



## YOUTH EXPLANATORY STATEMENT

### Evaluating the Therapist-assisted Online Parenting Strategies (TOPS)

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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

Explanatory Statement in full before deciding whether or not to participate. If you would like more information, please contact the researchers via the phone numbers or email addresses listed above.

### What does the research involve?

We want to find out whether a new online program can help parents support their teenagers when they are having problems with depression and anxiety.

### What will I be asked to do?

If you choose to take part, one of the researchers will call you (at a time that suits you) to check that you understand what we are asking you to do, and so that you can ask any questions. We will then ask you to complete an online survey (a researcher will be on the phone to help you do this, if needed). The survey will ask you questions about your parents (e.g. your relationship with them, the things you do together) and also about your feelings and behaviours that may be linked to depression, anxiety and sleep problems (e.g. whether you feel sad, worried about things or have difficulties falling or staying asleep).

### How long will it take?

The online survey will take around 30 to 45 minutes. We will also ask you to complete a Sleep Diary either through a smartphone app or if you prefer, in paper format, over a period of 1-week to measure your sleep.

We will ask you to do this at three other times. These would occur roughly 1 month, 5 months, and 13 months after the first survey.

All the surveys can be completed online anytime, as long as you have internet access. We will contact you to remind you when this needs to be done.

We encourage you to fill out these surveys because we would really like to know whether, from your perspective, anything has changed for you and your family.

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

We are asking young people aged 12 to 17 years to be a part of this study, together with one of their parents. You need to live in Australia, speak English, and have access to the internet.

### **Source of funding**

This research project has been funded by Monash University.

### **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, not even your parents, can make you continue if you don't want to.

### **What's in it for me?**

There may not be any direct benefit for you taking part in this study, and your parent will continue to be a part of this study even if you are not. But your input will help us find out whether this new online parenting program can help young people with depression and anxiety.

We will send you a Coles e-gift voucher of \$10 after you complete the first two surveys (about one month after your parent started the study). When you have completed each of the follow-up surveys (around 5 months and one year after your first survey), we will again email you a \$10 Coles e-gift voucher to thank you for your time. You will also receive a bonus of \$5 for completing a sleep diary at each of these times. This requires you to complete sleep survey over a 1-week period, twice a day for a minimum of 4 school days and 1 non-school day.

### **Are there any risks to my parent or me?**

We don't think there are any major risks of 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 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. You can also speak to the professional you are seeing to help you with your depression or anxiety difficulties.

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

Everything you tell us as part of this research will be kept private. Even your parents won't be able to find out what you say in the surveys. 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.

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 will ask to speak to your parent to discuss what they can do to support you.

If we are concerned about how you're coping with your depression or anxiety difficulties (based on what you tell us in the surveys), we may suggest to your parents that they take you to a professional or connect with your current mental-health care provider who can help you with these problems.

### **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:

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,

**Associate Professor Marie Yap**

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