



FIRST AID GUIDELINES FOR PROBLEM DRINKING

What is first aid for problem drinking?

This is the help provided to a person developing a drinking problem or in an alcohol-related crisis (e.g. alcohol poisoning). The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the aim of this project?

This project will produce general guidelines to direct mental health first aid provided by members of the public. These guidelines will also be applied in training courses for the public.

Who is conducting the research?

The research is being conducted by ORYGEN Research Centre, Department of Psychiatry, at the University of Melbourne. It has received approval from the Human Research Ethics Committee.

How is the research being funded?

The research project is funded by the Melbourne Research Grants Scheme.

What will the research involve?

You are invited to be an expert panel member for the development of the guidelines for problem drinking. If you agree to participate, you will be asked to do the following:

1. Complete a questionnaire via the internet which asks you to rate whether certain actions should be included in the first aid guidelines for problem drinking. (If you are unable to access the internet, we will provide a paper version of the questionnaire).
2. You may be asked to rate the statements again after you have seen a summary of the ratings given by other panel members, as the aim of the project is to achieve consensus about the best way to help someone who may have a drinking problem. You can choose to either retain or change your original ratings.
3. A maximum of three rounds will be required.
4. Provide any comments on a draft of the guidelines.

Please note that the expert panel will never meet face-to-face. All tasks will be completed individually in your own time. We expect that the questionnaire will take approximately 45 minutes to complete. We estimate the total time commitment for this project to be approximately two hours.

What if I change my mind?

Participation in this project is voluntary. Return of the questionnaire will imply your consent to participate. If you change your mind about participating, you are free to withdraw from the project at any time and you may also withdraw your data if you wish.

Who is being asked to participate?

We are inviting people to participate as panel members if they have expertise in problem drinking. The panel members will be drawn from English speaking countries. There are three categories of panel members:

1. Clinical expert - Someone with professional clinical experience in the area of problem drinking;
2. Carer expert - Someone who has cared for a person who has had a drinking problem and is now in an advocacy role (i.e. have an understanding of problem drinking beyond their own personal experience, e.g., spoken publicly about their experience to other carers or groups); and
3. Consumer expert - Someone who has at some time had a drinking problem but is currently functioning well, able to reflect on their experience, and is now in an advocacy role (i.e. have an understanding of problem drinking beyond their own personal experience, for example, facilitated recovery/self-help groups or participated on service user boards or committees).

What about privacy?

Any data we collect from you will be stored in a secure file and protected by password. As we are only interested in the consensus views of the panel, your personal responses will not be disclosed to others. Instead, we will present all participants results in statistical summary form. In accordance with University policy, the data file will be kept for at least 5 years after publication. The data file will be deleted if there is not continuing interest in the data.

Are there any risks?

We do not know of any risks of participation in this study.

What are the benefits?

This project has the potential to lead to better community support for people with mental health problems by providing guidance to Mental Health First Aid training programs. The first aid guidelines developed by this project will be relevant internationally for English-speaking countries and will be implemented in a range of training courses.

How can I get further information?

If you would like further information before deciding to participate, please contact Anna Kingston by email, annahk@unimelb.edu.au, or by phone: +61-3-9342 3764.

What if I have concerns about the project?

If you have concerns about the *scientific aspects of the study*, please contact the coordinator of the project, Anna Kingston by email, annahk@unimelb.edu.au, or by phone: +61-3-9342 3764 or Professor Tony Jorm by email: ajorm@unimelb.edu.au, or by phone: +61-3-9342 3747.

If you have concerns about the *ethics of the study*, please contact the Executive Officer, Human Research Ethics, The University of Melbourne, phone: +61-3-8344 2073, fax: +61-3-9347 6739.