



THE UNIVERSITY OF  
MELBOURNE

# Plain Language Statement

Centre for Mental Health and Community Wellbeing  
Melbourne School of Population and Global Health

***Project:** Postvention support for suicide loss survivors with Islamic backgrounds: Insights from the Australian mental health workforce, online survey*

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## Introduction

We appreciate your interest in participating in this study. This document contains information about the study, so that you can decide if you would like to take part in this research. Please take the time to read this information carefully.

If you agree to participate, you will be asked to sign the Consent Form in the next step before starting the questionnaire. Signing the form indicates that you understand the information and that you consent to participate. Please, keep a copy of this Plain Language Statement and Consent Form as a record.

## Who can participate in this study?

You can participate in this online survey if you are:

- 1- A mental health care provider (e.g., psychologist, counsellor, psychotherapist, psychiatrist, general practitioner, social worker, nurse, etc.)
- 2- In Australia
- 3- Have at least 2 years of professional experience helping clients with any grief or mental health challenges

## What is this research about?

The loss of a close person to suicide is extremely distressing and can lead to mental health challenges such as suicidality, depression, and prolonged grief. Helpful interventions for people bereaved by suicide (i.e., postvention) are limited, and even fewer exist for individuals from minority backgrounds, such as Muslims in Australia.

Research suggests that culturally and religiously-informed interventions and professionals can enhance the effectiveness of support. However, little is known about the confidence,

knowledge, and preparedness of mental health professionals in working with Muslim clients on sensitive topics such as suicide bereavement.

In this study, we want to learn more about your confidence and skills in supporting individuals with an Islamic background, who have been bereaved by suicide. Your insights and suggestions will help us to develop a religiously and culturally appropriate training to support individuals bereaved by suicide with Islamic backgrounds.

### **What will I be asked to do?**

If you decide to take part in this study, you will first be asked to tick a box indicating your consent for participation. You will then complete an online questionnaire that asks about:

- Your job title, years of professional practice, and the types of mental health problems you typically treat.
- Basic demographic details, including your age, gender, state or territory of residence, and religious affiliation (if any).
- Your previous experiences with suicide postvention or grief training.
- Your perceived knowledge about bereavement after suicide, suicide, and grief in Islam.
- Your confidence in supporting suicide loss survivors with an Islamic background.
- Your needs and suggestions for a suicide postvention training program.

Completing the survey will take approximately 10–15 minutes.

### **What are the possible benefits?**

We cannot promise that you will receive any direct benefits from taking part in this study. However, your insights will help improve support for suicide loss survivors in a culturally/religiously appropriate manner. You may choose to enter a draw to win one of ten \$30 gift vouchers by providing your email address following a separate link provided at the end of the survey.

### **What are the possible risks?**

With online research, there are certain risks to confidentiality and anonymity. We are taking several measures to protect your privacy, including using Qualtrics, a secure platform that meets multiple international security standards (e.g., ISO 27001 certification).

Although we do not ask any personal information regarding suicide bereavement, there is a small risk that you may experience some emotional discomfort when completing the survey, particularly if you have lost a client to suicide. If you feel distressed at any point, you are encouraged to contact any of the support services listed at the end of this document.

### **Do I have to take part?**

Your participation is voluntary. If you don't wish to take part, you don't have to. If you begin to participate, you can stop at any time. If you withdraw, it will not affect your relationship with The University of Melbourne or with the service providers mentioned in this document.

### **Will I hear about the results of this study?**

We will post a summary of the findings in relevant websites or newsletters, such as those of The University of Melbourne. The findings of this study will also be published in an article in a scientific journal. If you are interested in receiving the publication of the study, you may indicate this by following a separate link provided at the end of the survey.

### **What will happen to the information about me?**

We will not collect any identifying data such as your name and address, and only members of the research team will have access to the raw data. All collected data will be stored in the University's password-protected database for five years after the last publication, after which it will be securely deleted.

Given the importance of these data, the researchers might reuse the de-identified data in future studies that are in the same area of research as this study.

### **Who is funding this study?**

The PhD student is funded by the University of Melbourne Research Scholarship.

### **Where can I get further information?**

If you would like more information about the project, please contact the researchers Elahe Derakhshan (Principal researcher) [ederakhshan@student.unimelb.edu.au](mailto:ederakhshan@student.unimelb.edu.au). or Dr Karl Andriessen (Primary supervisor) [karl.andriessen@unimelb.edu.au](mailto:karl.andriessen@unimelb.edu.au)

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

This study 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 study, which you do not wish to discuss with the researchers, you can contact the Research Integrity Administrator, Office of Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 1376 or email: [research-integrity@unimelb.edu.au](mailto:research-integrity@unimelb.edu.au). All complaints will be treated confidentially. In any correspondence, please provide the name of the research team or the name or ethics ID number of the study.

#### ***If you feel distressed:***

Please contact a trusted family member, a family doctor, or the following services:

Lifeline - Tel: 13 11 14 (24 hours, free call from mobile) – [www.lifeline.org.au](http://www.lifeline.org.au)

Beyond Blue – Tel: 1300 22 4636

Hayat line, serving Australian Muslims – Tel: 1300 993 398 (Monday to Friday from 9:00 to 17:00)