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**Parent Information Statement for the Research Project:
Choose Your Own Parenting Experience**

A Proof of Concept and Feasibility Study Investigating the Relationships Between Learning in Simulation and Parental Self-Efficacy, Parental Distress and Information Retention.

Dr Linda Campbell, Ms Jaime Wroe, Miranda Cashin

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You are invited to participate in the research project identified above which is being conducted by Dr Linda Campbell, Ms Jaime Wroe and Miranda Cashin from the School of Psychology and Family Action Centre, University of Newcastle.

The research is part of Miranda Cashin's studies at the University of Newcastle, supervised by Dr Linda Campbell from the School of Psychology.

Why is the research being done?

Being a new parent can be difficult. Psychoeducation has been shown to significantly benefit parents in the transition to parenthood. The purpose of this research is to investigate the effects of game-based learning using an interactive *m*-health game. *M*-health is the use of mobile phones in health-based communication and games. The 'Choose Your Own Parenting Experience' is a fun, interactive, game-based experience modelled on the 'Choose Your Own Adventure' format designed to be played on your mobile phone. It is designed to equip parents with parenting tips and knowledge to help them on their parenting journey. This study has been approved by the Human Research Ethics Committee at the University of Newcastle (pending).

Who can participate?

Parents of infants aged one to 13 months are invited to participate in the study, which includes several surveys and an online interactive *m*-health game. Parents must be at least 18 years old and have access to the internet on their phone.

What would you be asked to do?

If you agree to participate you will be asked to evaluate a new interactive parenting *m*-health game. The process will involve completing an initial online survey as detailed below, which is expected to take approximately 20 minutes to complete. Participants will then be randomly assigned to an immediate play OR a delayed play condition as outlined below:

Immediate play condition will receive instant access to the Choose Your Own Parenting Experience game. You may play the game as many times as you choose in a two-week period with a minimum of playing the game at least once through. At completion, participants will complete a 10 minute online survey, which includes some of the previous measures followed by a parenting questionnaire and several questions regarding your experience with the game. A final 5 minute parenting questionnaire will be administered four weeks later.

Delayed play condition will receive a parenting resource flyer. Two weeks later participants will complete a 10 minute online survey, which includes some of the previous measures followed by a parenting questionnaire. On completion, you will receive access to the Choose Your Own Parenting Experience game. You may play the game as many times as you choose in a two-week period with a minimum of playing the game at least once through. At completion, you will again complete the 10 minute online survey, and several questions regarding your experience with the game. A final 5 minute parenting questionnaire will be administered four weeks later.

The online surveys consist of some or all of the following:

- The Parenting Sense of Competence Scale (PSOC; Johnston & Mash, 1989)
- The Edinburgh Postnatal Depression Scale (EPDS; Cox, Holden & Sagovsky, 1987):
Assesses emotional distress during pregnancy and the postnatal period
- Demographic items such as name, email, relationship status, child age; as well as questions assessing the acceptability and feasibility of the *m*-health game scenarios

At completion of the study you will be given the opportunity to enter a draw to win a \$100 eGiftcard redeemable at a number of major retailers.

What choice do you have?

Participation in this research is entirely your choice. Whether or not you decide to participate, your decision will not disadvantage you. If you decide to participate you may withdraw from the research at any time during your participation without explanation with the option of withdrawing any data that identifies you.

You may omit or refuse to answer any question without penalty or explanation. You have the right to have any of your questions about the study answered. If you have any questions as a result of reading this information sheet, you should ask before the study begins.

How much time will it take?

Each of the surveys will take between 5 and 20 minutes. For those in the delayed play condition there will be an extra 10 minute survey. The Choose Your Own Parenting Experience game will be available to play as often as you choose in a two-week period with a minimum of playing it once through. A single instance of game play will take about five to ten minutes. The maximum duration of the study is six weeks.

What are the risks and benefits of participating?

You may not directly benefit from participation in this study; however, you may gain satisfaction from knowing that your experiences will contribute to scientific knowledge that may provide future parents with greater support. The study may provide parents with:

- a better understanding of the importance of parental mental health and its indicators;
- an awareness of the challenges facing modern parents;
- education which may strengthen the co-parenting and infant relationships: and
- an awareness of service providers and programs available in the community to support new families.

Participation in this study will not involve any physical harm; however, some of the questions in the survey may be confronting and cover topics some parents may find upsetting or disturbing. Should you experience any emotional discomfort in response to any of the questions you are under NO obligation to answer that item and may continue with the survey without penalty or explanation. You may also withdraw from the research at any time during your participation without explanation.

Since some of the topics covered may be distressing, if you have a previous history of mental illness it is advised that you consider carefully your decision to participate and decide if this study is right for you at this particular time.

Participation in this study involves the completion of a standardised test used to routinely screen for depressive symptoms in the postnatal period. Scores from this test would not be sufficient basis for clinical decisions or diagnosis as they may contain substantial margins of error, and are not intended for diagnostic purposes in this study.

Should you have any concerns or feel you need to discuss your personal circumstances with a professional please contact your GP an appropriate health professional or any of the following services:

Perinatal Anxiety & Depression Australia	Beyond Blue	Parentline
1300 726 306	1300 224 636	1300 301 300
www.panda.org.au	www.beyondblue.org.au	www.parentline.com.au

How will your privacy be protected?

Your privacy is important to researchers at the University of Newcastle. Data will be collected via Qualtrics (privacy policy: <https://www.qualtrics.com/privacy-statement/>). All personal information will be handled with strict confidentiality. Any identifying data will be de-identified using a coding system. Only members of the research team will have access to the information obtained which will only be used for the specific research purpose. Data will be stored electronically on the University server. The data will be kept for a minimum of five years consistent with university policy or until no longer required, at which time the records will be deleted from the server.

The data we collect will contain demographic and personal contact information such as your name, email, phone number, occupation, and relationship status. All data will be de-identified prior to the publication of any study findings. Personal records will be stored securely with access restricted the study research team. Information collected is for the sole purpose of the current study and will not be used in any future research without your consent.

How will the information collected be used?

All data collected for this project will be de-identified prior to the reporting of any findings which will only refer to overall trends and make no reference to individuals that have participated in the study. The proposed study and its findings will be reported in a thesis as the final component for Miranda Cashin's undergraduate degree. In addition, it is the intention of the research team to prepare research papers for scientific journal submission during the period 2018 to 2020. In addition, if you consent to your data from this study being utilised in future research, only de-identified data will be used. If consent is given participant's de-identified data will be held in a separate database for this purpose. Again, overall trends may be reported by the research team by way of scientific journal submission or conference presentation but no reference to individuals will be reported. If you do not wish your data to be used in future research, please tick the appropriate box on the consent form. Participants will be able to request a summary of the research findings at the completion of the study. This will be communicated via email. If you tick the box agreeing to be contacted about future research, you are under no obligation to participate in any future projects.

What will you receive for your participation?

Unfortunately, we cannot pay participants for taking part in this study. However, we understand how busy it is being a new parent and appreciate the time and effort involved in participating in our research. As a token of our appreciation, participants completing the study will be invited to enter a draw to win a \$100 eGiftCard*. Participants may also find satisfaction in the knowledge that research into parental experiences may assist in making important changes to support new parents and their families in the future.

What do you need to do to participate?

Please read this Information Statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or you have questions, contact the researcher. If you would like to participate, please continue with this survey by consenting in the box provided and completing the survey.

Further information

Should you have any queries regarding the study, any of the investigators will be glad to answer your questions at any time.

INVESTIGATORS



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Complaints about this research

This project has been approved by the University's Human Research Ethics Committee, Approval No. (pending).

Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to Research Services, The University of Newcastle, telephone (02) 49216333, email Human-Ethics@newcastle.edu.au.

*eGiftcard is redeemable at a variety of major retailers. For more information go to www.giftpay.com. One entry only at the completion of the survey on or before 8/8/2018. Draw on 11/8/2018 using personal details provided.