

INFORMATION SHEET (PATIENT PARTICIPANT)

A naturalistic observational study of Western herbal medicine practice in self-reported anxiety and depression

WHO IS DOING THE RESEARCH?

Our names are Dr Jon Wardle, David Casteleijn, Michelle Boyd, Diana Bowman and Tina Taylor and we are academics at UTS (JW) and Endeavour College of Natural Health. The project has been funded by a grant from Endeavour College of Natural Health

WHAT IS THIS RESEARCH ABOUT?

This research is to find out about the practice and clinical effects of individualised herbal medicine in self-reported anxiety and depression, as it is practised by naturopaths.

IF I SAY YES, WHAT WILL IT INVOLVE?

Your practitioner will ask on our behalf that you fill out four forms initially (one demographic form and three assessment questionnaires), and three forms (the assessment questionnaires only) at the next two follow-up consultations. These forms will take about 15 minutes to complete. Practitioners will also provide detailed information about the herbal medicine treatment provided to you at each consultation. You will receive your herbal prescription free of charge, but will pay for your consultation, as per usual. Your treatment will not be changed due to involvement in this study, as the research is evaluating practice as it occurs in 'real world' settings. Results may be used to inform future research studies.

ARE THERE ANY RISKS/INCONVENIENCE?

Yes, there are some risks/inconvenience. The research will take some of your time. You may be asked some questions that make you feel embarrassed or uncomfortable. There are really very few risks because the research has been carefully designed. Patient treatment will not change because of involvement in this study, as we are seeking to test the therapies as they are practised in the 'real world'.

WHY HAVE I BEEN ASKED?

You are able to give me the information I need to find out about the practice and effects of individualised herbal medicine treatment because you are a patient seeking naturopathic treatment for self-reported depression and/or anxiety.

DO I HAVE TO SAY YES?

You don't have to say yes.

WHAT WILL HAPPEN IF I SAY NO?

Nothing. I will thank you for your time so far and won't contact you about this research again.

IF I SAY YES, CAN I CHANGE MY MIND LATER?

You can change your mind at any time and you don't have to say why. I will thank you for your time so far and won't contact you about this research again.

WHAT IF I HAVE CONCERNS OR A COMPLAINT?

If you have concerns about the research that you think we can help you with, please feel free to contact us on jon.wardle@uts.edu.au or 02 9514 4813.

If you would like to talk to someone who is not connected with the research, you may contact the UTS Research Ethics Officer on 02 9514 9772, and quote this number (UTS HREC 201400809; ECNH HREC 2015072)