

Cohort in Primary Care (COPRI)

4. Safety and Wellbeing



Cohorte en soins primaires
Cohort in primary care

Research Assistants

Interview Guidelines

- Questionnaire is done online by the participants in their own time

OR

- Administered by Zoom, in-person, or by phone, based on participant's preferences
- Conducted in English, French, Urdu, Punjabi, and Spanish, or another language with accompaniment of translator
- Participants will receive \$20 stipend upon completion of questionnaire



Point(s) of Contact on the Team

- Dr. Alexandra de Pokomandy
 - Sponsor-Investigator; Principal Investigator
 - 514-843-2090 or alexandra.depokomandy@mcgill.ca

Participants

Informed Consent Process

- Informed Consent Form
 - Background
 - Purpose of Research Study
 - Description of the Research Procedures
 - Benefits/Risks Associated with the Research Study
 - Voluntary Participation and the Right to Withdraw
 - Confidentiality
 - Health Information Linkage and Security, Compensation, and Contact Information
- Authorization for research team to collect list of vaccinations received, medical information, and mailing list/further communication
- Signature from participant and person obtaining consent

Strategies: Who should I contact?

- If a participant has questions regarding their participation, or if problems arise relating to participation or withdrawing from the study, please contact:
 - Dr. Alexandra de Pokomandy (Sponsor-Investigator): 514-843-2090
- If a participant has questions concerning their rights as a research participant, or if a participant wishes to file a complaint, please contact:
 - Local Service Quality and Complaints Commissioner: 514-934-1934, ext. 35655

Strategies: Triggers and Boundaries

- How can I do my best to avoid triggering participants?
 - Avoid touchy subjects or straying too far from the questionnaire.
- How can I do my best to maintain appropriate boundaries with participants?
 - Avoid self-disclosure, unless it is beneficial to the interview and as long as you do not compromise your safety or the safety of participants.
 - If participants ask irrelevant or inappropriate questions:
 - Remind them what the purpose of the interview is.
 - Politely decline to answer, and put the interview back on track.

Research Assistants & Participants

Mental Health: Support and Resources

- [Anxiety Canada](#)
 - List of free online, self-help, and evidence based resources on anxiety
- [Mental Health Meter \(Canadian Mental Health Association\)](#)
 - Helps give better understanding to holistic mental health
- [A Participant's Guide to Mental Health Clinical Research](#)
 - Applicable for general health clinical research settings
- [Multicultural Mental Health Resource Centre](#)
 - Multilingual fact sheets and patient resources
- [Ami-Québec](#)
 - Mental health programs and support groups, resources, and newsletters