

INFORMATION SHEET (PRACTITIONER 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. This study has been funded by a grant from the 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?

If you choose to participate we ask that you ask all patients who are seeking your treatment for anxiety or depression if they would like to be involved in the study. If they agree, we will ask that you have patients 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 at each consultation. Practitioners will attend an online training session to train them in study procedures and protocols. Patients will receive the prescription free of charge, and practitioners will be reimbursed for this expense. Patients will be asked to pay for their consultation, as per usual. 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 in clinic. 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 effects of individualised herbal medicine treatment because you are a naturopathic practitioner who provides herbal medicine 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 or the Endeavour College Research Ethics Officer on 02 9514 9772, and quote this number (UTS HREC 2014000809, ECNH HREC XXXX)