

**PARTICIPANT INFORMATION SHEET**  
**INVESTIGATING iBROADWAY:**  
**AN ONLINE SOCIAL ANXIETY TREATMENT FOR ADOLESCENTS WHO STUTTER**  
**UTS HREC REF NO. ETH24-9346**

**WHO IS DOING THE RESEARCH?**

This research is being conducted and supervised by Professor Ross Menzies at the Australian Stuttering Research Centre, University of Technology Sydney (UTS). Professor Mark Onslow, Associate Professor Robyn Lowe and research student Laura Crewdson are co-investigators.

**WHAT IS THIS RESEARCH ABOUT?**

An online social anxiety treatment, iBroadway, for teenagers who stutter has been developed. iBroadway is based on cognitive behaviour strategies and loads of evidence. iBroadway is designed to teach teenagers who stutter how to manage anxiety without seeing a psychologist.

Eligible teenagers who stutter will be able to access the online program and work through the seven modules at their own pace. The program includes written, audio, video and pictures. A recorded voice of an experienced psychologist will help you through the program.

The purpose of this research is to test iBroadway.

**FUNDING**

Funding for this project has been received from the National Health and Medical Research Council (A super cool research organisation).

**WHY HAVE I BEEN ASKED?**

You have been invited to participate in this study because you:

- Are aged between 11 and 17 years
- Stutter and this has been confirmed by a speech pathologist
- Have not received any treatment from a psychologist for anxiety during the previous six months
- No psychological treatment using Cognitive Behavioural Treatment during the preceding six months.
- Can speak and write English
- Have access to a stable internet connection.

**IF I SAY YES, WHAT WILL IT INVOLVE?**

If you decide to participate you will:

- Complete a set of questionnaires which won't take too long (approx. 1 hour).
- Have an equal chance of being allocated access iBroadway for five months or will be placed on a waitlist. If you receive access, you can log in as many times as you like. However, it's best to log in a few times each week and set time aside to do the practice tasks.
- Complete a questionnaire weekly which will take approximately 5 minutes.
- If allocated to the waitlist, you will receive access to iBroadway after 8 months.
- Complete a short set of questionnaires after five months and then again after eight months which will take approximately 5 to 10 minutes to complete.

**ARE THERE ANY RISKS/INCONVENIENCE?**

Yes. This online treatment may not be suitable for all teens who stutter. It may be that some people will not benefit from the treatment.

However, the following have been included in the program:

- To help you, iBroadway has the voices of three experienced psychologists, one of whom will coach you through the program. You will choose one of the psychologists at the beginning of the program.
- The treatment is individualised just for you based on your responses to the questionnaires at the beginning of the program. This means that the activities will be based on your own feelings and experiences.
- The treatment requires you to do activities while logged into the program and outside of the program.
- The program requires that you complete each module from start to finish.
- The program uses audio recordings, videos, pictures, and activities to help you stay interested in the treatment.

#### DO I HAVE TO SAY YES?

Participation in this study is totally voluntary. If you decide not to participate in this study, it will not change your relationship or future relationship with anyone at the University of Technology Sydney.

#### ARE THERE OTHER TREATMENTS AVAILABLE?

While Cognitive Behavioural Therapy (CBT) is the gold standard for treating social anxiety disorders you might also wish to consider other treatment options. These could include face to face / in session CBT with a clinical psychologist, speaking with your GP about psychiatric services and potential medication or discussing any other psychosocial treatment approaches with a psychologist.

#### WHAT WILL HAPPEN IF I SAY NO?

If you wish to stop your participation in the study once it has started, you can do so at any time, without giving a reason by contacting Professor Ross Menzies by email: [asrc.research@uts.edu.au](mailto:asrc.research@uts.edu.au) or phone: 9514 5314.

Withdrawal will not affect your relationship or future relationship with anyone at the University of Technology Sydney. If you decide to leave the research project, we will not collect any more personal information from you; however, personal information already collected will be kept to ensure that the results of the research project can be measured properly, and to comply with law.

Please be aware that any data collected up until the time you withdraw will form part of the research project results. If you do not want us to do this, you must let us know before consenting to join this research project.

#### CONFIDENTIALITY

By signing the consent form, you consent to the research team collecting and using personal information about you for the research project. All information will be treated confidentially (we won't share this information).

The following steps are taken to ensure your privacy and confidentiality:

- You will have a unique number that will only be known to researchers in this study.
- All your information will be de-identified (your name will be removed), where relevant, when saving and analysing.
- Only researchers directly involved with the research will see your information.

We would like to save the information you provide about yourself for future use in research projects that are related to this project. In all instances, your information

- (a) will be treated as confidential,
- (b) will be saved in a de-identified format where possible, and

(c) will be saved on secure University servers.

If we wish to use your information for a future research project, we will ask the University for ethical approval to access your data, and only researchers involved with the research will see your information.

- We expect the results of this research project and any future research will be published and/or shown in a variety of platforms. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except where you give explicit permission.
- In accordance with relevant Australian and/or NSW Privacy laws, you have the right to see the information about you that is collected and stored by the research team. You also have the right to request that any information with which you disagree be corrected. Please inform one of the research team members named at the end of this document if you would like to access your information.

#### WHAT IF I HAVE CONCERNS OR A COMPLAINT?

If you have concerns about this research that you think we can help you with, please feel free to contact us on the details listed below.

Professor Ross Menzies Email: [asrc.research@uts.edu.au](mailto:asrc.research@uts.edu.au) or Phone: 9514 5314

You will be given a copy of this form to keep.

**NOTE:**

This study has been approved in line with the University of Technology Sydney Human Research Ethics Committee [UTS HREC] guidelines. If you have any concerns or complaints about any aspect of the conduct of this research, please contact the Ethics Secretariat on ph.: +61 2 9514 2478 or email: [Research.Ethics@uts.edu.au](mailto:Research.Ethics@uts.edu.au), and quote the UTS HREC reference number. Any matter raised will be treated confidentially, investigated, and you will be informed of the outcome.