Dear Participant,

Welcome back to The SENSE Study! Firstly, thank you for joining the previous part of the project. In the SENSE Study, we are interested in your sleep quality, the health of your heart and your mental health. You are among a number of students who completed the previous survey and are being invited to take part in the next phases of this project. You are being invited to take part in the next phases of the project because your answers on the survey told us that you have experienced some sleeping difficulties and feelings of anxiety. We have been given permission from one of your parents/guardians to invite you to be part of this project.

Whilst we hope that you can continue to be part of this project, your participation is entirely voluntary. You don’t have to join if you don’t want to, and you can stop participating at any time.

You have already completed Phase 1 of the study, which involved filling in the survey at school. Below is some information about the things that will happen if you agree to take part in Phases 2 to 5.

**Phase 2: Pre-Intervention Assessments**

Phase 2 involves completing a few short questionnaires asking you about your sleep habits and mood, an interview, and assessments to measure your sleep patterns and the activity of your heart. These assessments will help us understand how your sleep might be related to your mood and your health.

**Interview and Questionnaires**

For the interview, a researcher will ask you some questions about yourself, and you will have the opportunity to talk to him/her in a private room. The questions will be about your feelings, behaviours and life experiences. We will also ask you to complete a short questionnaire booklet. It will take about 1-2 hours to complete the interview and questionnaires. We will make an audio-recording of the interview to make sure the researcher is doing the interview correctly.

You may only be asked to do the interview and questionnaires part of the study. If you are in this group the interviewer will talk to you about the overall aims of the project and answer any questions you might have. Others of you will be invited to participate in the following sleep and heart (cardiovascular) assessments, and Phases 3, 4 and 5 of the study.

**Sleep Assessment**

Your sleep will be assessed in several different ways:

- **Actigraphy** - Actigraphy measures your sleeping and waking patterns by monitoring your wrist movements using a special watch that you wear on your wrist called an Actiwatch. The Actiwatch is
small and light-weight, and will cause little inconvenience in everyday life. You will wear the watch for one week. Wearing the Actiwatch will not cause any pain or harm.

**Sleep Diary** – We will ask you to complete a brief sleep diary each morning for the week you are wearing the Actiwatch.

**Sleep Questionnaire** – We will ask you to complete a short questionnaire about your sleep.

You will also be invited to take part in an optional sleep assessment called polysomnography. You do not have to do this part if you do not want to. *Whether or not you choose to take part in this assessment makes no difference to your participation in the rest of the study.* We will give you some more information about this assessment in a separate information sheet.

**Cardiovascular Assessment**

The cardiovascular assessment will be done at the Sleep Laboratory of the Melbourne School of Psychological Sciences at the University of Melbourne. It may be possible to conduct the cardiovascular assessment in your home, but this will need to be discussed with a researcher and a parent/guardian. Testing will take between 1.5 to 2 hours. You will need to be fasting (i.e., not have had food or caffeine) for at least four hours to do this assessment, and we will give you more information about this at a later date.

Firstly, we will ask you some questions about your general health and will measure your height and weight. Then we will take four measures:

1. Blood pressure and heart rate will be measured over 5 minutes, after you have rested for 15 minutes. These measurements will be taken while you are lying on a bed.
2. A clinical blood pressure measurement will be taken while you are sitting down.
3. We will measure the health of your blood vessels. This involves measuring the blood supply to your fingers after release of a pressure cuff on one arm. In other words, a blood pressure cuff is filled up with air (for 5 minutes) and then released. A blood pressure cuff is like a little pillow that gets wrapped around your arm and filled up with air.
4. A 2 mL saliva sample will be collected by you at home 3 times a day for 2 days during one week.

The four measures are not painful, although the blood pressure cuff can be a little uncomfortable. To collect the saliva, we will ask you to spit a small amount of saliva (less than half a teaspoon) into a small, plastic tube. You do not have to give a saliva sample if you do not want to.

The total time it will take to complete Phase 2 will be: one-to-two hours for the interview and questionnaires, one week of wearing the Actiwatch, including 5 minutes of daily diary keeping, and 1.5 to 2 hours of cardiovascular assessment at the Sleep Laboratory.

*In order to say thank you for your time, you will receive a $30 Coles-Myer voucher for the interview and questionnaires, a $30 Coles-Myer voucher for the sleep assessment, and a $30 Coles-Myer voucher for the cardiovascular assessment. If you choose to take part in the optional clinical polysomnography assessment, you will receive an additional $30 Coles-Myer voucher for this component.*
**Phase 3: Intervention**
In Phase 3 you will be randomly put into one of two group programs. Each group program runs for seven sessions that take place once a week over seven weeks. The sessions are run by two researchers from the SENSE Study team. Each session goes for 1 - 1½ hours, and there will 8-12 young people in each group. The Sleep SENSE program aims to improve your sleep, and the Study SENSE program aims to improve your organisation and study skills. You will NOT have a choice about which group you do. During the meetings you will have the opportunity to share your experiences with other group members. What you talk about in the group will be kept confidential, and we will ask that you not tell anyone what you heard other group members say. We will make audio-recordings of some of the sessions to make sure that the group leaders run the group correctly. After you finish the group, you will have the opportunity to attend ‘booster’ sessions once every three months to go over what you learned in the group and ask any questions.

**Phase 4: Post-intervention Assessment**
Within approximately two weeks of the group program finishing, you will be asked to do the interview, questionnaires and sleep assessments again. These assessments will be done in exactly the same way as they were in Phase 2, and will take about the same amount of time. You will also be given the same amount of Coles-Myer vouchers as compensation for your time.

**Phase 5: Two-year Follow-up**
Two years after the group program finishes, we will ask you to do the interview and questionnaires, sleep and heart assessments again for the final time. These assessments will be done in exactly the same way as they were in Phase 2. They will take about the same amount of time, and you will be given the same amount of Coles-Myer vouchers as compensation for your time.

**Confidentiality**
The information you provide about yourself in this study is strictly confidential. Under ordinary circumstances we will not tell anyone anything you have told us without your permission, including your parents/guardians. However, if you are under 15 years of age and we think you might need some help with any issues that we talk about during the interview, we will discuss these issues with both you and your parent/guardian. We may also have to break confidentiality (i.e., tell someone else something you have said) if we think that you or anyone else is at risk of harm.

All the information that you give us will only be used for our study and we won’t give it to anyone else. We will only use it to look at things related to sleep, mood and heart health; we won’t be doing any genetic testing or analysis. Finally, we will dispose of all of your data fifteen years after the study is finished and your saliva samples five years after the study is finished. If you want your saliva to be disposed of in a certain way, you or your parents will be able to tell us how to do this. Please note that all heart related measures are for research purposes only, not for diagnosing medical problems. However, if your assessments show up any signs of major medical problems, we will discuss these with you and your guardian regardless of your age.

**Contacting us**
If you have any questions about this study or would like to know more about it, please don’t hesitate to contact us on (03) 8344 4032 or at sense-study@unimelb.edu.au. We will be happy to answer any questions you might have or just discuss the study in more detail with you. You can also talk to your
parents/guardians about your participation in this program, especially if you have any questions or concerns.

Thank you for your help!

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