



Participant Information Sheet

PROJECT TITLE: Understanding How Effective 'Induced After-Death Communication' Therapy Is in Helping People Deal with Grief and What Factors Influence the Results

HUMAN RESEARCH ETHICS COMMITTEE APPROVAL NUMBER: H-2023-207

PRINCIPAL INVESTIGATOR: Dr Tom Nehmy

Dear Participant,

You are invited to participate in the research project described below.

What is the project about?

This research project aims to understand how a type of therapy called 'Induced After-Death Communication' (or IADC for short) helps people who are grieving. We're interested in whether this therapy is effective in easing grief and what elements might influence its success. This will involve studying people who choose to participate in IADC therapy, measuring their grief levels before and after the therapy, and noting any changes.

IADC Therapy was initially developed out of an established trauma therapy called EMDR (eye movement desensitisation and reprocessing). However, IADC Therapy is primarily focused on reducing the sadness of grieving people. The IADC Therapist guides the client through specific 'sets' of eye movements to process the sadness.

Some people undergoing this therapy report a sense of reconnection with the deceased, which can include visual, auditory, or tactile sensations, for example. These are sometimes referred to as after-death communications (ADCs). However, ADCs are not guaranteed, and the primary focus of the therapy is on reducing the sadness associated with grief.

We hope that this study will contribute to our understanding of grief therapy options, particularly focusing on IADC. This could potentially help therapists to provide the most suitable treatment for people experiencing grief.

Who is undertaking the project?

This project is being conducted by Dr Tom Nehmy, a clinical psychologist and Visiting Research Fellow in the School of Psychology at the University of Adelaide.

Why am I being invited to participate?

You are being invited to participate as you are seeking therapy for grief.

What am I being invited to do?

You are being invited to:

- Engage in an initial screening interview (approximately 25 minutes) to determine whether this therapy is suitable for you. This will include asking you questions about your current functioning and mental health history.
- If IADC Therapy is not deemed appropriate, we will discuss your options for seeking alternative treatment and support.
- If IADC Therapy is deemed appropriate, you will be invited to participate in two 90-minute IADC Therapy sessions over Zoom or in a clinical psychology office setting. These sessions will be scheduled within about 7 days of each other.
- You will be invited to complete questionnaires about a month before the therapy sessions, immediately before the first therapy session, immediately after the second therapy session, and about one month after the therapy sessions.
- We may (with your permission) audio or video record the sessions to have them checked by an independent IADC therapist to ensure the therapy is being conducted consistently between different therapists and participants.



How much time will my involvement in the project take?

In total, it is expected that your involvement will take approximately four hours. This consists of a 25-minute screening interview over Zoom, two 90-minute therapy sessions, and the completion of questionnaires on 4 occasions as described above. All participants will be offered a debriefing call at the conclusion of their participation.

Are there any risks associated with participating in this project?

You are likely to experience some emotional distress (including very strong emotions) throughout the therapy sessions, including when being asked to recall the sadness associated with your loss. You may also temporarily experience an increase in the intensity of your emotions as the processing begins. There is a small risk the therapy will make you feel worse, or that you may feel worse before the second session. However, the therapy sessions will be conducted by experienced mental health professionals who are well qualified to help people deal with distressing emotions. Your therapist will be able to assist you to work through your strong emotions and will also ensure you are informed of appropriate options for further support, if required.

You are likely to feel tired afterwards.

What are the potential benefits of the research project?

You may benefit from this research project by potentially experiencing reduced sadness, an increased sense of peacefulness at the end of the therapy, and possibly an ADC.

The potential benefits of this research project to the wider community include the potential for establishing a new, more effective therapy for grief than existing treatment options.

Can I withdraw from the project?

Participation in this project is completely voluntary. If you agree to participate, you can withdraw from the study at any time. However, it is strongly recommended that once the first 90-minute therapy session has started, that you continue to the conclusion of the session. This is because the usual trajectory of IADC Therapy sessions is that the level of sadness is initially high, and then is significantly reduced after repeated processing with eye movement.

Once your participation is complete and your data has been entered anonymously into our database, it may not be possible to delete your data. However, you will not be identifiable in the resulting dataset or any publications.

What will happen to my information?

Your personal information is treated with utmost respect and confidentiality. Here's how we will handle your information:

- **Privacy and confidentiality:** Your identity will be kept confidential. We will assign you a unique ID number that will be used on all research materials. While your name will never be associated with the research data in any public way, due to the small sample size of this study, complete anonymity cannot be guaranteed. However, we will make every effort to ensure that no personally identifying details are revealed.
- **Security and storage:** All your information and research records will be securely stored. Electronic data will be stored on a password-protected computer, and any hardcopy materials will be kept in a locked file cabinet. Access to your information is limited to the research team only. Your data will be stored for seven years following the end of the study, as per research and health record regulations.
- **Publishing and presenting:** Findings from this research may be published in academic journals, books, or presented at conferences. Your identity will not be disclosed in any publications or presentations. Instead, we will share only aggregated data or use your unique ID number.
- **Access to results:** We believe in sharing our findings with you. Upon completion of the research, we will provide you with a summary of the results, if you wish to receive it.

Your information will only be used as described here and disclosed according to your consent, except as required by law. Your participation in this study is voluntary, and you may withdraw at any time.

Who do I contact if I have questions about the project?

If you have any questions about the project, you can contact the Principal Investigator, Dr Tom Nehmy:



Email: tom.nehmy@adelaide.edu.au

Phone: 0411 591 276

What if I have a complaint or any concerns?

The study has been approved by the Human Research Ethics Committee at the University of Adelaide (approval number H-2023-207). This research project will be conducted according to the NHMRC National Statement on Ethical Conduct in Human Research 2007 (Updated 2018). If you have questions or problems associated with the practical aspects of your participation in the project, or wish to raise a concern or complaint about the project, then you should consult the Principal Investigator. If you wish to speak with an independent person regarding concerns or a complaint, the University's policy on research involving human participants, or your rights as a participant, please contact the Human Research Ethics Committee's Secretariat on:

Phone: +61 8 8313 6028

Email: hrec@adelaide.edu.au

Post: Level 3, Rundle Mall Plaza, 50 Rundle Mall, ADELAIDE SA 5000

Any complaint or concern will be treated in confidence and fully investigated. You will be informed of the outcome.

If I want to participate, what do I do?

If you would like to participate, notify Dr Nehmy by email (tom.nehmy@adelaide.edu.au) informing him that you wish to proceed. You will be asked to submit a signed consent form prior to commencement of the initial Zoom screening call.

Yours sincerely,

Dr Tom Nehmy
Clinical Psychologist & Visiting Research Fellow
School of Psychology
University of Adelaide