

TEENAGER EXPLANATORY STATEMENT

Evaluating the effectiveness of the Partners in Parenting Plus - Education program for parents of adolescents experiencing school refusal: A Randomised-controlled trial

Project ID: 52533

Chief Investigator:

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Co-investigators:

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Affiliations

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Invitation to participate in research

You are invited to take part in research being conducted by Monash University. Please read this document before deciding whether you want to take part. You can also talk with your parent about this. If you want to speak with someone from the research team before you decide, you can ask your parent to arrange this, or contact us at pip-ed@monash.edu or on (03) 9905 1250.

'Parent' means any adult in a regular caregiving role. This includes biological parents and guardians, but also carers, legal guardians, stepparents, grandparents, siblings, and other family members.

What does the research involve?

We want to find out whether our online parenting program can help parents support their teenagers when they are struggling with school attendance, anxiety and/or depression.

Who is being asked to take part?

Teenagers aged 12-15 years whose parents are participating in the parenting program and have given permission for their teen to take part.

What will I be asked to do?

1. Complete an online survey (about 20 mins). The survey will ask you questions about your emotions, thoughts, behaviours, and the kinds of things your parent does to support you.
2. Complete the same online survey three more times: after 4 months, 7 months, and 11 months.
3. If you would like to, we will invite a small number of teenagers to attend an optional interview on Zoom.

What if I change my mind?

If, for any reason, you don't want to be a part of this study anymore, you can change your mind at any time. No one, not even your parent, can make you continue if you don't want to. You can also ask us to withdraw your survey responses after you have done them. You will need to do this before we have analysed them for publication. After this time, you will not be able to withdraw your survey responses.

What are the benefits?

There may not be any personal benefit for you taking part in this study, but your input will help us find out whether this online parenting program can help teenagers struggling with school attendance,

anxiety and/or depression.

To thank you for your time, you'll receive a \$25 gift voucher for each survey you complete (up to \$100 for up to 4 surveys). If you choose to attend the interview, you will receive another \$30 gift voucher. Therefore, you will receive e-gift vouchers adding up to \$130.

Are there any risks?

We don't think there are any major risks of taking part in this study. However, you may be upset by some of the questions in the survey. If you do feel upset at any stage, you can call the **Kids' Helpline on 1800 55 1800** to speak to a counsellor. You can call at any time, on any day, and there will be someone available to talk to you, for free. If you see a professional who helps you with your depression or anxiety difficulties, we recommend you speak with them, too.

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

We will only tell your parent or another adult something you have told us if we are concerned about yours or someone else's wellbeing or safety. For example, if your answers indicate that you are feeling very stressed or upset, we may notify your parent and give them information about how they can help you. It's important for you to know that this would not be because you are in trouble in any way, but to make sure your parent can keep you safe and support you.

Otherwise, everything you tell us will be kept private. Even your parent won't be able to find out what you say in the surveys. What you and your parent tell us can only be seen by researchers who have been approved on the project (e.g., to manage the study, to analyse the results, for meetings). Any time the researchers talk about the study or information you tell us (like your surveys or interview) we will keep your information confidential/private, we will not talk about information that we don't need to, and we will always be respectful about you and your parent.

After you have done the surveys, we will separate your name and other information that can identify you by giving you an ID number. All your information will be password protected and kept by Monash University. We don't plan to destroy your digital information, and it might be used for future research (if it is also approved by ethics committees). Anything we write about the study that includes what you said in your survey or interview will not be able to be linked to you in any way.

Source of funding

This research project has been funded by the Medical Research Future Fund (MRFF). Grant ID: MRF2035984.

Storage and use of data for other purposes

Electronic data will be kept separately from any personal information about you. This will all be stored securely, password protected, and only approved researchers will be able to access it. We will only use your information in the future if you cannot be identified in any way, and it will have approval from an ethics committee. We will share the findings of our study in a way that cannot be linked back to you, in places like scientific journals, reports to the project partners, conferences, or books. We might also share our surveys through secure online websites for other researchers (like Figshare). If we do this, it will only include your survey answers (which are numbers) with no other information about you.

If you choose to attend an interview, the interview will be recorded on Zoom. In order to have a written version of what is said in the interview, we will use a professional service that transcribes (writes down what is said) the interview recording. This service sticks to very high standards of security, so that your information is kept secure.

Conflict of interest

Dr Mairead Cardamone-Breen, Professor Marie Yap, Professor Glenn Melvin, Emeritus Professor Anthony Jorm and Dr Anna Smout are co-authors of the Partners in Parenting Plus - Education (PiP-Ed+) program. Ms Brydie Garner is conducting her PhD research project on the PiP-Ed+ program. Dr Alice Cao, Dr Olivia Bruce, and Dr Jue Xie have published research on the broader Partners in Parenting program. All research team members declare no financial conflict of interest

in this research.

Can I see the results?

Yes. If you'd like to see the results at the end of the study, you can contact us to request them using the email addresses provided at the top of this form.

What if I have any complaints or concerns?

This project has been approved by the Monash University Human Research Ethics Committee. 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 Committee (MUHREC):

Executive Officer

Monash University Human Research Ethics Committee (MUHREC)

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Thank you for taking the time to read this Explanatory Statement.

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Chief Investigator

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