

PARENT INFORMATION SHEET.

Uncovering the Toolbox for Youth's Emotional and Academic Resilience: Flexible Coping Responses to Stress

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Dear Parent/Guardian,

Thank you for providing consent for your child to take part in our previous surveys from Griffith University. These responses have been very helpful to us in understanding how young people cope with problems in their life. Coping with stress is one of the top three concerns of today's Australian teenagers. The focus of this part of the research is to find out important new knowledge on identifying, more specifically, some of the challenges youth experience from day to day and how they go about coping with these challenges. By completing this final aspect of the study, we gather new information on how youth cope with the day-to-day stress they may experience in their everyday environment, which in turn is crucial for the future development of more precise, efficient, and successful resilience programs.

What your child will be asked to do

Participation in this research will involve your child completing a very short set of questions on each of 7 consecutive evenings (Monday to Sunday). The surveys will take about 3-5 minutes each day and occur between 6pm and 9pm, based on whatever time you and your child select. We will ask your child questions about the best and most stressful parts of their day and how they felt and coped that day. Mostly, your child will just be answering questions using numbers such as 1 (not at all) to 10 (very much).

How your child will complete the daily surveys

To make this easier for you and your child, it is preferred that the survey is completed through the use of a mobile phone app. To use the app, your child will need an Android or Apple smartphone. If your child does not have a smartphone to use, we can loan you one.

About the app: Your child will be asked to download a safe and secure mobile-based application, called MyCap, supported through the Research Electronic Data Capture (REDCap) online systems endorsed by Griffith University. This app was selected because it meets all of our safety and confidentiality requirements. Given both REDCap's and MyCap's strict security compliance, this app will not require any personally identifying information and the answers from your child on each survey will be automatically encrypted (i.e., this means it is HIPAA and GDPR compliant – similar to how health information is stored in Australia). You can read more about MyCap's security features at <https://projectmycap.org/frequently-asked-questions-faqs/>.

Only the research team will have access to your child's (confidential) responses and these data will never be used for any commercial purposes. The REDCap online support system has been used by universities in Australia and around the world for research and was developed in 2004 at Vanderbilt University. The associated app, MyCap, is available for download on both Apple and Android devices.

How the app works: Your child will receive an app notification each evening to complete the survey questions. Your child will then click on the app to complete the questions. The survey will remain open from the time selected for two hours to provide some flexibility in the timing of completing the survey. Your child can answer the survey questions anywhere and they do not need to connect to WiFi to respond.

If you prefer your child is contacted each evening by a member of the research team to complete the short nightly survey, your child will receive a phone call each day at the time selected (between 6pm and 9pm) instead of using the app.

The expected benefits of the research

The findings of the research project may make a significant contribution to our knowledge regarding how children cope with stress and how we can help them to become more resilient to stressful situations and adversities of life. Everyone benefits from healthy and resilient youth and this project promises novel translational findings to benefit Australian young people. The project will identify key modifiable coping skills to boost resilience to stress, and the family and personal factors that promote these coping skills. Early pilot data indicate that these coping skills offer some of our best-bets for boosting youth resilience and reducing and preventing emotional and behavioural problems. New findings should also be ready to be translated into interventions at other levels, including, for example, to assist individuals coping with life transitions at any age and those facing significant social, medical, workplace or academic stressors in other times of life. The research results will be included in the academic theses of Griffith University student researchers and academics and may also be disseminated via journal articles, conference presentations, traditional and social media.

Risks

The research team believes that the foreseeable risks associated with participating in this research are minimal. There are some sensitive questions (e.g., what is the most stressful thing that has happened today), so should your child feel uncomfortable answering any questions, he or she will not be required to do so. Your child will be provided with a list of contacts if they would like to talk to someone anytime during the 7 days of this study and will have the opportunity to talk to a researcher following completion of questions each day if he/she wishes to do so.

Children can also contact: Kids Helpline 1800 551 800; Headspace 07 5509 5900; Lifeline 131114 or 07 5579 6000; Griffith Psychology Clinic 1800 188 295.

Children and families are also encouraged to contact the Chief Investigator, Melanie Zimmer-Gembeck with any concerns.

Confidentiality

The confidentiality of your child's responses is guaranteed. No participant will be required to record a name or any other identifying information when downloading the application from the Apple store or Google Play store. Instead, your child will have a unique QR code that will allow us to link his or her responses across the 7 days. We will maintain a separate file with contact details for you and your child so that we can stay in touch during the research period. This will also enable us to identify individual information and data should it be necessary to do so (e.g., if significant risk to a participant is identified). For example, in the case that your child discloses any sexual offence or child maltreatment, the state government now legally requires mandatory reporting of such harm to the relevant authorities. As such, should such risk be disclosed, all adults now have a legal requirement to break confidentiality for the safety and protection of the child. In any reports resulting from the research, no individual school or participant will be identifiable. All information collected will be stored for five years after the end of this study. Information will be stored on a password protected computer and in a locked filing cabinet at Griffith University, with access limited to the research team only. After this time, all data and other information relevant to the study will be destroyed.

Participation is voluntary

Participation in this study is completely voluntary. If, at any time, you or your child wishes to withdraw from the study, you or your child will be free to do so, without penalty, without having to explain the reasons for withdrawal and without impact to your child's grades, standing at their school or his or her life in any other way.

Questions/Further information

If you have any questions about the study, please do not hesitate to contact Professor Zimmer-Gembeck or any other member of the research team shown above.

The ethical conduct of this research

Griffith University conducts research in accordance with the *National Statement on Ethical Conduct in Human Research*. If you have any concerns or complaints about the ethical conduct of the research project (GU ref no: 2019/178) you should contact the Senior Manager, Research Ethics and Integrity on 3735 4375 or research-ethics@griffith.edu.au.

Feedback to you

Throughout this project and once the research project has been completed, summaries of the results will be given to your child's school. The school may provide information to you via a newsletter or other contacts, and you are welcome to contact the Griffith University research team by email or phone to request an update on the study or summary of the research and results at any time.

Draw Prize/Incentive

For your child's participation, he or she will receive \$5 each day they complete the questions for each of the first 6 days and a bonus \$10 for completing all 7 days of data collection; culminating in your child receiving **up to** a \$40 gift voucher to either Coles/Myer (which includes Kmart and Target) or to a range of stores (e.g., clothing stores) – based on your child's overall completion rate. Additionally, your child will be one of 100 students entered into a prize drawn to win one of 4 JB HiFi gift vouchers worth \$100 each (see terms and conditions). For each day your child participates in the study, they will be entered in the prize draw to increase their chances of winning the voucher (for a total of 7 possible entries). Please see prize draw conditions below.

Parental Consent

Please complete the attached Parent Consent Form, indicating whether you are willing to allow your child to participate in this study.

Yours faithfully,



Professor Melanie Zimmer-Gembeck

PLEASE RETAIN THIS INFORMATION SHEET

Prize Draw Entry Terms and Conditions

1. The prize draw is being run by Professor Melanie Zimmer-Gembeck and the above research team from Griffith University to encourage participation in our study, **“Uncovering the Toolbox for Youth's Emotional and Academic Resilience: Flexible Coping Responses to Stress”**, which aims to better understand how youth experience and respond to stressful situations in their day-to-day environment.
2. By electing to participate, you accept these terms and conditions as governing the prize draw. Instructions on how to enter the prize draw and details advertising the survey form part of the conditions. Any personal information you provide to us in the course of entering the prize draw will be dealt with by us in accordance with our privacy policy (published at: <http://www.griffith.edu.au/aboutgriffith/governance/plans-publications/griffith-university-privacy-plan>).
3. 1 gift card will be awarded to 1 individual in the prize draw. Each gift card will have the value of \$100.00. Should the advertised prize become unavailable as a result of circumstances beyond our control, we are free (at our sole discretion) to substitute a cash prize equivalent to the value of the prize advertised.
4. Entry is free. There will be a total of three prize draws. The first draw will open August 23rd, 2021, and the first competition closes once 100 participants have entered (no later than 9am 31 Dec 2021). The second draw will open immediately after the first draw ends and closes once a new group of 100 participants have entered (no later than 9am 31 July 2022). The third draw will open immediately after the second draw ends and closes once a final group of 100 participants have entered (no later than 9am 31 Dec 2022). Entries received after the closing date will not be accepted.
5. To enter the prize draw, you must:
 - (a) be a valid participant in this study and
 - (b) provide a valid postal address.
6. You may not enter the prize draw if you are:
 - (a) a member of the research team; or
 - (b) an immediate family member (i.e., a spouse/partner, child, or sibling).
7. You may only submit one entry in the prize draw for each day of study participation (up to 7 entries total).
8. All survey and other materials provided by you become our property. No responsibility is taken for late, lost, or misdirected surveys or entries.
9. Following the closing date, the prize winners will be selected randomly from valid entries received. Each entry can only be drawn once.
10. Subject to system malfunction, all prize draws will occur once the data collection is completed (occurring no later than 31 Dec 2022). If the systems supporting the draw are not functioning as they should when the draw is due, the draw will be held as soon as possible once the systems become functional again. Prize winners do not need to be present at the time of the draw.
11. Prize winner names will not be published.
12. The relevant prize will be sent to each prize winner at the postal address captured within the survey instrument. If an address has not been supplied, the entry will be treated in accordance with clause 14. The majority of prizes will be mailed within two weeks of the draw.
13. The right to a prize is not transferable or assignable to another person.

14. If any prize winner cannot be contacted within three (3) months of the draw, then that person's right to the prize is forfeited and the prize will be treated as an unclaimed prize.
15. Only one redraw of unclaimed prizes will take place, and other existing prizes are not affected. The redraw prize winner(s) will be randomly selected from remaining valid entries and notified within two (2) weeks of the redraw. If the redraw prize winner(s) cannot be contacted within three (3) months of the redraw, then we may determine that the relevant prize(s) will not be awarded.
16. Prizes cannot be substituted for another prize at the election of the prize-winner.
17. We are not liable for any loss, expense, damage or injury sustained by any entrant in connection with this prize draw, the prize or redemption of the prize, except for any liability which cannot be excluded by law (in which case, that liability is limited to the minimum allowable by law).
18. We may suspend the promotion if we determine that the integrity or administration of the promotion has been adversely affected due to circumstances beyond its control. We may disqualify any individual who tampers with the entry process.