



## Mental Health for All Team Talks About Consent



**Brendan:** One of our jobs was to help figure out how to make sure that people in our study were informed. This means they understood the information about our study.

We also had to help make sure people felt comfortable saying no and could make their own choice—this is voluntary consent. We learned that making sure consent is voluntary and informed starts with recruitment.



**Micah:** We talked and came up with a lot of good ideas. Here are some of our tips!

Think about where you recruit people. You might want to recruit in places people know and are comfortable in. Think about the sensory environment, like lights and noise.

**Brendan:** We also talked about how to share all the information people need to know to make their decision. When we talked about the study, we made the information accessible by using pictures, easy to understand everyday words, and talking slowly. We also repeated the most important information. Remember everyone might need something different to understand.

When we did recruitment, we learned that sometimes we needed to learn a more individualized way to communicate with someone. We talked as a team and decided in these types of situations to create a list of ways to communicate and understand each other.

**Micah:** We talked with people and their supporters about what it looks like when they are saying yes and no. We wanted to make sure we didn't misunderstand what they were telling us.

**Brendan:** When we recruited people to be in our study, we gave them time to make a decision. One way to do this is by telling them all about the study and then letting them know they can decide later.

When they decide later they get more time to think and it is easier for them to say no. It might be really important to take extra time for studies that might hurt people or for studies where participants need to do a lot of things.



**Katie:** We practiced ways to act friendly, show we believe in people’s abilities to make decisions, and help people know they can ask questions. When someone shared a worry, we gave them the information they needed to feel more comfortable.

**Micah:** We didn't pressure them to say yes to being in our study and we reminded them that we wouldn't be upset if they said no.



**Ariel:** We reminded them that even though their group home provider was excited about the study, they could still say no to being in the study and we wouldn't tell their service provider.

We knew how important it is to make it easy for people to say no, even when we were first telling them about the study. We used these communication cards so they could just point to their choice. We also included choices of telling us they needed a break or wanted to keep going.



**Brendan:** Ariel and Katie told us that it may be hard for people to understand that we are studying an experimental way to help them get better mental health services and that we don't know if it will work. We made sure to tell people that we didn't know if the study would help them a few times so they would understand.


Ariel and Katie also said sometimes it is hard for people to understand how the bad things that might happen can impact them. As part of the consent meeting, we helped people by making a card sort of reasons they would or would not want to be in the study. We helped them do the card sort and think about all the things that could happen in the study.

Mental Health for All including Mental Health Services in Support Plans  
Consent and Assent Form

**Note: This form is to help people learn about research ethics and not for a real study.**


If you are the legally authorized representative for a person who may take part in this study, permission from you is required and the assent (agreement) of your relative or well is required. When the word "you" appears in this consent form, it refers to the person for whom you are the legally authorized representative.


Principal Investigator: Ariel and Katie  
Email:  (email address)  
Phone:  (phone number)

 You are invited to be in a research study. Many adults with developmental disabilities who live in group homes experience anxiety and depression. Let's find out how we can support them best. We want to know if adding mental health services to support plans helps people get better support for their mental health.

Mental Health for All is a team of adults with developmental disabilities lead by Ariel and Katie.

We are asking you to be in this study because you have important experiences that can help us to understand how adding mental health services to support plans might affect mental health.

 This form has information about being in this study. If you want to be in the research study, you will sign this form. We will give you a copy of the form to keep.

 It is your choice whether you want to be in this research study.

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Consent information can look different for different studies. But usually consent forms have the most important information about a study, like why it is being done, what you will need to do if you are in it, the good and bad things that could happen, who is doing the research, and how the researchers will keep your information safe. Check out your workbook to see our consent form.