



THE UNIVERSITY OF BRITISH COLUMBIA
Irving K. Barber Faculty of Arts & Social Sciences
Okanagan Campus

Parental Consent Form

Tracking Emotions and Experiences of Stress Study (The TEENS Study)

I. STUDY TEAM

Who is conducting the study?

Principal Investigator: Kalee De France, PhD, Assistant Professor, Department of Psychology, UBC Okanagan, Kalee.DeFrance@UBC.ca.

Co-Principal Investigator: Jessica Lougheed, PhD, Assistant Professor, Department of Psychology, UBC Okanagan, Jessica.Lougheed@ubc.ca

The data from this study will be used only for the research purposes described in this document, and only members of Dr. De France's research team will have access to the data.

II. SPONSOR

Who is funding this study?

This study is funded by the Social Sciences and Humanities Research Council of Canada. There are no actual or potential conflicts of interest with respect to remuneration received from the funding agency for conducting or being involved with any part of the study.

III. INVITATION AND STUDY PURPOSE

Why are we doing this study?

We want to learn more about how youth (13-18 years old) experience emotions on a day-to-day basis, and how these emotions are related to general well-being. We also want to learn about how daily stress influences youth emotions and well-being.

IV. STUDY PROCEDURES

How is the study done?

If you say 'Yes', here is how we will do the study:

- Your child will download the free MetricWire survey app onto their smartphone or tablet during a zoom meeting with our research team. They will use the app to answer some demographic questions and test functionality on their device.
- Your child will then complete the Momentary Survey portion of the study. Three times per day for 14 days your child will be prompted to answer a brief survey on their smartphone about what types of emotional experiences they encountered (if any). Each Momentary Survey should take approximately 2 minutes to complete. Survey scheduling will be discussed with the research team. At the end of each day, your child will also be asked to complete a very brief (approximately 2 minutes) survey about how much stress they encountered that day (total time: approximately 8 minutes a day, or 120 minutes across 14 days)

- When this is done, your child will then complete a one-time survey via the MetricWire app that asks about their mental health and general well-being (approximately 30 minutes)
- It is expected that after this zoom meeting, your child's participation in this study will take a total of 2.5 hours.

V. STUDY RESULTS

The main study findings will be published in academic journal articles and presented at academic conferences. You may obtain the results of the study once the study is complete by clicking "Yes I would like to receive a summary of this study's findings" at the end of this form.

VI. POTENTIAL RISKS OF THE STUDY

Is there any way being in this study could be bad for you?

We do not think there is anything in the study that could harm your child or be bad for them. Some of the questions we ask might upset them, however, we anticipate that any distress your child may experience would be similar to what they normally experience in their daily life. Please let one of the study staff know if you have any concerns. Some of the questions we ask may seem sensitive or personal. Your child does not have to answer any question if they do not want to.

If your child experiences distress related to participating in this study, we provide a resource at the end of this form.

VII. POTENTIAL BENEFITS OF THE STUDY

What are the benefits of participating?

Once you complete this study, we will send your child a summary of their responses to the daily emotion questions. Some people find it beneficial to see a summary of the emotions they tend to experience, and how successfully they are managing their emotions across a variety of situations. This may help your child gain insight into their emotions and how they manage them.

VIII. CONFIDENTIALITY

How will your child's identity be protected?

Your child's confidentiality will be respected. Information that discloses you/your child's identity will not be released without your/their consent, unless required by law. (See Section IX. Limits of Confidentiality below.) All documents will be identified only by code number and stored on the secure Psychology departmental server. Only study team members will be able to access study data. Participants will not be identified by name in any reports of the completed study. De-identified data will be maintained on the UBC server for a minimum of 5 years after findings have been published.

Participation in this study involves using MetricWire. MetricWire is a free app that participants will download onto their smartphones to complete the surveys involved in this study. MetricWire is hosted by a web survey company located in the USA and as such is subject to U.S. laws, in particular, the US Freedom Act which allows authorities access to the records of internet service providers. If you choose to participate in the survey, you understand that your responses to questions will be stored and accessed in the USA. The security and privacy policy for the web survey company can be found at the following

link: <https://metricwire.com/participant-privacy-policy/>

If your child wishes to withdraw their data from the study, they may do so at any time during their study participation. The quickest way to stop their participation is to delete the MetricWire app. We will contact them via email, and they can let us know whether they would like to withdraw their data, or simply exit the study. Once your child's participation is complete, they will have 60 days to request that their data is withdrawn.

IX. LIMITS OF CONFIDENTIALITY

It is not anticipated that participation in this study is likely to facilitate the disclosure of behaviours or actions where there are legal limits to confidentiality.

X. OPEN ACCESS

Data collected as part of this study will be made publicly available on the Center for Open Science website (<https://osf.io>) once the data are published. Only data that have been de-identified will be posted. Once the data have been made publicly available, it will not be possible for participants to withdraw their data from the study. The purpose of posting data publicly is to increase the replicability of this research and to allow other researchers to verify the study results.

XI. PAYMENT

Will you be paid for your time/ taking part in this research study?

As a guardian, you will receive \$10 to compensate you for your time. You will receive this as an electronic money transfer (e-transfer).

Your child will receive \$1 for each Momentary Survey that they complete. They will also receive \$10 for completing the one-time survey pack that will appear once the Momentary Surveys are completed. This will be provided as an e-transfer. Finally, all participants who complete all Momentary Surveys and the one-time survey pack will be entered into a draw to win an iPad. The winner of the draw will be required to answer a skill testing question.

XII. CONTACT FOR INFORMATION ABOUT THE STUDY

Who can you contact if you have questions about the study?

If you have any questions or concerns about what we are asking of you and/or your child, please contact the study leader, Dr. Kalee De France. The contact information is listed at the top of this form.

XIII. CONTACT FOR COMPLAINTS

Who can you contact if you have complaints or concerns about the study?

If you have any concerns or complaints about your rights as a research participant and/or your experiences while participating in this study, contact the Research Participant Complaint Line in the UBC Office of Research Ethics toll free at 1-877-822-8598 or the UBC Okanagan Research Services Office at 250-807-8832. It is also possible to contact the Research Complaint Line by email (RSIL@ors.ubc.ca). Please reference the study number H24-01797 when calling so the Complaint Line staff can better assist you.

IX. PARENT/GUARDIAN CONSENT

Taking part in this study is entirely up to you and your child. You have the right to refuse to let your child participate in this study. If you decide to allow your child to take part, they may choose to pull out of the study at any time without giving a reason and without any negative impact on them. Once your child's participation is complete, they will have 60 days to request that their data is withdrawn. If you indicate that you consent for your child to be in this study, a PDF version of the consent form will be emailed to you directly for your records.

- ☐ I consent for my child to participate in this study
- ☐ I do not consent for my child to participate in this study

X. COMPENSATION

Please indicate here which email address you would like us to use for your study compensation:

X. Results Summary

Please indicate here whether you would like to receive a summary of the general results of this study once all analyses are complete:

- ☐ No, I would not like to receive a summary of this study's findings
- ☐ Yes, I would like to receive a summary of this study's findings

[If participants choose yes]

Please enter the email address you would like us to send the summary to:

Resources

If your child experiences any psychological distress during this study, we recommend that you connect with existing professional mental health supports. If you do not currently have any professional mental health supports, we recommend that you start by searching on the BC government's Help Starts Here website:

<https://helpstartshere.gov.bc.ca/>

Other resources in British Columbia:



Family Doctor

Your family doctor is a great person to reach out to for support. They can also offer other supports that are available in your community.



British Columbia Helpline

If you would like someone to talk to, you can always reach out to the BC Helpline for Children at 310-1234. You do not need an area code. You can call at any time of the day or night and you do not have to give your name.



Foundry BC

Foundry is a province-wide network for integrated health and wellness services for young people aged 12-24. You can check them out online or in person.



HealthLink BC

Healthlink BC provides reliable non-emergency health information and advice in British Columbia via telephone, website, app, and print resources. Dial 8-1-1 to access the service.