

Information Sheet

Kia ora,

My name is Sarah Barnes and I am currently undertaking my Doctorate in Clinical Psychology at Massey University. This research will contribute to the completion of my Doctorate. My supervisors for this project are Associate Professor Kirsty Ross (BA, BA(Hons), PGDipClinPsych, PhD) and Associate Professor Stephen Hill (BA, MA, PhD). This research aims to gain knowledge that will help us understand the mental health knowledge, attitudes, and beliefs of parental figures and adolescents in Aotearoa New Zealand. The findings from this study will help contribute valuable data to a current gap in Aotearoa New Zealand research, and also contribute to a wider body of overseas research in this area.

Before you decide whether to take part, we want to provide you with some important information regarding the research being conducted, and outline what is involved if you do wish to participate. Importantly, in order to participate in the study, you will need to meet the following criteria:

Adolescent participants:

- Currently a high school student between 16 to 18 years old
- Currently live in Aotearoa New Zealand
- Be fluent in English (the survey will be in English).

Parental figure participants:

- Be over 30-years-old
- Currently reside in Aotearoa New Zealand
- Be fluent in English (the survey will be in English)
- Are a parental figure to an adolescent between the age of twelve to eighteen-years-old. A parental figure includes a biological parent, guardian, caregiver.

If you do not meet these criteria, we would like to thank you for your time so far. For those who do meet criteria and are interested in participating, please find further information below.

What is involved?

If you do choose to participate, you will be answering a series of questions. To begin with, we will ask you to provide some general information about yourself – your gender, age, ethnicity, and the area you live - before continuing to the main questions of the survey. The majority of questions in the survey will be related to four short fictional stories about a young person. You will be asked to read and provide your thoughts on what may be going on for the young person, and how you (as a young person/peer or parental figure) might respond in the situation. Your responses will always remain entirely confidential and anonymous, and will not be individually connected to you in any way. We will not be requiring you to provide any personal information that may reveal your identity. We would like to assure you that this is not an evaluation of you personally, and you will not receive a 'score' at the end, so we ask that you please be as honest as possible. In total, the survey should take around 20-30 minutes to complete. You will also be able to pause and come back to the survey at any time. Importantly, you may choose to withdraw from the survey at any point, for any reason, with no further questions asked. However, please be aware if you would like to be eligible for the prize draw, and for your survey responses to the fictional stories to be included in the analysis, you will need to respond to the questions corresponding to all four of the fictional stories.

Are there any risks involved?

During the survey, you will be asked to read four short fictional stories about a 13-year-old young person and answer some questions. We will not be asking you to discuss anything regarding your own personal experiences. This study has been reviewed by Massey University's Human Ethics Committee to ensure we have thought about the best way to run this study. However, given that this research is focused on the topic of mental health, there is a small possibility some of the questions could be confronting for you if your whānau, peers, or yourself, have experienced similar situations. If you, or anyone in your whanau, are currently receiving mental health support, please carefully consider your choice to participate in this study. You may want to talk to family, friends or your health professional about whether participating is right for you.

If you feel upset or uncomfortable at any point during the survey, please remember it is

okay for you to withdraw from participating at any time for any reason, and no further questions will be asked. There is also a list of helpful sites about mental health support once you exit the survey.

Data management

If you do choose to participate, the data from the survey will always remain anonymous, and no identifiable information (such as your email if you choose to provide it) will be included in the analysis. The data will be securely kept in a password protected database which is only accessible by the project team. Importantly, the survey responses we collect are required to be destroyed after five years.

Participant rights

You are under no obligation to participate in this research, and therefore have the right to choose whether you wish to participate or not. If you do choose to participate, you have the right to decline to answer any of the questions, and you have the right to withdraw from participating at any time (even after you start the survey) for any reason. However, please be aware if you would like to be eligible for the prize draw, and for your survey responses to the fictional stories to be included in the analysis, you will need to respond to the questions corresponding to all four of the fictional stories. You will have the opportunity to provide your email in order to receive the research findings when this research is completed, and to also be entered into the prize draw. However, you do not need to provide this information if you do not wish to. Importantly, to maintain privacy and confidentiality, if you do wish to provide your email upon ending the survey, you will be directed to a separate link specifically for the purposes of entering the prize draw and requesting research findings, where there will be a space to enter your email address. Using a link separated from the main survey ensures your email address is not associated with your responses in the main survey in any way.

Thank you

As a thank you for taking the time to participate in the study, we would like to provide

participants with the opportunity to enter a prize draw to win one of 40 x \$40 GiftPay vouchers through entering your email at completion of the survey. GiftPay vouchers are a digital gift card allowing recipients to choose where they wish to spend their gift card from a range of retailers. We aim to process entries and randomly draw the winners within one week after the survey closes. For those who are drawn as winners, we aim to contact you within 48 hours after the prize draw.

Researchers and contact details

If you have any further questions regarding this study, please direct these to one of the below email addresses:

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Adolescent survey:

This project has been reviewed and approved by the Massey University Human Ethics Ohu Matatika 2, Application OM2 24/24. If you have any concerns about the conduct of this research, please contact the Chairperson, Massey University Human Ethics Ohu Matatika 2, email humanethics2@massey.ac.nz.

Parental figure survey:

This project has been evaluated by peer review and judged to be low risk. Consequently, it has not been reviewed by one of the University's Human Ethics Committees. The researcher(s) named in this document are responsible for the ethical conduct of this research.

If you have any concerns about the conduct of this research that you want to raise with someone other than the researcher(s), please contact Professor Craig Johnson, Director (Research Ethics), email humanethics@massey.ac.nz.