



Université d'Ottawa

Faculté des sciences de la santé
École des sciences de l'activité physique

University of Ottawa

Faculty of Health Sciences
School of Human Kinetics

CONSENT FORM – WORKSHOP PARTICIPANT

TITLE OF RESEARCH PROJECT

The Implementation and Evaluation of a Mental Health Literacy Program for Canadian Coaches

Principal Investigator

Natalie Durand-Bush, PhD
Full Professor
ndbush@uottawa.ca
School of Human Kinetics

Co-Investigator

Jennifer Misurelli, MHK, RSW
PhD Candidate
jennifer.misurelli@uottawa.ca
School of Human Kinetics

Co-Investigator

Mikaela Papich, MA
PhD Candidate
mikaela.papich@uottawa.ca
School of Human Kinetics

Dear Coach,

We invite you to participate in this national research project, which aims to equip coaches with the appropriate knowledge, capabilities, and confidence to improve the mental health outcomes of sport participants in Canada. We hope to embolden coaches to **use mental health as an asset** that can increase every sport participant's potential, including themselves, to have positive experiences, achieve their goals, and stay healthy as they progress through sport and life.

In line with the current gaps in mental health literacy education and mental health promotion, the purpose of this project is to implement and evaluate the impact of a mental health literacy program created specifically for coaches by the **Canadian Centre for Mental Health and Sport (CCMHS)**. The program includes 3 workshops titled: (1) *Mental Health Powers Performance: How Mental Health Can Be a Coach's Best Asset*, (2) *Powering Coach Wellness and Performance with Self-Care*, and (3) *Promoting the Power of Mental Health through Coaching Practice*.

WHAT IS EXPECTED OF ME?

If you agree to participate in this research project, you have the option of completing 1, 2, or all 3 of the workshops in one of two formats: (1) 90-minute synchronous format (live/online) with a CCMHS Learning Facilitator OR (2) 45-minute asynchronous format (self-paced/online). You will also have the opportunity to complete the workshops in English or French. Although it is ideal to complete the workshops in the order presented above, you may choose a different order that is more suitable to your needs and preferences. Importantly, all workshops will be free of charge between April 2023 and March 2024.

You will be asked to complete a 15-minute online survey pertaining to mental health literacy and mental health outcomes before and after each workshop. The post-workshop survey will also include additional questions to assess your evaluation of the program. You will have 7 days pre- and post-workshop to fill out the survey, which will give you ample time and flexibility.

If you consent, you may also be invited, on a first-come-first-served basis, to complete the survey again after 3 months following the workshop and take part in a 20–30 minute individual interview to provide more insight into your perceived experiences and outcomes of partaking in the workshop. You will complete the survey before the online interview via the secure telehealth platform Zoom, and have 7 days to do this.

It is important to note that accessing the workshops and survey links will require you to create an account with Thinkific, which is the Learning Management System (LMS) that is used by the

hkesap@uottawa.ca
613-562-5800 (4225)

125 Université/University
Pièce/Room 224
Ottawa, ON, Canada
K1N 6N5

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CCMHS. You will be asked to provide your name, email address, and a self-selected secure password. More information on Thinkific's data security and storage can be found below. If you have any questions or concerns about this, please reach out to a member of the research team.

FREQUENTLY ASKED QUESTIONS

What are some potential benefits of participating in this research?

Participation in this research project will likely enhance your mental health literacy, including your knowledge, capabilities, and confidence to optimize your own mental health and those with whom you interact in your sport context and personal life. It is also anticipated that you will reap positive gains from your participation including personal development, social support, community connection, and possible mentorship opportunities. From a broader standpoint, you will help to advance the development of effective training programs, policies, and resources. Finally, you will contribute to the overall shift in Canadian sport to protect the well-being of participants as they strive to achieve different types of goals.

What are some potential risks of participating in this research?

This project focuses on mental health and as a result, there is the potential that some components of the workshops, some survey items, and some interview questions may prompt you to recall and/or share information that is uncomfortable for you. You are (a) encouraged to take a break when needed, (b) invited to reach out to the research team or Learning Facilitator should you require additional support, and (c) equipped with a comprehensive list of mental health resources, which can be found at the end of this document.

Can I choose not to participate?

It is important to note that your participation is completely voluntary, and you may decline to participate in the research or withdraw from it at any time without penalty. If you are attending a synchronous (live/online) workshop with a Learning Facilitator, you are welcome to leave the Zoom session at any time. If you are completing the asynchronous (self-paced/online) version of the workshop, you are free to exit the program at any point during the course without consequences. You have the right to skip or refuse to answer any survey or interview question and refrain from commenting at any time. Should you feel uncomfortable with any of the topics discussed, you are permitted to exit the survey or end the interview and will not be subject to negative repercussions or consequences.

If I decide I don't want to participate anymore, how do I withdraw from the research and what happens to the data I have already provided?

You can email the research team to formally withdraw from this research. You can do this at any point in time during the research project without penalty. At this point, the data you have already provided will be included in the database, unless you ask the research team to remove it. Please note that once the findings of the research have been published, you may still request to have your data destroyed to prevent its use in any further publications.

How is my personal information being protected and how will the data be conserved?

All information provided in the survey, interview, or on the Thinkific platform will remain confidential and will only be accessed by members of the research team. Your personal information and decision to participate (or not) and your data will not be shared with anyone, including the Coaching Association of Canada.

All data stored by the researchers will be kept on a password-protected computer or on an encrypted USB key. Researchers are required to keep data for a period of five years, after which time, all data will be permanently destroyed and deleted.

Thinkific stores data on a secure and encrypted cloud-based server in the United States, which can be deleted at any time. You can read more about Thinkific's privacy policy and data storage [here](#). Survey data will be collected via Survey Monkey and stored on their secure Canadian servers. You can read more about Survey Monkey's privacy policy, [here](#).

Interviews will be conducted using a secure online telehealth platform (Zoom) and will be video and audio recorded. The recordings will be used to transcribe the content of the interview and the digital files will be stored securely by the research team. You can read more about Zoom's security [here](#).

In order to minimize the risk of security breaches and to help ensure your confidentiality, we recommend that you use standard safety measures when completing the online survey (e.g., close your browser and lock your screen or device when you are no longer using it).

Please note that no additional security measures will be taken when communicating with you via email. As such, exchanges will be subject to the same security risks that are associated with any communication via email, and the researchers cannot guarantee anonymity and confidentiality in the event that emails are intercepted. If you email us, we invite you to encrypt or password-protect documents that contain personal and confidential information.

Will I be identified as a participant in publications, presentations, or reports?

The researchers will present the findings of this research in publications, presentations, and reports, however, you will never be identified. In instances where you could reasonably be identified based on the information provided, the researchers will omit or change details (such as gender or sport) to protect your anonymity. A final report will be shared with the Coaching Association of Canada and the Public Health Agency of Canada that will contain a broad summary of results and will be de-identified to protect participant confidentiality and anonymity.

How can I access the results of this research?

Publications and reports will be provided to you via email as they become available.

Has this research received ethics approval?

This research project has received ethics approval from the Research Ethics Board of the University of Ottawa. If you have any questions concerning participation in this research, contact **Dr. Natalie Durand-Bush** at ndbush@uottawa.ca, **Jennifer Misurelli, PhD(c)** at jennifer.misurelli@uottawa.ca, or **Mikaela Papich, PhD(c)** at mikaela.papich@uottawa.ca.

If you have any questions regarding the ethical conduct of this study, you may contact the:

Protocol Officer for Ethics in Research
Room 154, Tabaret Hall, 550 Cumberland Street
University of Ottawa
Ottawa, ON
K1N 6N5
Tel.: (613) 562-5387
Email: ethics@uottawa.ca

Sincerely,

Dr. Natalie Durand-Bush ndbush@uottawa.ca
Jennifer Misurelli, PhD (c), MHK, RSW jennifer.misurelli@uottawa.ca
Mikaela Papich, PhD (c), MA mikaela.papich@uottawa.ca

Thank you in advance for your time and participation in this important research that will help to enhance the mental health outcomes of sport participants across Canada. Should you have any questions or concerns, please feel free to contact us.

Please print a copy of this consent form and the mental health resources listed below for your records.

MENTAL HEALTH RESOURCES ACROSS CANADA

In the event of a crisis, you should go to the closest emergency room, call 9-1-1, the 24/7 Talk Suicide Canada helpline at 1-833-456-4566, or the 24-hour Crisis Line in your area.

BRITISH COLUMBIA	ALBERTA
<p>Canadian Mental Health Association Crisis Line Serves the East Kootenay Region (from Golden to the Alberta and USA borders) 24-hour Crisis Line: 1-800-667-8407</p> <p>Fraser Valley Regional Crisis Line Serves Mission, Abbotsford, Chilliwack, Agassiz, Harrison, Hope, Yale, Boston Bar 24-hour Crisis Line: 1-877-820-7444</p> <p>Crisis Centre for Northern BC Serves Northern BC-North of Quesnel Youth Line (4-11pm): 1-250-564-8336 24-hour Crisis Line: 1-888-562-1214</p> <p>Crisis Intervention & Suicide Prevention Centre of BC Serves Vancouver, North Vancouver, Bowen Island, West Vancouver, Burnaby 24-hour Crisis Line: 604-872-3311</p> <p>Province-Wide British Columbia 24-hour Crisis Line: 1-800-SUICIDE</p>	<p>Distress Centre Calgary Serves Calgary and Surrounding Areas 24-hour Crisis Line: 403-266-4357</p> <p>The Support Network Distress Line Serves Edmonton and Surrounding Areas 24-hour Crisis Line: 780-482-HELP</p> <p>St. Paul & District Crisis Centre Serves all Alberta and Northeastern Saskatchewan 24-hour Crisis Line: 1-800-263-3045</p>
	SASKATCHEWAN
MANITOBA	<p>Mobile Crisis Service Serves Saskatoon 24-hour Crisis Line: 306-933-6200</p> <p>Prince Albert Mobile Crisis Unit 24-hour Crisis Line: 306-764-1011</p> <p>Regina Mobile Crisis Services 24-hour Crisis Line: 306-525-5333</p>
<p>Mobile Crisis Unit (MCU) Serves Brandon and Assiniboine Regions 24-hour Crisis Line: 1-888-379-7699</p> <p>Klinic Community Health Centre Serves Winnipeg 24-hour Crisis Line: 1-888-322-3019</p>	NEWFOUNDLAND & LABRADOR
ONTARIO	<p>Mental Health Crisis Centre Serves Newfoundland and Labrador 24-hour Crisis Line: 1-888-737-4668</p> <p>Mobile Crisis Response Team Serves St. John's Region 709-737-4668</p>
<p>Hamilton 905-522-1477</p> <p>Kingston Distress Line: 613-544-1771</p> <p>London & District Crisis Line: 519-433-2023</p> <p>Ottawa & Region Distress Line: 613-238-3311</p> <p>Toronto Distress Line: 416-408-4357</p> <p>Waterloo Region Distress Line: 519-745-1166</p> <p>Windsor & Essex County Distress Line: 519-256-5000</p>	NOVA SCOTIA
	<p>Mental Health Mobile Crisis Team Serves the Capital District, Halifax, Dartmouth Bedford 24-hour Crisis Line: 902-4298167; Toll Free: 1-888-429-8167</p>
	PRINCE EDWARD ISLAND
	<p>24-hour Province-Wide Bilingual Service: 1-800-218-2885</p>
	NEW BRUNSWICK
	<p>Chimo Helpline Serves all of New Brunswick, Bilingual, 24 hours Provincial Toll-Free Crisis Line: 1-800-667-5005 Fredericton Area: 450-HELP</p>
QUEBEC	NORTHWEST TERRITORIES
<p>Centre de prévention 24/7 Crisis Line : 1-866-277-3553</p>	<p>Northwest Territories Help Line 24-hour: 1-800-661-0844</p> <p>NWT Community Counselling Program (CCP) 1-867-767-9061, mha@gov.nt.ca</p>
YUKON	NUNAVUT
<p>Yukon Distress and Support Line 24-hour: 1-800-563-0808</p> <p>Mental Wellness and Substance Use Services 1-866-456-3838</p>	<p>Kamatsiaqtut Nunavut Helpline 24-hour: 1-800-265-3333</p>

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EXPLORE ADDITIONAL MENTAL HEALTH RESOURCES

In the event of a crisis, you should go to the closest emergency room, call 9-1-1, the 24/7 Talk Suicide Canada helpline at 1-833-456-4566, or the 24-hour Crisis Line in your area.

SPORT-SPECIFIC	INCLUSIVE SUPPORT
<p>Canadian Centre for Mental Health and Sport <i>Sport-Informed Mental Health Care</i> Website: www.ccmhs-ccsms.ca Online: https://www.ccmhs-ccsms.ca/refer Telephone: 833-GO-CCMHS (833-462-2647)</p> <p>Game Plan <i>Canada's Total Athlete Wellness Program (National Team Athletes)</i> Online: https://www.mygameplan.ca/resources/health 24h Morneau Shepell hotline: 1-844-240-2990 Your Game Plan Advisor: https://www.mygameplan.ca/</p> <p>Canadian Sport Helpline <i>A listening and referral service for maltreatment in sport</i> 8 AM-8 PM EST: 1-888-837-7678 info@abuse-free-sport.ca</p> <p>Sport'Aide <i>For violence-free sport</i> FR: 1-833-211-2433 EN: 1-833-245-4357 aide@sportaide.ca</p> <p>Respect Resource Line <i>Bilingual support in Saskatchewan for safe sport inquiries</i> 1-888-329-4009</p>	<p>Hope for Wellness Help Line <i>Offers mental health counselling by phone or online chat</i> 24-hour Crisis Line: 1-855-242-3310 www.hopeforwellness.ca</p> <p>Indian Residential School Crisis Line <i>National service for distress as a result of residential school experiences</i> Crisis Line: 1-866-925-4419</p> <p>Talk 4 Healing <i>For Indigenous women, 7 days a week, 24 hours/day, in 14 languages</i> Toll Free: 1-855-554-4325</p> <p>Fem'aide <i>For Francophone & French Speaking Women</i> Toll Free: 1-877-336-2433</p> <p>Male Survivors <i>24/7 multilingual support for male survivors of sexual abuse</i> Toll Free: 1-877-336-2433</p> <p>Boots on the Ground <i>Resources and support for First Responders</i> Toll Free: 1-833-677-2668 info@bootsontheground.ca</p> <p>Lesbian, Gay, Bi & Trans Youthline <i>Peer mental health support for ages 26 and under</i> Toll Free: 1-800-268-9688</p>
OTHER	<p>Trans Lifeline <i>24/7 support for transgender individuals</i> Toll Free: 1-877-330-6366</p> <p>Healing in Colour <i>A directory of BIPOC therapists committed to supporting BIPOC in all intersections</i> https://www.healingincolour.com/about</p> <p>Black Youth Helpline Toll Free: 1-833-294-8650 info@blackyouth.ca</p>
<p>Kids Help Phone 1-800-668-6868 text CONNECT to 686868 https://kidshelpphone.ca/live-chat/</p> <p>National Eating Disorder Information Centre 1-866-633-4220</p> <p>The 24H Mental Health Crisis Line 1-866-996-0991 crisisline.ca</p>	

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