



The Assertive Cardiac Care Trial (ACCT) Healthy Hearts Study Information for Participants

Working with people who experience complex mental health we have co-designed a new approach to improve heart health called assertive cardiac care.

You are invited to help test whether this new approach will improve heart health for people living with complex mental health.

What does ACCT involve?

Trained research nurses will work with your GP clinic in this study to test a new approach to improving heart health in people with complex mental health needs. Over 12 months, eligible participants will:

- Be allocated to one of two treatment groups (this is done by chance, like a toss of a coin)
- Have 2 Healthy Heart Checks at their General Practice clinic or Community Health Centre with their GP
- Complete questionnaires 3 times via telephone
- Have frequent contact over the 12 months with the study team and GPs

How could ACCT help my health?

- More frequent heart health monitoring than normal
- Supportive education
- Heart health information
- Health and wellbeing improvements
- Additional support to GPs

Where will this occur?

All in-person appointments will be conducted where you usually see your GP.

All work with the ACCT team will be conducted over the phone or internet at a time convenient to you.

At all times your GP will remain responsible for your health.

Will this change how I get help for my health?

Your decision to take part or not take part in the study will not change your relationship with your GP or clinic.

Do I have to be involved?

No. Your decision whether you want to participate or not is up to you.

If you decide to participate but then don't want to continue, you can withdraw from the study at any time.

How do I get involved?

You can either:

- Call: 1800 431 212
- Email: healthy-hearts@unimelb.edu.au

A member of the study team will answer any questions and sign you up to take part.

Your privacy and confidentiality is important:

- You don't have to answer any questions you don't want to;
- Your information is kept confidential and secure;
- We use a code, not your name, when reporting on the research;
- You can stop being involved in the study at any time and this will not affect your relationship with your GP.



Key Study Information

Research Team: A/Prof Victoria Palmer, Prof Jane Gunn, Prof Carol Harvey, A/Prof John Furler, Prof David Osborn, Dr Mahesh Jayaram, Dr Patty Chondros, Dr Sandra Davidson, Prof Amanda Kenny, Prof David Castle, Prof Mark Nelson, Prof Cathy Mihalopoulos, Prof Stephen Harrap, Prof Vera Morgan, Dr Matthew Lewis.

This study is approved by the Human Research Ethics Committee at The University of Melbourne (Approval Number: 1853050) and the Royal Melbourne Hospital (RMH) Human Research Ethics Committee (approval number 2022.195).

If you have any complaints or concerns about the conduct of this project please contact the Manager, Human Research Ethics, The University of Melbourne on (03) 8344 2073. Additionally, you can contact the Director Research Governance and Ethics at RMH via telephone on (03) 9342 8530 or email at Research@mh.org.au.

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