



Participant Information Sheet (Version 3.0 – 20/06/2023)

MAVERICK app

You are being invited to participate in a research study. Before you decide whether to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and feel free to ask us if you would like more information or if there is anything that you do not understand. Please also feel free to discuss this with your friends, relatives and GP if you wish. We would like to stress that you do not have to accept this invitation and should only agree to take part if you want to.

Invitation to take part

We would like to invite you to take part in a study on the use of a smartphone application to **collect data** on mental health and cannabis use in ex-serving personnel.

If you take part in this study, you will be asked to download and use a smartphone app for 28-days, and to answer questions about your cannabis use and mental health once a day between 06:00 and 10:00.

Who is doing this research?

This study is being conducted by the King's Centre of Military Health Research based at King's College London. King's Centre of Military Health Research has been conducting research into the health and wellbeing of current and former members of the UK Armed Forces and their families since 1996. King's Centre of Military Health Research is independent of the Ministry of Defence. This study has been funded by the United States National Institute for Health.

Do I have to take part?

No, it is your choice. You do not have to take part, and if you do decide to participate, **you are free to withdraw from the study or uninstall the MAVERICK app at any time**, without giving a reason. You can also request for your data to be withdrawn at this time. Whether or not you decide to take part will not affect future participation in studies by the King's Centre of Military Health Research. We will not disclose to anyone if you or do not take part in this study.

What will I be asked to do?

If you decide to participate in this study, you will be invited to download our app called *MAVERICK* via the Apple or Google app store. Once you have downloaded the app you will be asked to enter a unique token which will allow you to register an account. Once you have registered an account, you will be asked to consent to us collecting additional information. This information includes and access to physical activity data (recorded by Apple Health and Google Fit) and allow us to send you notifications.

The app will also send you notifications to fill out some questions about your mood, environment and health (e.g., “In general, how happy or unhappy do you usually feel?”). If you prefer not to receive these notifications, you can turn them off within the app.

You will be asked to use the app for a **maximum of 28 days**, after which your account will be disabled, and you will be asked to uninstall the app.

Who will have access to my data and how will it be used?

King’s College London is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means we are responsible for looking after your information and using it properly. King’s College London will keep identifiable information about you until the analyses of this study are complete.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways for the research to be reliable and accurate. If you withdraw from the study, you have the option to delete your data or allow us to use the data we have already collected from you. If you decide to withdraw, this **must be done by the 31st October 2023** after which data will be extracted and used for analysis. To safeguard your rights, we will use the minimum personally-identifiable information possible. You can **withdraw or delete your data at any time** by visiting the ‘Settings’ tab of the app. You can find out more about how we use your information by contacting Daniel Leightley (daniel.leightley@kcl.ac.uk).

The only people in King’s College London who will have access to information that identifies you will be people who need to contact you to check on your progress throughout the study or audit the data collection process. This information will not be linked to the data collected during the study and will be removed after data collection has been completed.

To maintain your anonymity, your name will be replaced with a code, and the information collected from the app will only be associated with this code. Your data will be securely stored on servers managed by the King’s Centre for Military Health Research, King’s College London, and also on 3rd party servers, which can provide additional security and backup. This data will not be linked back to your personal information.

Information you provide via the app, such as questionnaire responses and activity data, will be checked and followed-up on by the research team if information is revealed which suggests a risk of harm to yourself, we may call you to ask further questions and discuss options.

In the unlikely event that you lose capacity to consent during the study, you will be withdrawn, but any data collected up until this point may still be used. You can voluntarily withdraw from the study at any time.

What are the risks and disadvantages of taking part?

There are unlikely to be any direct risks to you if you take part in this study as the app is designed to collect data. Some questions in the study will ask about prohibited drug use and mental health problems. This data will remain confidential, and participants will not face any consequences from disclosing prohibited drug use. However, if we detect that you may be at risk of harm, we may get in touch to provide guidance and support.

If you have any negative experience as a result of taking part in this study, please let us know immediately by contacting Daniel Leightley (daniel.leightley@kcl.ac.uk). There is a small risk that the technologies used in this study could be hacked, however this risk is the same as with any smartphone

or commercial app. The encryption and data de-identification processes have been put in place to minimise any risk to you in the unlikely event of hacking.

What are the benefits of taking part?

By taking part in this study, you will be helping the ex-serving community more widely by helping us to test a novel technology to predict mental health difficulties in veterans.

At the end of the study, participants who complete the final questionnaire will receive a £50 Love2Shop voucher as a thank you for taking part.

What will happen to the results of the research?

The results of this study will be published in scientific journals and presented at conferences. You will not be **identified personally** in any report or publication. If you would like to be informed of the findings of this research, please contact Daniel Leightley (daniel.leightley@kcl.ac.uk).

Who has reviewed the study?

This study has been reviewed and given favourable opinion by the Research Ethics Committee of King's College London, Reference Number: HR/DP-21/22-33672.

What do I do if there's a problem? Who do I contact for more information?

If you have any questions or difficulties relating to the study which you would like to discuss with the research team, please contact the Study Coordinator:

Grace Williamson (Study Coordinator)

Email: grace.1.williamson@kcl.ac.uk

Telephone (9am-4pm Monday-Friday): 07723574730

Alternatively, you can contact the Principle Investigator:

Dr Daniel Leightley

Email: daniel.leightley@kcl.ac.uk

Telephone (9am-5pm Monday-Friday): 020 7848 5351

Address: King's Centre for Military Health Research (KCMHR)
Institute of Psychiatry, Psychology & Neuroscience, King's College London
Weston Education Centre (Room 3.11), Cutcombe Road, LONDON, SE5 9RJ

If this project has harmed you in any way or if you wish to make a complaint about the conduct of the project you can contact King's College London using the details below for further advice and information: The Chair, Health Faculties RESC (Purple), rec@kcl.ac.uk

Thank you for reading this information sheet and for considering taking part in this research.