

# **Water Under the Bridge: A Research Project by MPA and UTAS to find out what happens downstream for those who complete our Mindfulness Courses.**

## ***Participant take-aways after 9 years of PHT funded Mindfulness Courses in Tasmania***

### **PARTICIPANT INFORMATION SHEET**

#### **Research Team**

Dr Tracy Spencer, MPA Director

Dr Larissa Bartlett, Menzies Institute for Medical Research, UTAS

Cameron Merton, MPA Data Manager



You are invited to take part in a unique research project to find out what happens for Tasmanians who completed Mindfulness Courses delivered by Mindfulness Programs Australasia and funded by PHT for the past 9 years. We are fortunate to have the opportunity to conduct this research in partnership with UTAS, and our goal is to present our findings for Mental Health week in 2026, so that future services and funding for programs to support Tasmanians mental health can incorporate your experiences of whether Mindfulness can contribute to Tasmanian mental health.

We really hope you can take the time to fill out the anonymous online survey by following the link below. It will take about 15 minutes. As this survey is anonymous, we won't be collecting any identifying information, but if you do need help to complete the survey, give us a call and we can enter your responses with you.

### **Why are we doing this study?**

Tasmania is the only state in Australia where Mindfulness programs have been funded for 9 years running, and we think that what we might learn about long term effects could help us and other states support programs that really do have a long term benefit for participants, enabling skills to self-manage good mental health for the long term.

### **1. How is the study funded?**

Funding is from HomeCountry Pty Ltd, the current owner of Mindfulness Programs Australasia, itself a Tasmanian

## 2. Who can take part?

Everyone who has completed a Mindfulness program with us. This includes the 8 week MBSR and MBCT programs, inperson and online, and the 4 week Mind Your Self program, in person and online.

## 3. What will I be asked to do?

Complete the 15 min online survey. It will start with a consent form checking that you have read this information, and then collect basic demographic and course data, before inviting you to tick the forms of mindfulness you have been practising. Next come three measures of wellbeing and mindfulness, and then several question prompts for your long form responses about how Mindfulness has been in your life since completing the course.

## 4. What about my privacy?

We will not collect any identifying information about you. All the responses will be stored in the same way that MPA stores and manages all participant information, using our secure cloud storage and password protected online office systems. Our Data Manager, Cam Merton, will handle the data and present it for analysis by the Research team (Tracy Spencer and Larissa Bartlett) in the same way that he does for our quarterly reporting according to PHT requirements and privacy laws.

No individual person or organisation will be identifiable in the study results or any reports or documents that arise from this study.

## 5. What about Consent?

Your Consent will be requested at the beginning of the online survey.

You will be asked if you have read and understood this document, and if you agree to your anonymous data being used for the purpose of this research. You will also be asked if you understand each aspect of this research. If there is anything you don't understand or are not sure of, you can leave the survey at that point and contact us to discuss areas that aren't clear.

## 6. What is the timeframe for the study?

Water Under the Bridge commences data collection in October 2025, and aims to conclude in October 2026, so that we can release our findings as part of Mental Health Week 2026.

## 7. What if I change my mind?

Participation is voluntary. Once you have submitted the survey, we cannot trace it to you so we cannot withdraw it. If you feel you want to submit further information, there will be future opportunities during the year of the research for further reflection and contribution as we identify key themes in the data.

## 8. Any possible benefits?

There are no direct benefits, but you may gain useful knowledge and feel positive about contributing towards our aim of identifying ways that work for Tasmanians to manage their mental health.

## 9. Any possible risks?

We do not expect any risk of harm from taking part in the study.

You may become aware of aspects of Mindfulness that you had not known, or forgotten, and this might prompt you to seek further information from us about ways to explore these further. We are more than happy to chat with you about extending and deepening your Mindfulness practices and experiences through the programs we run for those who have completed our courses, like Refresh Your Self mini Retreats, boosters, and BetterTogether@7 online monthly practice.

Talking about mental health can bring up a range of feelings. If you would like to talk to someone about how you are feeling, we encourage you to seek support through the Mental Health Helpline (1800 332 188), Lifeline (13 11 14), Beyond Blue (1300 22 4636) or Headspace (1800 650 890). Or you can call us directly.

## 10. How will the results of the study be published?

We will provide a link to the full report on our website, and let you know it is there through emails and social media. The Report will be produced in both academic and community formats, and may be presented at conferences and circulated through relevant networks and funding bodies.

## 11. What if I have questions or concerns about this study?

If you have any queries at all, please feel free to contact the Water Under The Bridge research team by:

- email: [tracy@mindfulnessaus.com.au](mailto:tracy@mindfulnessaus.com.au)
- telephone: 0488 064228

If you have complaints about the conduct of this study, these should be directed to the Executive Officer of the HREC on (03) 6226 6254 or by email to [human.ethics@utas.edu.au](mailto:human.ethics@utas.edu.au). The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote 40318

**Thank you for your time and support for this important study.**

**This form is for you to keep, if you wish to save or print it.**