the opportunity to win $500 cash, this study will not immediately benefit you, but it hopes to begin to raise awareness of the need to create more accessible services that appeal and benefit men.

**How will your identity be protected? How will privacy be maintained?**

Names and numbers are only used for the purpose of the prize draw and will not be connected to the survey results. They will be obliterated after the prize draw so no future connections can be made. No identifiers will be recorded as data collected from the interview. The results of this study may be published or presented to facilitate change in mental health approaches for men, but your identity and personal details will remain confidential. Only the research team can view and access raw data; the study summary will be free of personal identifiers and anonymized by being completely detached from participants’ personal identifiers.

However, there are legal limits to confidentiality and the researcher has a duty to report to the proper authorities disclosures that indicate a risk of harm to a child or the public, or current suicidality experienced by the participant.

If you have any further questions about the study or would like a copy of the final report and summary, please email the principal investigator, Jami Crego, at [cregoj10@mytru.ca](mailto:cregoj10@mytru.ca).

If you have any concerns or complaints about your rights as a research participant, please contact the Chair of the Research Ethics Board at Research and Graduate Studies, Thompson Rivers University, 805 TRU Way, Kamloops, BC.V2C 0C8. Email: TRU-REB@tru.ca; Phone: 250-828-5000.

*My signature on this form indicates that I understand the information regarding this research project including all procedures and the personal risks involved. I have had the opportunity to ask questions and am satisfied with the answers. I have received a copy of this consent form for my records. I voluntarily agree to participate in this project.*

Name: (Please Print)

Participant’s signature Date

Investigator and/or Delegate’s signature Date