

Youth Mental Health Screening in Schools – Parent/Carer Participation Information and Consent Form

What is this study about? Your child recently participated in our mental health screening at their school. We need to know how accurate this measure is in detecting mental health difficulties in young people. To do this, we really need the perspectives from parents/carers to tell us whether we got it right. By comparing results from the screening tool and parent interviews, we can see whether our screening tool is accurately able to identify students with mental health challenges.

What does it involve? We are inviting you to participate in 3 components:

1. A clinical interview, which can be done with a clinician via Zoom/telephone (60-90 min), OR as a self-guided online questionnaire (20-30 min), depending on your preference. You will be asked questions about your child's thoughts, emotions and behaviours.
2. An online survey with some additional questions about your child's mental health and your thoughts about youth mental health screening in schools.
3. Permission to access data from your child's school on their attendance and grades.

To thank you for your time, you will be reimbursed \$60 for participating.

Why have I been invited to participate? You have been invited to participate because your child will be completing a mental health screener at school. We want to interview all parents/carers so that we can get as much information about all young people and their mental health as possible. Please note: your child does not have to have mental health problems to participate – we want to hear from everyone.

**I would like to
participate in this
additional research**

To participate, please complete the Consent Form on page 3 and return it to your child's teacher or by email to Peter Gates at peter.gates@mq.edu.au

**I do not want to
participate in this
additional research**

No need to do anything further.

I want to know more

Please read on for more detail about this study. If you have any questions or would like more information, you can always contact the Research Coordinator, Dr Peter Gates, at peter.gates@mq.edu.au

You or your child can choose to withdraw from the study at any time. Just notify our Research Coordinator, Dr Peter Gates, at peter.gates@mq.edu.au.

The Centre for Emotional Health at Macquarie University is developing a youth mental health screening tool that will be delivered to students in Year 4 to 11 in schools across NSW. The screening tool will determine whether any young people are going through current difficulties, and a variety of referral options and services will be available to those young people and their parents/carers. This project is being conducted in partnership with the NSW Department of Education, Catholic Schools NSW and the Association of Independent Schools NSW, and is funded by the Bupa Health Foundation.

In order to test our screening tool, we are going to compare results from the screening tool with clinical interviews. We are therefore asking you to agree to a brief interview about your child's mental health. The interviews can be done in one of two ways. The first option will be conducted by a clinical psychology researcher who will ask you a series of questions about your child's thoughts, emotions and behaviours. This interview will take about 60-90 minutes and will be done via Zoom video conferencing/telephone. The second option is a self-guided online questionnaire that will ask the same sorts of questions about your child's thoughts, emotions and behaviours. You will be able to do the online questionnaire at your own pace and come back to it at any point, so you can complete it in segments if you wish. This option will take about 20-30 minutes to complete. We will also send a separate online survey for you to complete about your child's mental health, including their quality of life and any previous access to mental health support services. It will also ask you about your thoughts on youth mental health screening in schools. The survey will take about 20 minutes to complete. We are also seeking permission from you to access the data that your child's school has on their school attendance and academic performance (grades). These measures will help us to test our screening tool, in addition to the interview and online survey. To thank you for your time, you will be reimbursed \$60 for participating.

During the interview and in the online survey, you will be asked to reflect on your child's mental health, which you may find distressing. You do not have to answer any questions you do not want to, and you are free to withdraw at any time and will be reminded of this prior to commencing the interview and the survey. If you choose to withdraw, there will be no adverse consequences and it will not affect any existing or future relationship with Macquarie University or your child's school.

To ensure confidentiality, the interviewer you will not know any personal information about you or your child prior to the interview. Audio data from the interviews will be recorded for the purpose of coding by a second clinical psychologist in order to establish reliability. Audio recordings will not be used for any other purpose. The results of the interview and the online survey will be saved to a secure server at Macquarie University and will only be accessible to the Macquarie University Research Team (consisting of the Research Coordinator and myself). Your child's school will not be informed of the interviews or online survey and will not have access to these data. Data on your child's school attendance and academic performance will only be used for this research and will only be accessible to the Research Team. This data will not be shared with any other organisation or individuals. De-identified data may be used, at a group level, to report outcomes from this project and may be published in scientific papers. No individual will ever be identified for research purposes.

Your participation is highly encouraged and voluntary. **If you wish to participate in this project, please complete the consent form below.** You can return the form to your child's teacher or by email to Dr Peter Gates, who is the Research Coordinator for this study, at peter.gates@mq.edu.au. You can also contact Peter if you would like more information about this project.

Kind regards,

Professor Ron Rapee (Chief Investigator)

Distinguished Professor and Director of the Centre for Emotional Health, Macquarie University

Parent Consent Form

I have read (or, where appropriate, have had read to me) and understand the information above. Any questions I have asked were answered to my satisfaction. **I consent to: i) participation in a clinical interview; ii) participation in an online survey; and iii) the Macquarie University Research Team accessing school data on my child's school attendance and academic performance.**

Student's name: _____

Your name: _____

Your signature: _____

Date: _____

Your email: _____

Your best contact phone number: _____

Your child's school: _____

Your child's grade at school: _____

I would like to do the interview (please select one of the following):

- With a clinician via Zoom
- As a self-guided online questionnaire

This study has been approved by the Macquarie University Human Research Ethics Committee – Reference Number 52021918824322. 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 & Integrity (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.