



Consent Form – General (Extended)

Project Title: A proof of concept randomised comparative study of individual versus group yoga interventions for improving mental health in people diagnosed with cancer.

I hereby consent to participate in the above named research project.

I acknowledge that:

- I have read the participant information sheet (or where appropriate, have had it read to me) and have been given the opportunity to discuss the information and my involvement in the project with the researcher/s
- The procedures required for the project and the time involved have been explained to me, and any questions I have about the project have been answered to my satisfaction.

I consent to:

- Providing demographic information through self-report including gender, race/ethnicity, age, education, work status, summary of recent mental health treatments or interventions*
- Attending yoga sessions online via the Zoom videoconferencing platform, and completing personalised yoga practice if directed*
- Providing information for research purposes by completing self-report assessment measures and questionnaires related to physical and mental health*

I consent for my data and information provided to be used for this project.

- I understand that the information gained during the study may be published, but no information about me will be used in any way that reveals my identity. However, the nature of the group yoga classes prevents the researchers from guaranteeing confidentiality of involvement between participants.

- I understand that I can withdraw from the study at any time without affecting my relationship with the researcher/s, or any persons or organisations involved, now or in the future.

Signed:

Name:

Date:

Return address: 13515140@student.westernsydney.edu.au

This study has been approved by the Human Research Ethics Committee at Western Sydney University. The ethics reference number is: H13735

What if I have a complaint?

If you have any complaints or reservations about the ethical conduct of this research, you may contact the Ethics Committee through Research Engagement, Development and Innovation (REDI) on Tel +61 2 4736 0229 or email humanethics@westernsydney.edu.au.

Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.