

PARTICIPANT INFORMATION SHEET

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

RESEARCH TEAM:

Chief Investigators:

Professor Melanie Zimmer-Gembeck
School of Applied Psychology, Griffith University
m.zimmer-gembeck@griffith.edu.au

Dr Kathryn Modecki
School of Applied Psychology, Griffith University
k.modecki@griffith.edu.au

Dr. Lara Farrell
School of Applied Psychology, Griffith University
l.farrell@griffith.edu.au

Professor David Shum
Hong Kong Polytechnic University
david.shum@polyu.edu.hk

Investigators:

Tanya Hawes
School of Applied Psychology, Griffith University
t.hawes@griffith.edu.au

Professor Allison Waters
School of Applied Psychology, Griffith University
a.waters@griffith.edu.au

Dr Amanda Duffy
School of Applied Psychology, Griffith University
a.duffy@griffith.edu.au

Professor Ellen Skinner
Portland State University, USA
skinnere@pdx.edu

Dr. Alex Gardner
School of Applied Psychology, Griffith University
alex.gardner@griffith.edu.au

Dear Participant,

Thank you for taking part in our previous research from Griffith University. Your responses have been very helpful to us in understanding how people your age cope with problems in their life. Coping with stress is one of the top three concerns of people your age. The focus of this part of the research is to find out from you more specifically, what are some of the challenges you experience from day to day and how you go about coping with these challenges.

What you will be asked to do

You will be participating in a research study where you will be asked to complete a very short set of questions each day for 7 days (Monday to Sunday). The surveys will take about 3-5 minutes each day and occur between 6pm and 9pm, based on whatever time you select. We will ask you questions about the best and most stressful parts of your day and how you felt and coped that day. Mostly, you will just be answering questions using numbers such as 1 (not at all) to 10 (very much).

How you will complete the daily surveys

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

How the app works: You will download a safe and secure mobile-based application, called MyCap, supported through the Research Electronic Data Capture (REDCap) online systems endorsed by Griffith University, and will be notified by this app each evening to complete the survey questions. After you receive a notification, you will then click on the app to complete the survey questions. The survey will remain open from the time you select for two hours to give you time to complete the survey when you can. You can answer the survey questions anywhere and you do not need to connect to WiFi to respond.

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 information that could identify who you are and the answers you provide 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/>.

The REDCap online support system has been used by several schools and universities around the world and was developed in 2004 at Vanderbilt University. The associated app, MyCap is available for download on both Apple and Android devices.

If your parent(s) or you prefer to be contacted each evening by a member of the research team, you will receive a phone call in the evening each day at the time you select between 6pm and 9pm.

The expected benefits of the research

The findings of the research project may make a significant contribution to our knowledge about how children and teenagers cope with stress. The research results will be included in the academic papers of Griffith University students and other researchers and may also be shared in journal articles, presentations, and on traditional and social media.

Risks

The research team believes that the possible risks of participating in this research are small. There are some sensitive questions (e.g., what is the most stressful thing that has happened today), so should you feel uncomfortable answering any questions, you will not be required to do so. You will be provided with a list of contacts if you would like to talk to someone anytime during the 7 days of this study and you will have the opportunity to talk to a researcher following completion of questions each day if you wish to do so. You can also contact Kids Helpline 1800 551 800; Headspace 07 5509 5900; Lifeline 131114 or 07 5579 6000; Griffith Psychology Clinic 1800 188 295; or the Chief Investigator, Melanie Zimmer-Gembeck with any concerns.

Confidentiality

The privacy and confidentiality of your responses are guaranteed. You will not be required to record your name or any other personal information when downloading the application from the Apple store or Google Play store. Instead, you will have a unique QR code that will allow us to link your responses across the 7 days. We will keep a separate file with contact details for you and your parents so that we can stay in touch during the research period. This will allow us to identify your information if it is needed in the future. For example, in the case that you share with us that you have been physically or sexually harmed, the government now legally requires us to report this to the relevant authorities. As such, the research team will have to break confidentiality for your safety and protection. In any reports resulting from the research, no individual school or student 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 will be destroyed.

Participation is voluntary

You can choose whether or not to participate in this research. If, at any time, you or your parent(s) wishes to withdraw from or leave the study, you can do it without having to explain why and without affecting your grades, your standing at your school or your 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 by email or phone.

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

Summaries of the results will be given to your school. The school may provide information to you via a newsletter or other contacts, and you or your parent(s) 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.

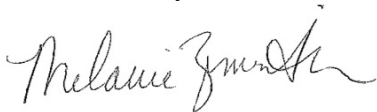
Draw Prize/Incentive

For each day you answer questions you will receive \$5. In addition, you will receive a bonus \$10 for completing all 7 days of data collection. Thus, you will receive **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 overall completion rate. Additionally, you will be entered in one prize draw to win one of 4 JB HiFi gift vouchers worth \$100 each (see terms and conditions). For each day you answer questions, you will be entered into the draw to increase your chances of winning the voucher (up to 7 entries total). Please see prize draw conditions on the following page.

Your consent

Your completion of the survey(s) will be taken as your agreement (assent) to participate in this research.

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 for each day of participation in the prize draw.
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, the draw 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.