

## Appendix 1 Sample characteristics (\*BS is Black Saturday and \*is missing data)

|    | Home on BS* | Involved in BS | CFA, DSE, SES  | Years in area? | Interview of value | Married/ defacto on BS? | Still in rel'ship? | Lost house?    | Fought/ escaped                                      |
|----|-------------|----------------|----------------|----------------|--------------------|-------------------------|--------------------|----------------|--|
| 1  | No          | Yes            | CFA            | 12             | Yes                | Yes                     | Yes                | No             | CFA Fire-fighter                                     |
| 2  | No          | Yes            | Yes            | 15             | Yes                | Yes                     | No                 | No             | Escaped, wife driving, dangerous, kids in car        |
| 3  | Yes         | Yes            | *              | 29             | Yes                | Yes                     | No                 | Yes            | Fought, helped after                                 |
| 4  | No          | No             | No             | 20             | Yes                | Yes                     | Yes                | No             | Lived elsewhere at time of fire                      |
| 5  | No          | No             | No             | 34             | Depends            | Yes                     | Yes                | No             | Away   |
| 6  | No          | No             | *              | 12             | Yes                | Yes                     | Yes                | Yes            | Away   |
| 7  | N/A         | Yes            | DSE            | 10             | Yes                | No                      | No                 | No             | DSE fire-fighter                                     |
| 8  | N/A         | No             | No             | 4              | Depends            | Yes                     | Yes                | n/a            | n/a  |
| 9  | Yes         | Yes            | CFA            | 36             | Yes                | No                      | n/a                | No             | Defended own home                                    |
| 10 | Yes         | Yes            | *              | 10             | Yes                | Yes                     | Yes                | Yes damage     | Fought fire at home then escaped                     |
| 11 | Yes         | Yes            | Yes            | 7              | Depends            | Yes                     | No                 | Yes            | Fought fire at home then escaped                     |
| 12 | N/A         | Yes            | Yes DSE        | n/a            | Yes                | Yes                     | Yes                | n/a            | CFA fire fighter                                     |
| 13 | Yes         | Yes            | *              | 12             | Yes                | Yes                     | Yes                | No             | Defended own home                                    |
| 14 | Yes         | Yes            | Yes            | *              | Yes                | Yes                     | Yes                | No father did  | Fought fire at home then escaped                     |
| 15 | Yes         | Yes            | CFA            | 16             | Yes                | Yes                     | Yes                | No             | Fought with CFA                                      |
| 16 | Yes         | Yes            | No             | 13             | Yes                | Yes                     | Yes                | No             | Defended own home                                    |
| 17 | No          | Yes            | CFA            | *              | Yes                | Yes                     | Yes                | n/a            | CFA Fire-fighter                                     |
| 18 | Yes         | Yes            | *              | 12             | Yes                | Complex                 | n/a                | Yes, materials | Fought for friend's house with her                   |
| 19 | Yes         | Yes            | No             | 16             | Depends            | No                      | n/a                | Yes            | Escaped  |
| 20 | Yes         | Yes            | CFA            | 20             | Yes                | No                      | n/a                | Business Yes   | Returned within hours of fire, helped afterwards     |
| 21 | Yes         | Yes            | *              | 14             | Yes                | Yes                     | Yes                | Yes            | Fought fire at home with wife then escaped           |
| 22 |             | Yes            | CFA            |                | Depends            | No, in rel'ship         | No                 | No             | CFA fire-fighter                                     |
| 23 | Yes         | Yes            | Yes            | 11             | Yes                | Yes                     | No                 | No             | Defended with others.                                |
| 24 | Yes         | Yes            | No             |                | Yes                | Yes                     | Yes                | Yes            | In CBD, wife escaped with child                      |
| 25 |             | Yes            | *              | 18             | Yes                | Yes                     | Yes                | Yes            | Escaped with wife and children and animals           |
| 26 | No          | No             | No             |                | Yes                | Yes                     | Yes                | No             | Away, damage to home and family affected             |
| 27 | No          | No             | No/em relief   | 5.5            | Yes                | Yes                     | Yes                | No             | Helped with refuge                                   |
| 28 | Yes         | Yes            | No             | 27             | Yes                | Yes                     | Yes                | Yes            | Left early   |
| 29 | Yes         | Yes            | CFA on Ash Wed | 34             | Yes                | Yes                     | Yes                | No             | Lived close by, saved by wind change, lost friends   |
| 30 | No          | No             | No             |                | Yes                | No                      | Complex            | No             |  |
| 31 | Yes         | Yes            | CFA            | 23             | Yes                | No, girlfriend          | No                 | No, damaged    | Went to CFA shed, told neighbours, defended own home |
| 32 | Yes         | Yes            | *              | 7              | Yes                | Yes                     | Yes                | Yes            | Fought fire at home with wife then escaped           |

## **Appendix 2 — Interview Schedules**

### **Research questions**

- What were the effects on men's physical and mental health and wellbeing, if at any, during and in the aftermath of the Black Saturday bushfires?
- What were/are the implications of these effects for the safety and wellbeing of fire-affected men, and for those around them, including their intimate partners and families and work colleagues?
- What personal, interpersonal, or institutional resources, if any, were available to them in the aftermath with respect to psychosocial effects?
- What would have helped minimise or eliminate those risks?

### **Draft Interview schedule for men**

1. Let's start by asking how you came to be living here.
  2. Can you tell us a bit about what's happened to you in the fires and in the months since?
  3. What aspect/s of what you've just told us would you like to talk about further?
  4. What do you see as critical events during that time? What made those events critical to you?
  5. What would have helped or made a difference to you at that time?
- The nature of this research is that it is to be led by the men. Further questions would be exploratory or seeking clarification.

## Appendix 3 - Participant Information and Consent



**MONASH** University  
Injury Research Institute

**Disaster Resilience  
Initiative**

### Explanatory Statement

28/12/2012

Title: What about the men? Men's experiences of health and wellbeing during and after Black Saturday and implications for risk management

Consent form for participants of this research – by interview or focus group.

This information sheet is for you to keep.

Chief Investigators: Prof. Frank Archer  
Ms. Debra Parkinson  
Dr Elaine Enarson

Associate Researcher(s): Ms. Claire Zara

This Explanatory Statement and Consent Form is **6** pages long. Please make sure you have all the pages. Please read this Explanatory Statement carefully. Feel free to ask questions about any information in the document.

My name is Claire Zara and I am conducting a research project towards a PhD at Monash University. My university supervisor is Professor Archer at Monash Injury Research Institute. This means that I will be writing a thesis which is the equivalent of a 300 page book, along with reports, journal and media articles. We have funding from the National Disaster Resilience Grants Scheme for this research project.

#### **1. Your Consent**

You are invited to take part in this study. Please read this Explanatory Statement in full before making a decision. This Explanatory Statement contains detailed information about the research project. Its purpose is to explain to you as openly and clearly as possible all the procedures involved in this project before you decide whether or not to take part in it.

Once you understand what the project is about and if you agree to take part in it, you will be asked to sign the Consent Form. By signing the Consent Form, you

indicate that you understand the information and that you give your consent to participate in the research project.

You will be given a copy of the Explanatory Statement and Consent Form to keep as a record.

## **2. Purpose and Background**

This project will identify risk factors for the health and wellbeing of men and those around them during and after disasters, and recommend ways to help.

Men's health and wellbeing are known to be harmed by unhealthy coping strategies after disasters. We don't know enough about men's experiences after disasters in Australia or worldwide, and there is no specific focus on men in disaster resilience work.

Following our research on women's experiences of Black Saturday, management personnel consistently asked for information on men's experience of disaster and its aftermath. Yet, we do not have that information. This research will seek answers to what those experiences were, why services failed to engage men in post disaster recovery efforts and what needs to be put in place to support men and contribute to the prevention of destructive behaviours that proved harmful to some men, their families and their communities. New knowledge in an Australian context would help:

- (1)** reduce the risk of drug and alcohol dependence, mental health issues, family breakdown, violence, and male suicide after disasters, and
- (2)** Increase the ability of disaster management organisations to minimise risk and respond to men's needs during and after disasters.

Many leaders within key emergency services have indicated their support for this research to fill the gap in our understanding. The commitment of Victoria Police to improved response was evident from the Conference Opening Speech by Deputy Commissioner, Tim Cartwright, who said:

This is about men being men, as they see themselves, as we see ourselves, in response to disasters. The implications are that in public we are strong and fearless and not affected, but the implications for many women is when we come home, we don't cope at all. The women, as invariably the closest to these people, suffer. We see increased family violence, we see kids exposed to increased family violence, we see increases in alcohol consumption, in drug consumption, break downs of all sort, reductions in employment. There is much to be seen, much to be learnt from the research, even as small as it is, there is much more we can do to explore this environment.

<http://www.whin.org.au/what-we-do/hidden-disaster-conference.html>

### **3. Procedures**

Participation in this project will involve you being interviewed at a mutually agreed time and place. You may choose an individual interview or to be part of a group interview. If you agree, your interview will be digitally audio recorded as a back-up and for transcriptions. All information remains anonymous as your name and location will not be attached to any of your responses. While it is not possible to guarantee absolute confidentiality as people who know you may recognise your story, the anonymity of your participation is strengthened by our process, in which you will be given the opportunity to approve the notes produced from your interview, and it is your right at this stage to make corrections and deletions. If you participate in a focus group, you may request a copy of the group transcript to check for accuracy. Notes from interviews will be destroyed once they have been written up and checked. The content of our discussions will be treated confidentially. Coded and de-identified data is stored in a locked filing cabinet at WHGNE for seven years and then destroyed.

As researchers, we are not mandated to report criminal activity, but if we hear of future threats to kill, and if we believe there is a real current and/or future risk to life or of serious harm, we will discuss our concerns with you and ask you who we should contact to help e.g. your counsellor, doctor, family member. This does not apply to past actions or threats.

You will be offered the opportunity for post-interview and post-research debriefing. At the beginning of the interview, you will be advised that it is your right to request post-research debriefing, and the options for this. You will be given an information sheet with the contact details of two or three free/low cost counsellors (e.g. the Men's Counselling Service and the Bushfire Grief and Bereavement Team) or you may prefer debriefing with your own counsellor if you already have access to one.

### **4. Possible Benefits**

We cannot guarantee or promise that you will receive any benefits from this research. However, possible benefits may include a sense of contributing to improvements for others. People usually participate in research like this for three reasons: to raise public awareness; to help others; and to contribute to their own wellbeing. In this research, participants have an opportunity to speak about their experiences and through this research, potentially improve disaster recovery for individuals and communities.

## **5. Possible Risks**

You may feel upset by talking about your situation or you may feel that some of the questions we ask are stressful or upsetting. If you do not wish to answer a question, you may skip it and go to the next question, or you may stop immediately.

If you tell us you are currently threatening to kill or seriously harm yourself or someone else, we will discuss our concerns with you and ask you who we should contact to help, e.g. your counsellor, doctor, family member. (This does not apply to past threats.) If you cannot give us this information, as a last resort, we may need to contact police to ensure your safety or the safety of those around you. We are not mandated to report criminal activity.

If you take part in the research, you have the right to request and receive post-research debriefing. This can be negotiated at the time of interview or earlier, in the days following the interview, or following your reading of the case study. If you suffer any distress or psychological injury as a result of this research project, you should contact the research team as soon as possible. You will be assisted with arranging appropriate treatment and support by qualified staff who are not part of the research team.

An amount of \$100 will be given to you in a Coles Myer credit voucher to reimburse you for costs associated in your participation.

## **6. Privacy, Confidentiality and Disclosure of Information**

Any information obtained in connection with this project will be de-identified. In any publication, information will be provided in such a way to minimise the possibility that you will be identified. Information gathered through interviews will be coded to maintain anonymity.

If you decide to participate in group discussions rather than an individual interview, you may experience embarrassment if one of the group members were to repeat things said in a confidential group meeting. All care will be taken to maintain privacy and confidentiality, and the group will be asked to follow these rules.

## **7. Results of Project**

At the completion of this project, a research report of the findings will be sent to you upon request. Other resources developed through the research will be made available through the Women's Health Goulburn North East and Women's Health In the North websites. It is anticipated that the results of this research project will be published and/or presented in a variety of forums. In any publication and/or presentation, information will be provided in such a way that you cannot be identified, except with your express permission.

## **8. Further Information or Any Problems**

If you require further information or if you have any problems concerning this project you can contact me (Claire Zara) or the Chief Investigator at Monash Injury Research Institute. The researcher responsible for this project is:

### **Prof. Frank Archer**

Telephone: 0419 303 992 or 03 5944 3815 or email  
[francis.archer@monash.edu](mailto:francis.archer@monash.edu).

## **9. Other Issues**

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

Executive Officer

Monash University Human Research Ethics Committee (MUHREC)

Building 3e Room 111

Research Office

Monash University VIC 3800

Tel: +61 3 9905 2052 Fax: +61 3 9905 3831 Email: [muhrec@monash.edu](mailto:muhrec@monash.edu)

## **10. Participation is Voluntary**

Participation in any research project is voluntary. If you do not wish to take part you are not obliged to. If you decide to take part and later change your mind, you are free to withdraw from the project at any stage until the report is released, and your information will not be used.

Before you make your decision, a member of the research team will be available to answer any questions you have about the research project. You can ask for any information you want. Sign the Consent Form only after you have had a chance to ask your questions and you are satisfied with the answers.

## **11. Ethical Guidelines**

This project will be carried out according to the *National Statement on Ethical Conduct in Human Research* (2007) produced by the National Health and Medical Research Council of Australia. This statement has been developed to protect the interests of people who agree to participate in human research studies. The ethical

aspects of this research project have been approved by the Human Research Ethics Committee of Monash University (*approval to be sought at Feb meeting 2013*)

*Signature*

A handwritten signature in blue ink that reads "Claire Zara". The signature is written in a cursive style with a large initial 'C' and a stylized 'Z'.

Claire Zara

Date: 28/2/2013





**CONSENT FORM**

NOTE: This consent form will remain with the Monash University researcher for their records.

**Full Project Title:**

What about the men? Men’s experiences of health and wellbeing during and after Black Saturday and implications for risk management

Consent form for participants of this research, by interview or focus group.

I have read, or have had read to me, and I understand the Explanatory Statement V2.2012 dated December 3, 2012. I understand the purposes, procedures and risks of the research described in the project. In particular, I understand that although the researchers do not have to report criminal activity, if they believe I intend to kill or seriously harm myself or someone else, they will ask me to provide contact details of someone who can help, e.g. my counsellor, doctor, or family member. If I do not give this information or if they cannot make contact, as a last resort, they may need to contact police to ensure safety for me and those around me.

I freely agree to participate in this project according to the conditions in the Explanatory Statement, and understand that I am free to withdraw at any time during the project until the report is released. I have had an opportunity to ask questions and I am satisfied with the answers I have received.

I will be given a copy of the Explanatory Statement and Consent Form to keep.

I understand that while every effort is made to ensure confidentiality, absolute anonymity is not possible and people who know me may be able to recognise my story. The researcher has agreed not to reveal my identity and personal details if information about this project is published or presented in any public form.

|                    |     |    |
|--------------------|-----|----|
| I understand that: | YES | NO |
|--------------------|-----|----|

|   |                          |                          |
|---|--------------------------|--------------------------|
| - I will be asked to be interviewed by the researcher   | <input type="checkbox"/> | <input type="checkbox"/> |
| - unless I otherwise inform the researcher before the interview I agree to allow the interview to be audio-taped  | <input type="checkbox"/> | <input type="checkbox"/> |
| - I will be asked to complete questionnaires asking me about behaviours before and after the Black Saturday fires | <input type="checkbox"/> | <input type="checkbox"/> |
| - I will be asked to take part in a focus group of up to 12 people  | <input type="checkbox"/> | <input type="checkbox"/> |

And I understand that my participation is voluntary, that I can choose not to participate in part or all of the project, and that I can withdraw at any stage of the project without being penalised or disadvantaged in any way.

I understand that any data that the researcher extracts from the interview / focus group / questionnaire / survey for use in reports or published findings will not, under any circumstances, contain names or identifying characteristics without my signed consent below.

I understand that I will be given a transcript of data concerning me for my approval before it is included in the write up of the research, OR if I have participated in a focus group, I can request a copy of the transcript to check its accuracy.

I understand that I may ask at any time/prior to publication for my data to be withdrawn from the project

I understand that data from the interview/focus group transcript will be kept in secure storage and accessible to the research team. I also understand that the data will be destroyed after a 7 year period unless I consent to it being used in future research.

I understand that the audio recording will be deleted once the transcript is complete.

I give permission for a false name to be used instead of my name. If you prefer a particular false name, please write it here.

Participant's Name (printed) .....

Address.....

.....

Email: .....Telephone:.....

Signature

Date

Name of Witness to Participant's Signature (printed) .....

Signature

Date

Declaration by researcher\*: I have given a verbal explanation of the research project, its procedures and risks and I believe that the participant has understood that explanation.

Researcher's Name (printed) .....

Signature

Date

\* A senior member of the research team must provide the explanation and provision of information concerning the research project.

*Note:* All parties signing the Consent Form must date their own signature.