

## PARENT EXPLANATORY STATEMENT

**Project Title:** Parenting Resilient Kids: Evaluating a personalized online parenting program

**Chief Investigator:** Dr Marie Yap, School of Psychological Sciences, Monash University. Phone: (03) 9905 0723, email: marie.yap@monash.edu

**Student Researchers:** Wan Hua Sim, Doctor of Philosophy candidate; Maddy Fernando, Doctor of Psychology (Clinical) candidate, School of Psychological Sciences, Monash University. Phone: (03) 9905 1232, email: med-resilientkids@monash.edu

### Invitation to participate in research

You are invited to take part in this study. Please read this Explanatory Statement in full before deciding whether or not to participate in this research. If you would like further information regarding any aspect of this project, please feel free to contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

This study aims to evaluate whether an online parenting program that provides parents of children aged 8 to 11 years with individually-tailored information and tips on parenting strategies is effective in improving parenting behaviours, and reduce risk of childhood depression and anxiety.

### What will I be asked to do?

If you agree to participate, you will be asked to do the following:

1. Go online to [www.parentingresilientkids.com](http://www.parentingresilientkids.com) to register and indicate that you have discussed the project with your child and that he/she agrees to take part too. You will be asked to provide brief demographic information so that we can ensure you are eligible for this study. We will also ask you to provide a telephone number that we can contact your child on at a preferred time and day of the week. You will be emailed a copy of the child explanatory statement to give to your child.
2. Your child will be contacted by phone by a member of the research team from the Monash University School of Psychological Sciences. The purpose of the phone call is to discuss with your child the explanatory statement to ensure that he/she understands and agrees to take part in the research. During the phone call, the researcher will give your child his/her own login details, and provide any guidance as needed, to complete his/her online assessment. This online assessment includes questions about your child's experience of your current parenting practices, and different feelings and behaviours that may be associated with depression and anxiety (30-45 minutes altogether). Your child will be asked to complete the same online assessment again 3, 12 and 24 months later. If your child reports experiencing high levels of difficulty with his/her mood or anxiety, a member of the research team will contact you to ensure that your child gets the support that he/she may need.
3. You will then receive an email requesting that you complete an online assessment asking about your current parenting practices regarding your child, your general family practices, as well as questions about your general well-being and feelings and behaviours in your child that may be associated with depression and anxiety (45-60 minutes altogether).
4. You will then be randomly allocated to one of two groups where you will receive either:
  - a) A personalised feedback report, and the online parenting program comprising up to 12 modules which are recommended for you based on your survey responses. Each module may take between 15-25 minutes to complete, depending on the topic and the way you choose to engage with it.

**OR**

- b) Eight weekly emails linking you to a corresponding webpage with a factsheet for the week.

Allocation to each group is automated by a computer program. You will find out which group you have been allocated to once you have completed your first online assessment.

5. You will receive a 5-minute phone call from a research staff member once a week until you have completed your allocated program. These calls provide you with an opportunity to ask any questions

related to the study procedures (e.g. trouble logging into the website), but will not provide any therapeutic support.

6. Parents who are completing the online parenting program (see **4a** above) will be required to complete a module in its entirety before moving on to the next module.
7. You and your child will be contacted again 3, 12 and 24 months thereafter, to complete similar follow-up online questionnaires (30-45 minutes each). These surveys and questionnaires will be delivered in the same format as the initial survey.

All parts of this study can be completed at any time or place of convenience to you, as long as there is Internet access.

### **Why were you chosen for this research?**

We are inviting families with at least one child aged between 8 and 11 years (inclusive), who live in Australia, have regular access to the Internet, and are proficient in English, to participate in this research. One parent and one child (aged 8-11 years) per family are invited to participate.

### **Source of funding**

This research project has been funded by Monash University and Australian Rotary Health.

### **Consenting to participate in the project and withdrawing from the research**

Participation in this research is completely voluntary. If you decide to participate, you will be asked to provide consent for yourself and your child, by completing an online registration and consent form. We will also check that your child is happy to participate, over the phone. If you or your child change your mind at any stage, you are free to withdraw from the research. You may also request that your data (i.e. survey responses) be withdrawn once submitted, prior to the final report being written. After this time, you will not be able to withdraw your data.

### **What are the benefits?**

This project is designed to help equip parents with parenting strategies that can reduce the risk of depression and anxiety in their children. In the longer term, it is hoped that parents who use the program will benefit by helping to reduce their children's risk of depression and anxiety problems.

### **Are there any risks?**

The risks of participating in this research are low, however we have identified the following potential risks:

1. Although unlikely, it is possible that you may become upset while completing the surveys or receiving your program. If this happens, please let the researchers know, and you are welcome to withdraw from the study at any time. If you do become distressed at any stage, please seek support from a family member or friend, or call one of the helplines below:
  - **Lifeline: 13 11 14 (24 hours a day, 7 days a week)**
  - **Parentline: 13 22 89 (8am – midnight, 7 days a week)**
2. Although unlikely, there is also a risk to your privacy through breaches of confidentiality, particularly if there is a risk of harm to yourself or others that cannot be prevented without breaching confidentiality. If we believe that you, your child, or someone else is at risk of harm (e.g. child abuse, self-harm), we are bound by professional codes of ethics to take reasonable action to prevent this harm occurring, even if it means breaching confidentiality. If this is necessary, we will try to discuss the situation with you (and your child, if appropriate) first.

### **Reimbursement**

You will receive a \$20 Coles e-gift voucher (sent to your email address) after you and your child have completed each of the 3-month, 12-month and 24-month assessments, to say 'thank you' for yours and your child's time and commitment to the study.

### **What about my privacy?**

All data collected will be stored in a secure online database, and will be kept separate to any identifying information, to protect your privacy. Information obtained in the research will only be accessible by the

researchers named on the project. All electronic files will be password protected. All data will be securely destroyed after a minimum of 5 years from when the final report of the study is published. Any written reports will only include group data, and will not be identifiable in any way.

**How can I see the results?**

A summary of results will be available in 2020. If you would like a copy, please contact us at [med-resilientkids@monash.edu](mailto:med-resilientkids@monash.edu). Results will be included in the doctoral theses of the student researchers, and may be presented at conferences. We also aim to have the research published in scientific journals.

**Use of data for other purposes**

The researchers may wish to use the information you and your child provide during this study for other research purposes, in a non-identifiable form. Such future studies will be subject to approval from the relevant Ethics Committee. You can indicate whether you consent to this in the online registration and consent form.

**Complaints**

Should you have any concerns or complaints about the conduct of the project, you are welcome to contact the Executive Officer, Monash University Human Research Ethics (MUHREC):

Executive Officer  
Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Building 3e  
Research Office  
Monash University VIC 3800

Tel: +61 3 9905 2052      Email: [muhrec@monash.edu](mailto:muhrec@monash.edu)      Fax: +61 3 99053831

Thank you,

**Dr Marie Yap**

NHMRC Career Development Fellow  
Senior Research Fellow and Psychologist  
School of Psychological Sciences  
Monash University

## **CHILD EXPLANATORY STATEMENT**

**Project Title:** Parenting Resilient Kids: Evaluating a personalized online parenting program

### **Invitation to take part in a research study**

You are invited to take part in a research study being conducted by a group of researchers at Monash University. Research means finding out more about something. Researchers are like detectives who try to find answers to questions.

### **What is this study about?**

We want to find out whether a new parenting program can help parents to do things that might protect their children from problems with mood and anxiety.

### **Who is being asked to take part?**

We are asking children between 8 to 11 years old, to be a part of this study with one of their parents. You need to live in Australia, speak English, and have access to the Internet.

### **What will I be asked to do?**

A researcher will call you to check that you understand what we are asking you to do, and so that you can ask any questions. If you agree to take part, we will then ask you to complete an online survey that asks you questions about your parents (e.g. your relationship with them, the things you do together) and also about your feelings and behaviours (e.g. whether you feel sad or worried about things). The survey will take around 30 to 45 minutes. We will also ask you to do a survey 3 months later, 12 months later and 24 months later. All of the surveys can be completed whenever you like, as long as you have Internet access.

### **What if I change my mind?**

If, for any reason, you don't want to be a part of this study anymore, you can pull out at any time. No one, even your parents, can make you continue if you don't want to.

### **How will joining the study help me?**

By joining the study, your parent may discover new ways to protect you from problems with mood and anxiety. You will also be helping us to find out if this new program can help other children and their parents. To thank you for yours and your parent's time, your family will receive gift cards after you have completed the surveys 3, 12 and 24 months after the first survey. The gift cards will be emailed to your parent.

### **Will I or anyone be hurt?**

We don't think you or anyone will be hurt by taking part in this study. However, it is possible that you may be upset by some of the questions in the survey. If you do feel upset at any stage, you can speak to your parents, or call the **Kids' Helpline on 1800 55 1800** to speak to a counsellor. You can call at any time, any day, and there will be someone available to talk to you, for free.

**Will other people find out what I say in the surveys?**

We won't tell anyone about what you tell us in the surveys. Your name and the things about you will be kept a secret – only the people who are doing the research will be able to see your information.

We will only tell your parents or another adult what you have told us if we think that you or someone else is likely to be hurt. Also, if you become upset while we are on the phone to you, we may ask to speak to your parent to discuss what they can do to support you. If we think that you may be having some problems with mood and anxiety, we may suggest to your parents that they take you to see someone who can help you with these problems.

If you still have questions about this study, you can contact us at the phone numbers or email addresses listed below.

**Chief Investigator:** Dr Marie Yap, School of Psychological Sciences, Monash University. Phone: (03) 9905 0723, email: [marie.yap@monash.edu](mailto:marie.yap@monash.edu)

**Student Researchers:** Wan Hua Sim, Doctor of Philosophy candidate; Maddy Fernando, Doctor of Psychology (Clinical) candidate, School of Psychological Sciences, Monash University. Phone: (03) 9905 1232, email: [med-resilientkids@monash.edu](mailto:med-resilientkids@monash.edu)

**What if I have any complaints or concerns?**

A group of people from the Monash University Human Research Ethics Committee has checked to make sure that this research is fair. If you have any concerns or complaints about how we run this research, you are welcome to contact the Executive Officer at:

Executive Officer  
Monash University Human Research Ethics Committee (MUHREC)  
Room 111, Building 3e  
Research Office  
Monash University, Clayton, VIC, 3800  
Tel: +61 3 9905 2052 Email: [muhrec@monash.edu](mailto:muhrec@monash.edu) Fax: +61 3 9905 3831

Thank you,

**Dr Marie Yap**

**NHMRC Career Development Fellow  
Senior Research Fellow and Psychologist  
School of Psychological Sciences  
Monash University**