



## PERSONALITY AND THE BRAIN OVER TIME

### Information For Volunteers

Would you help us with this study?  
There's no downside to saying no. Here's what's involved:

#### What's the study about?

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*Short answer:*

*Long answer:*

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About whether personality is related to the shape and activity of the brain.

We are studying how personality relates to the shape and activity of the brain. We are especially interested in aspects of personality that may relate to mental health. We are doing the study to help find new ways to help young people experiencing mental health problems.

Dr. Bruce Russell (Associate Professor) and Dr. Richard Linscott (Senior Lecturer) are running this study. The University of Otago and the NZ Pharmacy Education and Research Fund are paying for it.

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#### Who is helping?

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*Short answer:*

*Long answer:*

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90 youth, who are about 18 years old. Some people will not be able to take part if they have certain health problems or if they could be pregnant.

This study is a follow-up study of Year 13 students who took part in the personality survey with Richard Linscott. We are looking for 90 people to take part in this follow-up study. People need to be honest about their thoughts and experiences.

People won't be able to help if they have had a head injury, a history of seizures, neurological problems, chronic physical pain, diabetes or thyroid disorder, high blood pressure, schizophrenia, bipolar disorder, or a severe drug-use problem. People won't be able to help if they could be pregnant.

Taking part is private and confidential.

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## If I help, what will I be asked to do?

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*Short answer:*

*Long answer:*

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First visit the University to talk about the study and answer some questions. Then, about 2 weeks later, have another visit in town (near the hospital) for a brain scan.

After 12 months, you will repeat these two things.

**At the end of the visit for Part 1 and Part 2 you will be paid \$30 to cover the costs of taking part.**

**At the end of the visit for Part 3 and Part 4 you will be paid \$60 to cover the costs of taking part.**

The study has four parts. Part 1 takes about 30 minutes. You will be asked to visit the University to talk with Richard about the study and, if you agree to help, to fill out some questionnaires about your health and whether you are taking any medicines that mean you can't have an MRI brain scan.

Part 2: We would arrange to pick you up in a taxi to take you to Pacific Radiology on Great King Street (near the hospital). The brain scan appointment takes about 45 minutes. We will arrange for a taxi to take you home again. We pay for the taxi. We use taxis because we cannot be late with Pacific Radiology. We have to give 3 days' notice to cancel appointments; if we don't cancel it in time, we still have to pay the full price of the scan, which is \$675.

**At the end of the visit for Part 1 and Part 2 you will be paid \$30 to cover the cost of taking part.**

Part 3: This part is just like Part 1 except it happens 12 months after Part 1. We will ask the same questions.

Part 4 is just like Part 2. If your answers show that it is still okay to scan you, we will do it all over again in just the same way.

**At the end of the visit for Part 3 and Part 4 you will be paid \$60 to cover the costs of taking part.**

If you want to help by taking part in the study, you will be asked to sign a form that states you know exactly what will happen during this study and that you are happy to help us.

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## What is an MRI brain scan?

*Short answer:*

*Long answer:*

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MRI is a machine for taking images of what is happening inside your body.

MRI stands for magnetic resonance imaging. MRI is a method for taking images of things inside your body. MRI uses magnetic fields to take the images. **MRI is different to x-rays** because MRI does not use radiation. At the same time, MRI is like an x-ray because it works without having to do anything to your body. You'd just have to lie still.



## I have a disability that affects my reading. Will I be able to take part?

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*Short answer:*      *Long answer:*

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Yes. We want to include everyone.	We want everyone to be able to take part in the study. The study works with modern IT supports for those with disabilities that affect reading. If these supports are not available, we will find a way to make it work for you.
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**You don't have to take part in the study.  
There is no downside to not helping.**

## Will I have to do anything that is risky or might hurt?

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*Short answer:*      *Long answer:*

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No.	You won't be asked to do anything risky or anything that physically hurts.  We will also do our very best to make sure you are comfortable while in the scanner where you will be asked to lie very still. While you are in the scanner you can talk to us if you have any worries or are at all uncomfortable. If you find it to uncomfortable we can stop scanning and you can get out straight away.
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**You can change your mind and stop taking part at any time.  
There's no downside to stopping.**

## What information will be taken and how will it be used?

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*Short answer:*      *Long answer:*

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Your answers to questions, which we will use for research only.	We record your answers to questions and use these for research only. We will ask for your details so we can contact you about this study. We may invite you to take part in follow-up studies in the future.  The images we get from scanning your brain will be de-identified and kept on a secure computer that is only used for this type of research. Your images can only be accessed by the researchers.
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## Will others find out the answers I gave?

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*Short answer:*      *Long answer:*

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No. And we have systems to keep things secure, confidential, and private.	We will keep your answers private and confidential. We will not tell your parents, caregivers, teachers, or friends what you have said during the study. Only Richard and Bruce will see the answers you give. If we become worried about you because of what you say about your feelings and experiences, Richard may talk to you about getting help.
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<p>If we get worried about you because of what you say about your feeling and experiences, Richard might talk to you about getting help.</p>	<p>Your answers are locked with passwords. When you finish, we separate your name and contact details from your answers. Everything is stored in locked cabinets, locked files, and locked computer systems. We will keep your answers for 10 years or more.</p> <p>We will tell other people what we learn from the study. When we do this, we won't be talking about you specifically, only about what happened on average, counting all the people who help. When we tell people what we have learned, we will do this by writing and talking to people. If you want to know what we learned, we can write to you too.</p> <p>To make the most of the time you give us, we might use your answers more than once. In the future, if other researchers ask to study your answers, this might happen but only if we can still keep your answers private. And they wouldn't get all your details, only the bits that they really need.</p>
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### What if the topic is one that upsets me?

*Short answer:*

*Long answer:*

We will help put you in touch with someone to talk to.

At the end of the study, we will ask you if the study makes you upset or worried about how you are doing. If it does, you can ask us to put you in touch with someone to talk to, such as a counsellor. We want it to be your decision to get help.

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### What if I have questions afterwards?

If you have any questions now or later, please e-mail or ring Richard or Bruce:

Dr. Richard Linscott  
 Senior Lecturer  
 Department of Psychology  
 Tel. 03 479 5689  
 linscott@psy.otago.ac.nz

Associate Professor Bruce Russell  
 School of Pharmacy  
 Tel. 03 4797272  
 bruce.russell@otago.ac.nz

*The University of Otago Human Ethics Committee (Health) looked at the study and agreed that it can go ahead. If you've not been treated right in this study, you can ring or e-mail Gary Witte (phone +64 3 479 8256 or email gary.witte@otago.ac.nz). Gary works for the University. He will not tell Richard or Bruce that you have contacted him. He will investigate how you have been treated and tell you the outcome.*