



### **PARTICIPANT INFORMATION FORM (Survey)**

UWA Human Research Ethics Office approval number RA417857

### **Self-stigma in Parents of Children with Behavioural and/or Emotional Problems**

The senior investigator monitoring this project is Associate Professor Jeneva Ohan, School of Psychology, University of Western Australia. This project is being conducted as part of the PhD requirements for Miss Kim Eaton's thesis. If you have any questions about this project please contact Jeneva via the email or phone numbers listed above.

#### **What is the purpose of this study?**

As a result of having a child with an emotional or behavioural problem, parents may experience negative feelings, comments, or behaviours from others. We call these experiences "stigma." Some parents may even begin to think of themselves in these negative ways, we call this "self-stigma". In this project, we are interested in understanding parent self-stigma and what some of the effects of this might be. Parents who have children between the ages of 4 and 13 with a behavioural and/or emotional problem (such as anxiety, depression, ADHD, eating disorders, oppositional defiant disorder – ODD, and/or conduct disorder) are asked to respond. You may be your child's biological, step, adoptive, or foster parent.

#### **Are there any benefits from participating in the study?**

It is possible that completing questions about one's self will result in participants being more reflective and mindful about what they are thinking or feeling and may be a rewarding experience. By providing insight into your experience as a parent, we are better able to understand what it's like to be a parent of a child with a mental health problem. This has important implications for developing better ways to support parents in the future.

#### **Feedback/Reimbursement**

If you provide your email address, you will receive a summary about the results of the study when it is available. If you choose to enter the prize draw for one of 15 \$50 (AUD) vouchers for Coles-Myer, please provide your email address.

#### **What will the study involve?**

If you decide to take part, you will be asked to complete a survey over the internet. First you will be asked some questions about your parenting experiences and how these experiences have impacted on you. You will also be asked to complete questions related to your child's strengths and emotional and behavioural problems, as well as your demographic background (e.g., gender, age). This will take about 20 minutes. Please note that this survey is not compatible with smart phones, instead will need to be completed using an iPad, laptop, or computer.

#### **Participating and withdrawing from the study.**

Participation in this project is voluntary. If you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence; you can do this by simply declining the invitation to participate or by closing your web-browser. However, if you withdraw part way through the survey, we will not be able to remove the data that we have already collected as no identifying information will be recorded. Your participation in this study does not prejudice any right to compensation, which you may have under statute or common law.

At the end of the survey, you will be asked to provide your email address or mobile phone number if you would like to receive a copy of the study's results, participate in the next stage of the research, completing the survey again in 12 months, and/or be entered into the prize draw. Your email address or mobile number will be separated from your data by a code, you will not be asked to provide your name.

#### **Are there any risks involved?**

As we are likely to ask questions about sensitive issues, some parents may feel hurt, discomfort and/or embarrassment as a result. Any participant who is adversely affected by the research should contact the senior investigator, A/Prof Jeneva Ohan, at the contact details given above. If you wish to seek support for yourself as a carer of a child with behavioural or emotional problems, please try contacting the support agencies specific to your

state, listed below and at the end of this survey. More general sources of support that may also be helpful include [lifeline.org.au](http://lifeline.org.au) (or call 13 11 14) or [beyondblue.org.au](http://beyondblue.org.au) (or call 1300 22 4636).

### **Confidentiality**

Each participant is allocated a code and all data stored is labelled with this code rather than your name. Should you provide your email address, it will be separated from your data. Any information or personal details gathered in the course of the study are confidential, as far as the law allows. The data we obtain will be retained in encrypted files on a university computer and stored in a locked office (senior investigators lab, UWA). On completion of the project, data will be held securely on the UWA Institutional Research Data Store for a minimum of seven years. The senior investigator and PhD student Kim Eaton hold the responsibility for the management and storage of data. All data will be permanently and securely destroyed in keeping with the guidelines of the Western Australian University Sector Disposal Authority on completion of the seven years. The results may be used in student theses, presented at conferences and seminars, published in scientific journals and/or summarised for websites and the media. However, no participant will be identified.

### **Research Support**

This research is supported by funding from the School of Psychology, UWA.

*Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time.*

*In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Complaint Resolution Unit (CRU) either by email to [complaints@uwa.edu.au](mailto:complaints@uwa.edu.au), or on-line at <http://www.uwa.edu.au/university/complaints/community/submit>.*

*All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.*

**Thank you for your time and interest in this study. If you require further information, please contact the researcher Kim Eaton on 040 318 3228 or [kim.eaton@research.uwa.edu.au](mailto:kim.eaton@research.uwa.edu.au).**

**If you wish to seek support for yourself as a carer of a child with behavioural or emotional problems, please try contacting the support agencies listed below.**

**LifeLine**  
[lifeline.org.au](http://lifeline.org.au)  
13 11 14

**BeyondBlue**  
[beyondblue.org.au](http://beyondblue.org.au)  
1300 224 636

**Arafmi (mental health carers association offering free membership and support services)**  
<http://www.arafmiaustralia.asn.au>  
(contact telephone numbers vary by state)

**Carers Australia (carers association offering free support services)**  
<https://www.carersaustralia.com.au>  
1800 242 636

**Mental Illness Fellowship of Australia (mental health carers association offering free membership and support services)**  
<https://www.mifa.org.au>  
1800 985 944