# Image result for flinders

# Focus Group Participant Information Sheet

## Project Title: Antecedents of mHealth App Adoption Intention

This research is being undertaken to gather opinions about a mobile application for people to modify their gambling behaviour for any reason. You will be asked questions about your attitude towards mobile apps in healthcare and what factors you think are important for a gambling app. You will be shown a series of images of an app we are designing and asked questions. The session should take no more than 45 minutes, and you will receive a $30 ColesGroup and Myer eVoucher at the end of the session for your participation. You may use a non-identifying email address for all communication and also create a pseudonym and cover your face for the sessions if that makes you more comfortable.

The focus group session will be recorded and direct quotations from the session may be used in the research publications with pseudonyms used instead of your real names. This information will only be accessed by the research student and thesis supervisors. The focus groups will be transcribed into text and securely stored at the University campus. Participation is entirely voluntary. You can withdraw from the session at any point; however, it will not be possible to withdraw any information you provided up to that point. Please be aware there is a risk that that topic may elicit anxiety and/or emotional distress for some, and a list of free and confidential helplines and support groups has been provided.

This research project will be conducted in accordance with the NHMRC National Statement on Ethical Conduct in Human Research available from [www.nhmrc.gov.au](http://www.nhmrc.gov.au). For further information, please contact the PhD student and lead researcher, Luke Brownlow at Flinders University on luke.brownlow@flinders.edu.au. Alternatively, you can contact the research project supervisors, Roberta Crouch | roberta.crouch@flinders.edu.au (08) 8201 2046 and Svetlana De Vos svetlanadevos@aib.edu.au (08) 8212 8111. Should you have any concerns about this research project, you can contact the Flinders University Human Research Ethics Committee at human.researchethics@flinders.edu.au or (08) 8201 3116. *Ethics Project Number: 2621. Ethics Approval Date: 7/10/20*

Do I have a problem with gambling?

**If you can answer ‘yes’ to any of the following questions, your gambling may start to become a problem.** Do you: Spend more money and time than you intend to on gambling? Feel guilty and ashamed about your gambling? Try to win back your losses? Miss important things like family time, work, leisure activities or appointments because of gambling? Think about gambling every day? Have arguments with friends and family about your gambling? Lie or steal to get money for gambling? Get into debt because of gambling?

How do I know if I am in danger of developing a gambling addiction?

**It’s sometimes hard to know if your gambling is getting out of hand.** A common reaction is to minimise it or deny that it’s causing harm. Some people may hide the gambling or start to lie about how much time and money they are spending on it. You might say to yourself “I enjoy this, it’s just my way of relaxing” or “I’ll stop when I have the next big win” or “It makes me forget my worries” or “I can stop whenever I want”. These are all forms of denial.

What can I do?

**There are many things you can do to prevent gambling problems building up and to get things under control**. These activities have worked well for many people: 1) Talk to someone you trust about your gambling. This will be a first step in finding the best way forward to cut down or stop. 2) Call a helpline. They can talk to you confidentially or send out self-help tools and information. 3) Contact a gambling help service. Just one session with a professional counsellor can help you assess your situation and set up a plan to suit your needs. 4) Have a close friend as an ally who will check in with you and support you to stick to your plan. 5) See a financial counsellor to look at money going ‘in’ and ‘out’ so you can decide if the balance is right and get help to manage any debts. Details of support services that you can contact free of charge are provided below.

Contacts

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| Gambling Helpline AustraliaCall 1800 858 858[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au) | Lifeline AustraliaCall 13 11 14 or Text 0477 13 11 14[www.lifeline.org.au](http://www.lifeline.org.au) |
| St. Vincent de Paul Society1800 VINNIES (1800 846 643)<https://www.vinnies.org.au> | Gamblers’ Financial Counselling HelplineCall 1800 007 007[www.ndh.org.au](http://www.ndh.org.au) |