

Information and Consent Form (Opt-out Consent) **Understanding emotional health in children and young people**

You are invited to participate in a study on anxiety and depression in children and young people. This study is interested in evaluating assessment tools for anxiety and related issues and will also help your child's school better understand the needs of the students. Individual children will **not be** identified but the school will be provided with a summary of the current student emotional health needs.

The study is being led by Professor Jennie Hudson (9850 8668; jennie.hudson@mq.edu.au) and a team of researchers including Professor Genevieve McArthur, Dr Deanna Francia, Alana Jones, Natalie Parsa, Madeleine O'Grady Lee and Esther Gandhi.

We will be asking you and your child to complete questions about your child's feelings of anxiety and depression and related emotional health problems. Parental responses are integral to the success of the project.

You and your child's identity will be protected in all publications. We will link parent and child data by using a special identification number. The data will only include this identification number and no other identifying information (e.g., name). All responses are confidential. The researchers named above as well as research assistants involved in the project will have access to the de-identified data. In the future, other researchers with projects that have obtained approval from a Human Research Ethics Committee may be granted access to the de-identified data. We will not provide you with a report on the outcome of your child's responses but if you are interested you can request a copy of the publication emerging from the research by emailing the Chief Investigator: jennie.hudson@mq.edu.au.

The questions and procedures are unlikely to cause your child distress but in the unlikely event that this does occur you and your child will be given the opportunity to talk to the researchers. If you are concerned about your child's reaction to the survey, please contact the Chief Investigator by email jennie.hudson@mq.edu.au or phone 98508668 or 0408660098.

If you need immediate assistance then contact: Coronavirus Mental Wellbeing Support Service 1800 512 348 and <https://coronavirus.beyondblue.org.au/> Head to health for further information and support options <https://headtohealth.gov.au/covid-19-support> Lifeline – 13 11 14

You can also contact the following helplines: Kids helpline: <https://kidshelpline.com.au/> 1300551800; or Lifeline: 131114 www.lifeline.org.au. If you or your child are interested in seeking help for anxiety or depression then please contact the Centre for Emotional Health Clinic at Macquarie University 98508711 or www.mq.edu.au/ceh

Participation in this study is entirely voluntary: you are not obliged to participate and if you decide to participate, you are free to withdraw at any time without having to give a reason and without consequence.

Participating parents and children will go into a drawn to win an iPad valued at \$529. You and your child will have the option at the end of the questionnaire to enter your contact details. This information will be recorded separately to your questionnaire responses to ensure confidentiality.

The study has two parts:

- 1) CHILD STUDY: Your child will be invited to complete measures that will take up to 30 minutes at school (or online at home depending on COVID-19 related restrictions). Please note if you don't want your child to participate then please opt out of this study below.
- 2) PARENT STUDY: Separate from your child's participation you are also invited to complete the same measures as your child. Please click on this link for more information and to complete the parent measures: <https://bit.ly/MQParentSurvey>

The CHILD STUDY uses OPT-OUT consent procedures. This means that if you wish for your child to participate in this project you do not need to return a signature. You can also participate in the PARENT STUDY by clicking on the link above. If you DO NOT wish your child to participate then sign and return the attached slip.

I, _____ (*parent's name*) have read (*or, where appropriate, have had read to me*) and understand the information above and any questions I have asked have been answered to my satisfaction. I **DO NOT AGREE** for myself and my child _____ (*child's name*) to participate in this research. I have been given a copy of this form to keep.

Participant's Name: _____
(Block letters)

The ethical aspects of this study have been approved by the Macquarie University Human Research Ethics Committee. If you have any complaints or reservations about any ethical aspect of your participation in this research, you may contact the Committee through the Director, Research Ethics (telephone (02) 9850 7854; email ethics@mq.edu.au). Any complaint you make will be treated in confidence and investigated, and you will be informed of the outcome.