Delivery Techniques for Cognitive-Behavioural Stress Management: A Feasibility Study

Participant Consent Form
This form will be kept for 6 years in accordance with university policy

Who will be running this research?
The University of Auckland, in conjunction with the University of Miami and Soul Machines Limited, a New Zealand artificial intelligence company. Soul Machines have built a “Virtual Nervous System and Embodied Cognitive Interface” which we call a digital human. The leaders of this research are Professor Elizabeth Broadbent (supervisor), Professor Michael Antoni, Associate Professor Mark Sagar (co-supervisor), Dr. Liesje Donkin, and Kate Loveys (PhD Candidate).

I have read and understood the Participant Information Sheet, I have understood the nature of the research, and I know why I have been selected. I have had an opportunity to ask questions and I have had them answered to my satisfaction.

- I agree to take part in this research.
- I understand that taking part in this research is voluntary (my choice).
- I understand that participation involves completing one face-to-face therapy session that will take approximately one hour 45 minutes. I will also be required to complete homework exercises online, a brief daily stress assessment, and one follow-up questionnaire in the two weeks after the face-to-face session (an extra one hour in total).
- I understand that I will be audio recorded during the therapy session. My audio data will be de-identified and labelled with an ID code, not my name. Audio recordings will be kept completely confidential.
- I understand that a psychologist will check my therapy session content for reports of extreme distress or suicidal ideation. If this is detected, I will be contacted by the psychologist with recommendations for further care.
• I understand that my data will be de-identified and securely stored at the University of Auckland for a period of 6 years after which they will be destroyed. A copy of de-identified summary data will also be stored at Soul Machines and held in a secure, encrypted server.
• If a third party data processor is used for annotation and/or transcription, data will be sent to the third party processor via a secure, encrypted channel, held by the third party processor in a secure, encrypted server, and deleted following completion of transcription and/or annotation.
• I understand that I am able to withdraw from the study at any time without giving a reason. I can withdraw any data traceable to me up to 2 weeks after completing the study, in which case the data will be securely destroyed.
• I understand that the overall results may be published in a scientific journal but will not include any information that could identify me.
• I agree to the terms related to technology confidentiality. Specifically, I acknowledge and agree that I will not make any video and/or audio recordings or take any photographs of the research or my participation in the research. I will not publish any articles (including any video and/or audio content) or make or authorize any public comments relating to or referring to the research or my participation in the research. I do not work for or contribute to any media organization.
• I am not aware of any reason why I should not participate in this research.
• I am aware that as a result of taking part in this study, I will be given a $30 Westfield gift voucher as compensation.

Name: …………………………………………………………………………………………………………………………….

Signature: ………………………………………….. Date: ………………………………

Mobile number: ……………………………………………

I wish to receive a copy of the results of this research (circle one): Yes / No

Please provide an email address if you wish to receive a summary of the results:

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Approved by the University of Auckland Human Participants Ethics Committee on 17/12/2019 for three years. Reference no. 024085.