

Participant Information Statement

Project: Cherbourg Positive Parenting Project

Investigator: Arvind Ponnappalli (Cherbourg Community Health)

You are invited to be part of a project led by CRAICCHS in partnership with The University of Queensland and Community Health. Arvind Ponnappalli is leading the project with support from CRAICCHS management, Cherbourg Shire Council, Cherbourg Health Action Group and the Suicide Prevention and Awareness Network. The community has asked for further family support to be available in Cherbourg. Local community services will be offering and evaluating parenting support program tailored for Cherbourg families.

What is this project about?

The purpose of this project is to make the Triple P – Positive Parenting Programs available to all families of 2-12 year old children who access parenting support in Cherbourg. Being a parent or carer is not easy and many people need some help or support. The programs helps parents and carers to build strong family relationships, promote children's social, emotional and learning skills, and manage children's difficult behaviour. The programs will be adapted with local support to fit Cherbourg families' needs. You may have already seen posters or heard about it in your community, workplace or on Us Mob FM. Triple P has been used in Aboriginal and Torres Strait Islander and non-Indigenous communities and has been shown to be effective in improving parent/carer confidence and skills as well as promoting positive changes in children's behaviour at home and at school.

What will I need to do?

There are two parts to the project: Part 1 - The Parenting Programs, and Part 2 - The Research. You may agree to participate in *Part 1 (a parenting program) only* or *both Part 1 and Part 2 (for the research project)*:

- **Part 1 - The Parenting Program**

You can join a parenting program, which will be run by specially trained parent coaches. This involves sessions about positive parenting skills. You will be able to choose which members of your family attend the sessions. During the parenting program, you will set your own goals to work on, and yarn about why children behave the way they do, how you can build good relationships with them and help them develop well and how to manage some difficult behaviours. They will then help you try out some of these ideas with your family. You will receive some handouts to keep. You may decide to do some practice sessions or talk to your parent coach by telephone to support you to use the positive parenting skills you choose.

- **Part 2 - The Research**

If you also join the research project, you will be asked to answer some questions about your child's behaviour and how you handle it. We will ask these questions before and after the parenting program, and we may contact you to see how things are 3 months later. Each time these questions will take about 45-60 minutes and you will receive a \$20 IGA voucher to thank you for giving us your time. Following each parenting session, there will be a chance for family members to give feedback on what they liked about the session and what they would like to add or change.

Do I have to take part?

Participation is completely voluntary and free of cost. You do not have to take part in this project. Participants are able to withdraw at any time without giving a reason. If you do take part in the research, you can skip questions or stop answering questions at any time and you can still continue with the parenting program. If we are unable to contact you for a follow up assessment, your earlier data may still be used. If you intentionally withdraw from the research, you can give consent to allow your data to be used or select the option to have your data deleted.



Queensland Darling Downs Health
Government Aboriginal and Torres Strait Islander Health

Confidentiality and privacy

We will only collect the information we need for the project to assess how well the parenting programs fit Cherbourg families' needs. Only your parent coach and the research team will have access to your information. We can disclose information only with your permission, except as required by law. You are asked to give your name and contact details so we can find you for the follow up assessments. All the information you tell us will be stored securely on password protected computer databases. Paper copies of questionnaires will be destroyed. No names or contact details will be kept with the questionnaire data (they will be linked by an ID number), and you and your child/children will not be identified in any way any reports, papers or presentations.

Risk

Participation in this study should involve no physical or mental discomfort or risk. If, however, you should find any question to be invasive or offensive, you are free not to answer or participate in that aspect of the study. Should you find any of the parenting program distressing, your parent coach will be able to support you both within and outside of the sessions.

Benefit

Learning more about how to understand your child, and gaining more skills for growing up kids in a positive way, can improve your confidence and skills, as well as your child's wellbeing, behaviour and learning at home and at school. Many parents talk about how good they feel when they learn that they are doing a good job or find new ways to do things. After the program has ended, you can also talk to your practitioner or the research team by telephone if you need to. Even if you do not benefit directly from this study, your participation will help us understand how positive parenting programs impact on child and parent wellbeing in Indigenous families.

Feedback

All participants have the option of receiving information about the study results, and a summary of the results of this study will be shared with our advisory group (Council, HAG, SPAN). You may also choose to have a summary sent to you if you include your details on the consent form.

Ethics clearance and contacts

This research has support from the Cherbourg Shire Council, Cherbourg Health Action Group (HAG) and the Suicide Prevention and Awareness Network (SPAN), and adheres to the Cherbourg Research Protocol and guidelines of the ethical review process of Queensland Health and the National Statement on Ethical Conduct in Human Research. Whilst you are free to discuss your participation in this study with project staff (see contact details below), if you would like to speak to an officer of Queensland Health, you may contact the Darling Downs Hospital and Health Service Human Research Ethics Committee on 07 3096 2609.

For more information

If you have further questions, please feel free to contact:

Arvind Ponnappalli (Senior Psychologist), Early Intervention Parenting Service, Cherbourg Community Health
phone: 07 4169 8900; email: arvind.ponnappalli@health.qld.gov.au



Participant Consent Form

Project: Cherbourg Positive Parenting Project

Investigator: Arvind Ponnappalli (Cherbourg Community Health)

I (name) _____

freely agree to participate in this research project.

In giving my voluntary consent, I understand:

- What the project is about, and what will happen, which has been explained to me by (name) _____ . Any questions I have were answered.
- I have been given and read the *Participant Information Statement* or had it read to me and I was able to talk with the research team about the project and what it means.
- I can withdraw from the research project at any time, without penalty.
- My involvement is confidential and no information about me or my child will be used in any way that reveals our identities. Breaches of this confidentiality will only be made if there is evidence of potential harm to an individual or that an individual will cause harm.
- Results from this project may be published in media stories, scientific journals, academic or non-academic publications and reports or presented at scientific meetings; however, all information will be unidentifiable.
- I will uphold the confidentiality of other group members and not share anyone’s responses outside of the group.
- This study has been given ethical clearance by Queensland Health and has the support of community groups (Cherbourg Shire Council, HAG and SPAN).
- If I have any question about this project, I can contact the research team who will be happy to answer them (see contact details on the *Family Information Statement*).
- I consent to (please circle):

<input type="radio"/> Being asked about my child’s health and wellbeing	Yes	No
<input type="radio"/> Being asked about my child’s behaviour and how I respond to it	Yes	No
<input type="radio"/> Being asked about my health and wellbeing	Yes	No
<input type="radio"/> Being asked about the services I use or would like to have access to	Yes	No
<input type="radio"/> Giving my feedback about the program	Yes	No
<input type="radio"/> Receiving a summary of the results	Yes	No

Signature: _____ Date: _____

Witnessed by: _____

Signature: _____ Date: _____

If you wish to receive a summary of research results:

Address: _____

Phone: _____ Email: _____