

Online consent procedure – SMAART Canada study

Note: Please see page 3 for Consent form

Study recruitment procedure

Participants from across Canada will be recruited using online advertisements asking for current drinkers who are, “concerned about their drinking and are interested in participating in a study to find ways to help people who are worried about their alcohol use.” Interested potential participants will complete a brief online screener to assess eligibility (18 years or older, current unhealthy alcohol use, use a smartphone). Those eligible will be sent to the online consent form (note: consent form all acts as the information sheet for this study – participants can download a copy for their records). As part of consenting to take part in the study, participants will be asked to provide their telephone number and mailing address as additional contact information, and provide permission for study staff to contact them via phone or mail for follow-up surveys if correspondence by email is unsuccessful. Those who complete the online consent form and provide a real postal address (each address is manually checked using the Canada Post address check website) will be sent a link by email to complete the baseline survey. This consent process is one that we have found to be particularly important in our previous trials to ensure that all participants have registered on their own behalf. A secondary advantage is that it promotes better follow-up rates as we will have multiple methods to contact the participant. Upon completing the baseline survey, participants will be sent a link to download the study-specific app. Participants will be provided with a code to unlock the app. Those that enter the code will be randomized to condition and the relevant content for the respective experimental condition will be unlocked (i.e., Full app or Educational only app).

Steps in online consent starting with the script used to introduce the initial eligibility screener

Initial script prior to screening survey:

Thank you for your interest in the study.

This study is aimed at helping us find ways to help people who are worried about their alcohol use.

To see if you are eligible to participate and find out more information, please click on the “next” button below to complete a brief 5 minute screener survey.

Click *here* if you would like to proceed to the screener survey.

Script seen by eligible participants:

Thank you for completing the screening survey. We have determined that you are eligible to participate in this study. You will be asked to complete the following steps:

1. On the next page, you will be asked to provide your contact information (email, telephone, mail) and to provide consent to participate in the study.
2. After having provided contact information and consent, you will be asked to complete a 10-minute baseline survey with further questions about you and your alcohol use.
3. After having completed the baseline survey and having installed a smartphone app that provides information about alcohol use we will provide you, you will be sent a \$10 Amazon.ca gift card.
4. In 6 months' time, you will be contacted again by email and asked to complete follow-up surveys about you and your alcohol use. After the completion of the survey at 6 months, you will be sent a \$20 Amazon.ca gift card.

Click *here* if you would like to proceed to consent.



CONSENT FORM

Smartphone app for alcohol use: A randomized controlled trial

You are being asked to participate in this research because you responded to our advertisement as someone who is concerned about their drinking and are interested in participating in a study to find ways to help people who are worried about their alcohol use. You must be 18 years of age or older to participate.

This study is being conducted by John A. Cunningham, Ph.D. (416-535-8501 ext. 34682) who is with the University of Toronto and the Centre for Addiction and Mental Health. The study is funded by the Canadian Institutes of Health Research.

- * This study is not a treatment program. However, at any time during this project you can contact (alexandra.godinho@camh.ca; or 416-535-8501 ext. 36073), Institute for Mental Health Policy Research, Centre for Addiction and Mental Health, Toronto, Canada to ask for assistance in getting a referral to a treatment service.
- * Following receipt of this completed consent form, you will be asked to complete a baseline questionnaire about your alcohol use as well as some other information about yourself. A link to a website where you can complete this questionnaire will be sent to the email address you provide. After completing the baseline survey, you will be given a link to download a smartphone app about alcohol use, along with a code you will need to enter into the app to unlock it. After entering the code to unlock the app, you will be sent a \$10.00 gift certificate from Amazon.ca as compensation for your participation.
- * There are two versions of the smartphone app in this study that provide different types of information about drinking. The type of information you receive will be determined by chance (you have an equal chance of receiving either type of additional information).
- * You will be asked to complete a Follow-up Questionnaire six months from now. A link to a website where you can complete this questionnaire will be sent to the email address you provide. The questionnaire will ask about your experience with alcohol use. In addition, you will be asked your impressions of the information about the information on alcohol use we provided to you in the smartphone app. You will be sent a \$20.00 gift certificate from Amazon.ca for the completion of this 6-month follow-up questionnaire as compensation for your participation.
- * This research study will involve approximately 750 participants. Each participant will be asked to take part in the study until they complete the follow-up questionnaire (about six months).

- * It is your choice whether you decide to take part in this study or not. You do not have to take part if you don't want to. If you do decide to participate, you can change your mind later. Your decision to not participate will not affect the medical care or any other services that you receive now or in the future at CAMH. You may decline to answer any questions asked of you by withdrawing from the study at any time by closing your browser window. If you withdraw from the study, you can also request that we discard any information you have already provided us with. Incomplete surveys will be discarded and not used in the study.
- * You will not receive any direct personal benefits for participating in this study, however you will help us find ways to help people who are worried about their alcohol use. While this research will not pose any direct risks to you, you may find some of the questions sensitive in nature or personal. If you find any of the content upsetting, you may withdraw from the study at any time by closing your browser.
- * You will be told, in a timely manner, about new information that may be relevant to your decision to continue or withdraw from this study.
- * All information provided by you will be kept confidential within the limits of the law. Your personal information will be kept separate from your survey answers on a server whose access is restricted to study staff. Identification information (names, phone number, mailing addresses & email addresses) will be destroyed once the study is completed. While the likelihood that someone outside of CAMH may connect you to your survey answers is small, it cannot be completely eliminated.
- * The security of information sent by e-mail cannot be guaranteed. Please do not communicate personal sensitive information by e-mail. The study email is not monitored outside of work hours. Please do not use email to communicate emergency or urgent health matters – please contact your clinician or, in case of a medical emergency, call 911.
- * By signing this form you have not waived any of your rights to legal recourse in the event of research-related injury.
- * The results of this project will be reported so that you will not be identified. Published reports (journal publications and presentations at scientific conferences) will refer to grouped information and not to any individual.
- * If you have questions about your rights as a research participant, you may contact Dr. Robert Levitan, Chair, Research Ethics Board, Centre for Addiction and Mental Health, at 416-535-8501 ext. 34020.
- * As part of continuing review of the research, your study records may be assessed on behalf of the Research Ethics Board. A person from the research ethics team may contact you (if your contact information is available) to ask you questions about the research study and your consent to participate. The person assessing your file or contacting you, must maintain your confidentiality to the extent permitted by law.

* As part of the Research Services Quality Assurance Program, this study may be monitored and/or audited by a member of the Quality Assurance Team. Your research records and CAMH records may be reviewed during which confidentiality will be maintained as per CAMH policies and to the extent permitted by law.

Please fill in your contact information below. All correspondence for the study will be conducted first and foremost via email; however you give permission to be contacted at the telephone number/ mailing address if the study team is unable to contact you via email.

CONTACT INFORMATION

Email address: _____

Telephone Number: (____) _____ - _____

Address Line 1: _____
Street address , P.O. Box

Address Line : _____
Apartment, suite, unit, building, floor, etc.

City: _____

Province/Territory: _____

Postal Code: _____

To indicate that you have read and understood the above description of this study, and that you agree to participate, please check off the box.

Yes, I consent to participate.

BUTTON TO BASELINE SURVEY

Condition-specific second consent text presented prior to providing the link to download the app

Control condition

You have been randomized to receive educational information about risky alcohol use. Please download the app and have a look at these materials. We will ask you to provide your impressions of this information in the next survey that we send you within 6 months time.

Intervention condition

You have been randomized to receive educational information about risky alcohol use along with tools that will allow you to compare your own alcohol use to other people in the general population of Canada. Please have a look at these materials. We will ask you to provide your impression of this information in the next surveys that we send you within 6 months time.