



THE UNIVERSITY OF  
MELBOURNE

Melbourne Medical School  
Department of General  
Practice

## Driving To Health

*"Driving better mental health"*

Over the last 18 months, we have been investigating the health and wellbeing of Melbourne taxi drivers. We found that many drivers have high levels of stress and would like strategies to reduce stress and increase wellbeing. Based on these findings, we have designed a mobile phone app for taxi drivers called Driving to Health. The Driving to Health app includes a range of stress-reducing activities that drivers can do in breaks between jobs. It also includes information on mental health and how to get help for mental health problems.

### What this research is about

We want to find out from drivers what parts of the Driving to Health app work well and what parts need to be improved. We will use this information to make changes to the app before it is released to all drivers.

### What you will be asked to do if you take part in the study

If you agree to take part in this study you will be asked to:

1. **Complete some surveys** which ask about your mental health over the last

week, your use health services, your attitudes to getting help for mental health problems and some demographic and work-related questions. For example, in the section on mental health you will be asked to indicate how much statements such as 'I couldn't seem to experience any positive feeling at all' and 'I felt that I had nothing to look forward to' applied to you over the last week. In the section on getting help for mental health problems the questions ask how likely is it that you would seek help from certain people if you were having problems with your mental health. It will take about 25 minutes to complete the surveys.

2. **Download the Driving to Health app** on your smartphone and use it as often or as little as you like, over four weeks. The researchers will provide you with a login account which will allow them to monitor how often you are using the Driving to Health app and what parts of the app you use the most.

3. After four weeks, the researchers will mail you another set of surveys. (continued overleaf)

### Funding for this study

This study is funded by the Shepherd Foundation. The Shepherd Foundation is a Melbourne-based, not-for-profit organisation that provides financial support for research into occupational and preventative medicine.

### Where to get further information

If you would like more information about this study, please contact the study co-ordinator:

Ms Teresa Soderlund

Tel. 0435 962 848

E: [teresa.soderlund@unimelb.edu.au](mailto:teresa.soderlund@unimelb.edu.au)

For more information, visit <http://bit.ly/2w0EwvY>

These surveys ask about your mental health in the last week, whether you have used any health care services and your attitudes to getting help for mental health problems. You will also be asked how satisfied you were with the app and how helpful you found it. It will take about 30 minutes to complete these surveys.

Drivers who download the app, login at least once, and complete both sets of surveys will receive a \$150 Coles-Myer gift voucher for their time.

### **Possible benefits of taking part in the study**

We hope that Driving to Health has a positive impact on the people who use it. We also hope that people enjoy the chance to give feedback on an app designed specifically for the taxi industry.

### **Possible risks of taking part in the study**

It is possible that answering questions about mental health may increase distress in some people. We don't usually find this but if you do feel upset or unhappy during the study, and do not wish to continue, you can stop at any time. Should you wish to talk to anyone about any of the issues raised in the survey, or get additional support or assistance, please speak to your GP or contact any of the services listed on the back page of the survey.

### **Participation is voluntary**

Participation in this study is completely voluntary. You can withdraw (quit) at any time.

If you decide to take part, and later change your mind, you can withdraw and ask the researchers to not use any unprocessed data you have provided. You do not have to give a reason for withdrawing from the study.

### **Results of the study**

Everyone who takes part in this study will be sent a summary of the results. We will also write a brief report in the online magazine, *TaxiTalk*. A full report will be published in a scientific journal. No information that could identify an individual will be included in any report or article.



### **Your information**

All the information you give us will stay anonymous. Only the research team will have access to your information. We can only disclose such information with your permission, except as required by law. All data will be stored securely in password protected files or locked filing cabinets in the Department of General Practice at the University of



Melbourne for a minimum of 5 years before being permanently destroyed.

### **Who to contact if you have any concerns about the project**

This study has been approved by the Human Ethics Advisory Committee at 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 research team, you should contact the Manager, Human Research Ethics, Research Ethics and Integrity, University of Melbourne (Vic. 3010) on:

**T:** (03) 8344 2073

**F:** (03) 9347 6739

**E:** [HumanEthics-complaints@unimelb.edu.au](mailto:HumanEthics-complaints@unimelb.edu.au).

All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the ethics ID number of the research project.

(Ethics ID 1648534)

### **Study Enquiries:**

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