

Better Man Project

Project Investigators

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What is this project about?

We are testing two healthy relationships websites for men. The websites are designed to be available to men looking for ways to improve their relationship and communication style and understand more about healthy relationships. We are doing this project to test if the websites **increase knowledge about healthy relationships, improve communication with partners and assist men in seeking help for their behaviour in their relationships**. We are interested in finding out whether these websites are helpful for men who may use controlling behaviour or violence in their intimate relationship/s. We are inviting men (between 18 to 50 years) living in Australia who have experienced relationship issues related to their behaviour in the last 12 months and have private internet access. Your participation is voluntary.

Who are the researchers?

This project is conducted by a team led by Kelsey Hegarty, a general practitioner and Carolina Navarro Medel, a psychologist, who both have an interest in men's health. The project is based at the Department of General Practice, University of Melbourne and is funded by National Health & Medical Research Council.

What will you be asked to do?

If you agree to be involved, we will ask you to provide your full name and your residential address (street name, suburb, and postcode only). We will not use your details for any purpose other than to verify your details against the Australian Electoral Roll, which is publicly available. Once we have confirmed that you are a real person, your details will be removed from the database. We will also ask you to provide a valid email address to send you information related to the Better Man project (e.g., survey links and gift vouchers). All your information will remain confidential and private.

After enrolled in the project, a computer will randomly assign you to one of two groups: the 'Resource' group or the 'Resource and Intervention group'. This means you will be assigned to a group by chance. You will receive an email with a link to one of two healthy relationships websites. Whether you are in the 'Resource' group or the 'Resource and Intervention' group, you will be invited to complete a set of questions about your relationship, health and help seeking before and after accessing the website. At the end of 6 months, men in the 'Resource' group will have access to the 'Resource and Intervention website'.

We expect it might take you up to 60 minutes to complete everything, but you don't have to do it all at once. After you have finished, you will receive a \$30 Coles/Myer gift card. Three months later, you will be

asked to do a short survey online, and you will receive a \$40 Coles/Myer gift card. Six months after you accessed the website, you will be asked to complete a final short survey, and you will receive a \$50 Coles/Myer gift card. **On request, we can acknowledge your participation in the project.**

If you have a partner, we would like to ask you to provide their contact details (first name and email address). If you agree, your partner will be invited to respond to a brief survey three and six months after you accessed the website. We will not advise you if your partner is participating or not in this project, neither will we share your partner's answers with you or share your answers with them. **If you do not want to provide us with your partners' details, you can still participate in the study.**

Your safety and privacy

Because your privacy is vital, it is essential that you can access a computer or another device of your preference and the internet in a safe, private environment. To learn more about being safe accessing the internet click [here](#). To create a private e-mail account, go to: www.yahoo.com.au or www.hotmail.com or any other free webmail service and click on 'create an account'. If you need support to create a private email account, please contact us on mens-health@unimelb.edu.au or +61 3 8344 4018.

Withdrawing from the project

If you decide to join but later change your mind, it is your right to withdraw at any time. Please send us an e-mail: mens-health@unimelb.edu.au or leave a message on +61 3 8344 4018 about withdrawing.

What are the possible benefits and risks?

Participating is an opportunity to explore and understand more about healthy relationships and becoming aware of how your own behaviour may hinder healthy relationships with partners. Being involved may bring up some relationship issues that are distressing and/or difficult. You can take breaks while completing the surveys, and you do not have to continue in the project if you do not wish to. In addition, resources and information about helplines and support services are embedded within both websites and you are encouraged to contact these services when needed. You can find these resources [here](#).

What will happen to the information about me?

All the information about you will be de-identified (name and other identifying details removed) and only the researchers will know whose information it is. All data will be stored securely at the Department of General Practice (password protected files, encrypted storage, and locked filing cabinets). All the information you provide will be kept strictly confidential and only the research team will have access. The only exception to this is that if you voluntarily decide to disclose an illegal activity involving children, this would obligate researchers to follow mandatory reporting (e.g., disclosure of child sexual abuse).

Where can I get further information?

If you would like more information about the project, please contact us on mens-health@unimelb.edu.au.

Who can I contact if I have any concerns about the project?

This project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this project, which you do not wish to discuss with the project team, you should contact the **Manager, Human Research Ethics, Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: HumanEthicscomplaints@unimelb.edu.au**. All complaints will be treated confidentially.