

Triple E Project

Promotion Kit

The Triple E Project is a research study being conducted by researchers at the University of Sydney and the University of Newcastle.

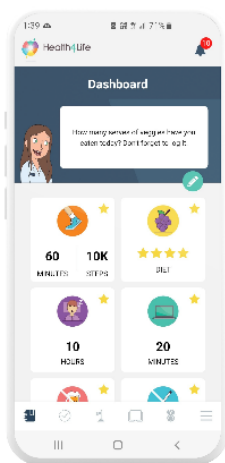
The project is testing ways to improve adolescents' engagement with health apps, with the aim of helping empower adolescents to improve their physical and mental health.

This promotion kit provides information and materials for promoting the study to adolescents and their parents/guardians.

About the study

The main aim of the Triple E Project is to **build a better understanding of the most effective strategies that can be used to increase adolescents' engagement with health apps.**

Adolescents who sign up will be given access to the Health4Life app for three months.



The Health4Life app is a **free, evidence-based self-monitoring healthy lifestyles app** that enables users to track the 'Big 6' health behaviours we know are important for both physical and mental health. These include being physically active, eating healthily, sleeping well, limiting screen time, and staying alcohol, smoke and vape-free.

Participants will then be randomly allocated to receive **up to four engagement strategies** being tested in the study:

- reminder text messages

- access to a health coach
- extra gamified app features
- information resources about supporting adolescent health sent to parents/guardians.

Participants will fill in online questionnaires before and after using the Health4Life app.

Adolescents who sign up for the study will also need to have their parent or guardian participate in the study with them. Parents and guardians will also be asked to fill in brief online questionnaires before and after their child uses the Health4Life app. Some parents and guardians will also be sent the information resources about supporting adolescent health throughout the study, depending on what study condition their child is allocated to.

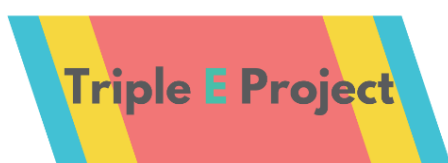
The Triple E Project has been approved by the University of Sydney (2023/203) and University of Newcastle (H-2023-0316) Human Research Ethics Committees.



Target Audience

We are seeking to recruit adolescents aged 13 to 17 years old who live in Australia, have access to a smartphone and a parent or guardian who is also willing to participate in the study with them.

The Triple E Project Website



The Triple E Project is a research study being conducted by researchers at the University of Sydney and the University of Newcastle. The project is testing ways to improve adolescents' engagement with health apps, with the aim of empowering adolescents to improve their physical and mental health.

Sign up now!



All promotion materials will direct the target audience to the Triple E Project website: tripleeproject.org. This website provides more detailed information about the project and links to the study sign up page. There is also an example of our flyer at the end of this document.

The Triple E Project Team



Dr. Louise Thornton (she/her)

BPsych(Hons), PhD (Psychiatry)

Chief Investigator and Project Lead

Louise is a Senior Research Fellow and has extensive experience leading eHealth projects with a focus on improving mental and physical health. Louise has also been involved in a large range of projects working with young people, schools, and parents.



Hannah Deen (she/her)

BPsych(Hons), MCLinPsych

Health Coach and Research Assistant

Hannah is a Registered Psychologist and Clinical Psychology Registrar who has experience working with young people and parents. Hannah also has extensive experience working as a Research Assistant in eHealth.



Matthew Watt (he/him)

BSci(Hons), BA

Research Assistant

Matthew (Matt) completed his Bachelor of Science in Psychology and Bachelor of Arts in Economics. Since graduating, he has worked across multiple projects in digital health interventions.



Clare Corliss (she/her)

BPsych(Hons)

Health Coach and Research Assistant

Clare is a Research Assistant working on a range of eHealth projects. Clare also has experience as a Behaviour Therapist working with children and families, and is a volunteer Crisis Supporter at Lifeline.

Triple E Project Chief Investigators

- Dr Louise Thornton (University of Sydney)
- Professor Frances Kay-Lambkin (University of Newcastle)
- Professor Maree Teesson (University of Sydney)
- Dr Katrina Champion (University of Sydney)
- Dr Stephanie Partridge (University of Sydney)
- Dr Milena Heinsch (University of Tasmania)
- Professor Bonnie Spring (Northwestern University, Chicago, IL, United States)

- Dr Lauren Gardner (University of Sydney)
- Professor Debra Rickwood (The University of Canberra)
- Associate Professor Matthew Sunderland (University of Sydney)
- Professor Nicola Newton (University of Sydney)
- Associate Professor Sarah Zaman (University of Sydney)



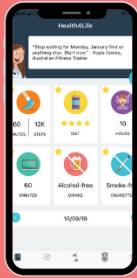
Partner Organisations



Example promotional material: Study Flyers



ARE YOU AGED 13-17 AND INTERESTED IN TESTING OUT A HEALTH APP?



You are invited to take part in a new **research project** by the University of Sydney to help us boost young people's engagement with health apps.

You will have the opportunity to use an **evidence-based health app** designed to help young people to eat more healthily, be more physically active, get more sleep, and reduce screentime, smoking and alcohol use.

WHAT WILL YOU BE ASKED TO DO?

- Get a **parent or guardian** to agree to take part in the research project with you
- Complete a short online **questionnaire**
- Download the **Health4Life app** and use it as much as you like for 3 months
- You may also receive **text messages** to remind you to use the app, get access to **extra content** in the Health4Life app and/or have access to a **health coach**. Your parent or guardian may also receive access to resources to help them support you.
- Complete a second online **questionnaire** at the end of the study, at the 3 month mark.
- (Optional) Take part in a 20-30 minute phone or zoom **interview** about your experiences in the study.



WHO IS RUNNING THE STUDY?



The study is being led by **Dr Louise Thornton** from the University of Sydney, and carried out by researchers from the University of Sydney, the University of Newcastle, University of Canberra and Northwestern University in Chicago. This research is being paid for a grant from the Medical Research Future Fund.

HOW DO I SIGN UP?!

Visit tripleproject.org
OR scan the QR code

