

DR SUZI EDWARDS  
Sydney School of Health Sciences,  
Discipline of Exercise & Sport Sciences  
Faculty of Medicine & Health

E: [suzi.edwards@sydney.edu.au](mailto:suzi.edwards@sydney.edu.au)



## **Information Statement for the Research Project:**

### **Exploring the relationship between mental health and sleep in elite Australian athletes**

Document Version 1.1; dated 23/04/2021

You are invited to participate in the above research project conducted by Mr Harley de Vos (School of Environmental and Life Sciences at The University of Newcastle) as part of his PhD project and is supervised by Dr Suzi Edwards (School of Health Sciences) and Dr Kotryna Fraser (School of Health Sciences) from The University of Sydney, Dr Renee Appaneal (formerly Australian Institute of Sport Athlete Performance Health team), and Professor Shona Halson (School of Behavioural and Health Sciences) from the Australian Catholic University.

#### **Why is the research being done?**

Elite and pre-elite athletes can often experience poor mental health and sleep, which can decrease their performance. The rates of mental health issues experienced by elite athletes are comparable to the general population. Almost 50% of Australian elite athletes experienced symptoms of at least one mental health problem during their athletic career. Sleep is another issue affecting an athlete's performance. Athletes and coaches believe sleep is one of the most important strategies for optimising recovery due to its restorative effects, yet elite athletes often acquire significantly less sleep than the recommended amount of 7-9hrs per night.

The purpose of this research is to understand the relationship between mental health and sleep in elite athletes. This relationship is understood in the general population, but to date there has been a lack of research with elite athletes. Understanding this relationship in elite athletes is important for promoting optimal performance and wellbeing.

NEWCASTLE | **CENTRAL COAST** | PORT MACQUARIE | SINGAPORE

The University of Newcastle  
Ourimbah NSW 2258 Australia

ourimbah-hub@newcastle.edu.au  
CRICOS Provider Number: 00109J

T +61 2 4348 4000  
www.newcastle.edu.au

### **What would you be asked to do?**

You are not asked to do anything. This research project is going to retrospectively analysis your health data previously collected by the AIS Athlete Availability team as part of periodic health evaluations since 2017.

### **What are the risks and benefits of participating?**

There are no anticipated risks regarding your reputation, future work opportunities, or community standing by participating in this study. Your data will be de-identified and as an individual you will not and can not be identified in the reporting.

### **What choice do you have?**

Participation in this study is entirely voluntary. Whether or not you decide to participate, your decision will neither advantage nor disadvantage you and there are no consequences for not participating. At the time that your health data was collected, you provided permission to be contacted to use your data in future research. If you do not wish for your data to be included in this research project, you may opt-out by informing the Chief Investigator, Harley de Vos, via email of your decision to opt-out.

### **How will your privacy be protected?**

The data analysed in this research project will be de-identified and it will not be possible for you to be identified. De-identified data will only be used which is permanently broken from AMS identifiers as we are not interested in individual data. Athlete characteristics will only be able to be summarised by age, sport, and sex. No outcomes of this data will relate to an individual. Where there is a small number (five or less) of athletes from a particular sport, the researchers will de-identify the sport into a category called "other" therefore removing any potential risk to the athlete of identification. Throughout this research project, your de-identified data will be stored securely on the AIS secure drives in which only the research team has access, and this will be monitored by AIS/ASC IT.

All personal information and data collected on Athletes through research is managed by the Australian Sports Commission and Institute of Sport under the ASC recordkeeping policy. Correspondence documenting scientific data must be kept for twenty-five years before being destroyed, athlete medical information will be retained until the athlete reaches the age of seventy five.

DR SUZI EDWARDS  
Sydney School of Health Sciences,  
Discipline of Exercise & Sport Sciences  
Faculty of Medicine & Health

E: [suzi.edwards@sydney.edu.au](mailto:suzi.edwards@sydney.edu.au)



### How will the information collected be used?

The collected data will be reported in Mr Harley de Vos's Doctor of Philosophy thesis and in scientific journals, and presented at conferences. Non-identifiable data may also be shared with other parties to encourage scientific scrutiny and to contribute to further research and public knowledge, or as required by law. Individual participants will not be named or identified in any reports arising from the project. Participants will be given the opportunity to receive a summary of the written research results. If you would like a copy of the summary of the results, please email the project principal investigator Mr Harley de Vos on [harley.devos@ausport.gov.au](mailto:harley.devos@ausport.gov.au)

### What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If you consent to have your health data included in this research project, you do not need to do anything. If you do not wish to have your health data included in this research project, you may opt-out. If you have any questions or require any further information, please contact the Chief Investigator Mr Harley de Vos or Project Supervisor Dr Suzi Edwards.

Chief Investigator

Mr Harley de Vos

Tel: 0425 200 034

Email: [harley.devos@ausport.gov.au](mailto:harley.devos@ausport.gov.au)

Project Supervisor

Dr Suzi Edwards

Tel: 02 4349 4428

Email: [suzi.edwards@newcastle.edu.au](mailto:suzi.edwards@newcastle.edu.au)

Thank you for considering this invitation.

DR SUZI EDWARDS  
Sydney School of Health Sciences,  
Discipline of Exercise & Sport Sciences  
Faculty of Medicine & Health

E: [suzi.edwards@sydney.edu.au](mailto:suzi.edwards@sydney.edu.au)



## Complaints about this research

This project has been approved by the AIS-EC, Approval No. 202110503 and has been externally approved by The University of Newcastle Human Research Ethics Committee, Approval No. H-2021-0326.

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Human Research Ethics Officer, Research Services, NIER Precinct, The University of Newcastle. University Drive, Callaghan NSW 2308, Australia, telephone (02) 49216333, email [Human-Ethics@newcastle.edu.au](mailto:Human-Ethics@newcastle.edu.au).