



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

PARTICIPANT INFORMATION STATEMENT

School of Psychology

Project Title:	Building Bridges Triple P
Principal Investigator:	Associate Professor Kate Sofronoff, School of Psychology, University of Queensland
Student researcher:	Tahlia Gash

What is the Project About?

The current study will examine the effectiveness of Building Bridges Triple P. Building Bridges Triple P is a parenting program designed to help parents who have an adolescent with a developmental disability. The program aims to assist parents in their caring role and equip them with skills to address their adolescent's emotional and behavioural wellbeing.

Building Bridges consists of five group and three individual telephone sessions, held over eight weeks. The program is open to all important carers in the adolescent's life. The program addresses a number of areas of concern for parents and an accredited Triple P facilitator will run the sessions. The researcher anticipates that around eight families with similar concerns about their adolescent will attend the parenting groups. The groups will use a mix of discussion, practice and home based activities. The program is free and you will also receive a free program workbook with information and tips to assist you. Topics of discussion in the parenting group will include, understanding adolescents' behaviour, encouraging independence in your adolescent, promoting positive family interactions, managing problematic behaviours, helping adolescents to manage their emotions and self-care for carers.

Other Triple P programs have demonstrated a variety of benefits for parents of teenagers and children with a disability, including improvements in child behaviours, positive parenting skills, parenting confidence and family relationships. It is anticipated that Building Bridges will result in similar improvements. Results from the study are likely to improve the accessibility of the program to a wide range of parents that could benefit from positive parenting assistance.

Who is doing the Research?

The research is being conducted by Tahlia Gash as a part of her enrolment in the Doctor of Clinical Psychology program at the University of Queensland. The results of the research will help to evaluate the Building Bridges parenting program.

Why am I being asked to take part and what will I have to do?

We are looking for carers of adolescents between the ages of 13 and 18, diagnosed with a developmental disorder. It is important that you are not participating in any parenting interventions at the same time. If you express interest in the program, you will be required to complete a short screening questionnaire over the phone. If you are eligible for the program,

you will be asked to complete the pre-measures in an online format. You will also be asked to complete these questionnaires again at the completion of the program and again three months after completing the program. The questionnaires are estimated to take participants approximately 60-75 minutes to complete.

If you agree to participate, you will be required to attend five parenting group sessions at the Psychology Clinic at The University of Queensland. You will also be asked to complete three telephone sessions with the facilitator. The time of the group sessions will be arranged so that it is convenient for you and will be determined after the screening period.

You will be asked to complete behaviour monitoring charts throughout the Building Bridges program and these will be used to determine the effectiveness of the program. There will be no cost to you for taking part in this research and you will not be paid for taking part. However, you will receive a parking permit to use when at the UQ Psychology Clinic.

Are there any benefits to being in the research project?

We hope the results of this research will allow us to develop a parenting program for families of adolescents with developmental disability. It is anticipated that your participation may also improve problematic behaviour and emotional problems in your teenager, as well as your parenting confidence.

Are there any risks, side-effects, discomforts or inconveniences from being in the research project?

We have been careful to make sure that the information in the parenting groups, screening sessions and questions in the surveys do not cause you any distress. But, if you feel anxious about any of the questions they do not need to answer them. In addition, you do not have to participate in discussions or group sessions if you wish. If any content in the study causes any concerns or upsets you, we can provide you with options for additional sources of support such as a counsellor, psychologist or broader support organisations.

During the research project we may find out new information about the risks and benefits of this study. If this happens we will tell you the new information and what it means to you. It may be that this new information means that you can no longer be in the study or you may choose to keep going or to leave the study. You might be asked to sign a new consent form to let us know you understand any new information we have told you.

Who will have access to my information?

The information collected in this research will be identifiable. This means that any information we collect that can identify you will stay with the information we collect and it will be treated as confidential and used only in the project unless otherwise stated. We can let others know this information only if you say so or if the law says we need to.

All information will be stored securely at the University of Queensland. Only members of the research team will have access to the identified data. The University Ethics Office may access the data for audit purposes. Electronic data will be password-protected and hard copy data will be in locked storage. All data will be coded in a de-identified manner and subsequently analysed and reported in such a way that responses will not be able to be linked to any individual. The results of this research may be presented at conferences or published in professional journals. You will not be identified in any results that are published or presented.

Will you tell me the results of the research?

We will write to you at the end of the research and let you know the results of the research. Results will not be individual but based on all the information we collect and review as part of the research.

Do I have to take part in the research project?

Taking part in a research project is voluntary. It is your choice to take part or not. You do not have to agree if you do not want to. If you decide to take part and then change your mind, that is okay, you can withdraw from the project. You do not have to give us a reason; just tell us that you want to stop. Please let us know you want to stop so we can make sure you are aware of any thing that needs to be done so you can withdraw safely. If you choose to take part or start and then stop the study, it will not affect your relationship with the University, staff or colleagues. If you choose to leave the study, we will use any information collected unless you tell us not to.

What happens next and who can I contact about the research?

If you decide to take part in this research we will ask you to sign the consent form. By signing it is telling us that you understand what you have read and what has been discussed. Signing the consent indicates that you agree to be in the research project and have your health information used as described. Please take your time and ask any questions you have before you decide what to do. You will be given a copy of this information and the consent form to keep.

If you have any questions about the study please contact;

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Associate Professor Kate Sofronoff

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Ethics Clearance and Contacts

This study has been cleared in accordance with the ethical review processes of the University of Queensland and within the guidelines of the National Statement on Ethical Conduct in Human Research. You are, of course, free to discuss your participation with project staff (contactable on the numbers provided above).

Ethics approval ID: 17-PSYCH-PHD-23-JS

If you would like to speak to an officer of the University not involved in the study, you may contact one of the School of Psychology Ethics Review Officers: John McLean (john@psy.uq.edu.au, Phone 3365 6394), Jeanie Sheffield (jeanie@psy.uq.edu.au, Phone: 3365 6690), or Alex Haslam (uqshasla@uq.edu.au, Phone: 3346 7345) or Julie Henry (julie.henry@uq.edu.au, Phone: 3365 6737). Alternatively, you may leave a message with the School of Psychology Ethics Coordinator, Danico Jones at 3365 6448 for an ethics officer to contact you, or you may contact the University of Queensland Ethics Office on 3365 3924, e-mail: humanethics@research.uq.edu.au