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Participant Information Sheet

Project Title: Co-creating a parental resource with migrants to support youth mental health

Principal Investigator: Dr Vartika Sharma

Research Team: A/Prof Roshini Peiris-John, Dr Rodrigo Ramalho, A/Prof Sarah Hetrick, Bōni Te Rongopai Tukiwaho, Dr Shoba Dawson

You are invited to take part in a study about creating a resource for ethnic minority parents (i.e., those who identify as Asian or Middle Eastern, Latin American, and African (MELAA) - referred here as EM) to help them support the mental health and wellbeing of their young person. Whether or not you take part is your choice. If you don't want to take part, you don't have to give a reason.

This Participant Information Sheet will help you decide if you'd like to take part. It explains why we are doing the study, what your participation would involve, what the benefits and risks to you might be, and what will happen after the study ends.

If you agree to take part in this study, you will be asked to electronically sign a consent form to take part. You will be able to download a copy of both the Participant Information Sheet and the Consent Form to keep for your reference.

What is the purpose of the study?

The purpose of this study is to create a useful and appropriate resource for EM migrant parents to support the mental health and wellbeing of their young person in New Zealand. This study will be completed in three phases – 1) Online survey: To understand the life experiences of ethnic young people in NZ and identify what information parents may need to better support them 2) Interviews: With EM migrant parents/caregivers and ethnic young people to explore the survey findings in more depth 3) Co-design workshops: To develop the parental resource based on the insights gathered in Phase 1 and 2.

Who can take part in the study?

You can take part in this study if you:

Approved by the Auckland Health Research Ethics Committee on 24 Feb 2025 for three years.
Reference Number [AH28575]

- Self-identify as an ethnic minority (i.e., Asian or Middle Eastern, Latin American, and African)
- Are a parent/caregiver of a young person aged 10-24 years
- You are 18 years and above, can understand what study participation involves, provide consent, and live in NZ.

What does study participation look like for you?

You are invited to take part in Phase 1 of this study, which involves a brief survey of about 15 minutes. You can choose not to answer any of the questions and can leave the survey at any time before submitting your answers, without giving a reason. The questions in the survey are related to a) your understanding of the life experiences of ethnic young people in NZ, and b) what information you think would help you best support their mental health and wellbeing.

As a token of thanks, you will receive a Woolworths gift voucher worth \$15 for completing the survey. You can also invite up to three other people to participate. For each person you refer who completes the survey, you will receive an additional \$5 Countdown gift voucher, for a maximum of \$15. You can still participate even if you don't want to refer another person into the study.

Voluntary participation and withdrawal from this study

Your participation in this survey is completely up to you. Your participation or non-participation will have no impact on your relationship with the research team. If you wish to continue to participate in other phases of this project (an interview or community co-design workshops), we will need to identify your contact details to invite you. Your contact information will be stored separately from your survey response. **However, no identifiable information will be collected if you do not want to participate in other phases or do not wish to receive the gift voucher for your participation or invite other people into the study.**

Participants can withdraw their online survey responses only if they have provided identifiable information, such as their name. Without this, responses cannot be linked to a specific participant and drop it. To withdraw, please contact the Principal Investigator (details below) within two weeks of submission.

Are there any risks from participating in this project?

The person you refer to in this study for participation will know that you have participated too. However, they will not have access to your responses. You can also complete the survey without inviting anyone else to participate.

We don't expect that participating in this survey will cause any harm or distress, however, there is a small possibility that the questions may trigger some feelings of distress. If you become distressed at any stage of the survey you can choose not to submit your answers. If you do become distressed, please get in touch with Asian Helpline 0800 862 342, Diversity Counselling New Zealand 0800 143 269, or NZ African Welfare Service Trust 09 838 1530 or Refugees as Survivors New Zealand (RASNZ)

09 270 0870. You can also choose to see your general practitioner or seek your other usual support networks.

What will happen to my information?

The survey will be anonymous unless you share your contact details to receive the Woolworths voucher or to participate in other phases of this study. For this, you will need to provide your name and contact details (e.g., mobile, email address). This information will only be used to contact you and won't be connected back to the responses you have made to the survey. Only the research team will have access to this information.

The survey responses and the consent forms will be stored securely on a University-approved research drive, in a password-protected file that is accessible only to the research team. This will be stored for a period of six years after the study completion, after which they will be deleted and destroyed.

We intend to publish the project's findings in academic journals, academic and community presentations, and reports to be shared with organisations working in this area.

What are the possible benefits of this study?

The end result of this study will be a resource available for EM migrant parents/family members to best support EMY in New Zealand. If you would like a copy of this, we can send it to you at the end of the project if you give us your contact information.

Who do I contact for more information or if I have concerns?

If you want to ask any questions about the project or offer any comments, please, feel free to contact the study PI – Vartika Sharma or other members of the research team as listed below:

Dr Vartika Sharma, Department of Epidemiology and Biostatistics, School of Population Health, Faculty of Medical & Health Sciences, University of Auckland, Private Bag 92019, Auckland. Email: vartika.sharma@auckland.ac.nz

A/Prof Roshini Peiris-John, Department of Epidemiology and Biostatistics, School of Population Health, Faculty of Medical & Health Sciences, University of Auckland, Private Bag 92019, Email: r.peiris-john@auckland.ac.nz

A/Prof Sarah Hetrick, Department of Psychological Medicine, School of Medicine, Faculty of Medical & Health Sciences, University of Auckland, Private Bag 92019, Email: s.hetrick@auckland.ac.nz

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Dr Rodrigo Ramalho, Department of Social and Community Health, School of Population Health, Faculty of Medical & Health Sciences, University of Auckland, Private Bag 92019, Email: r.ramalho@auckland.ac.nz

Dr Shoba Dawson, School of Medicine and Population Health, University of Sheffield. Email: shoba.dawson@sheffield.ac.uk

Mr Borni Te Rongopai Tukiwaho, Taurima Vibes, Email: borni@taurimavibes.co.nz

You can also contact the Head of Department, Dr Vanessa Selak, if you feel like we have not kept to what we have promised in this participation sheet or if you have any concerns about this project.

Head of Department contact details: Vanessa Selak, Department of Epidemiology and Biostatistics, School of Population Health, Faculty of Medical & Health Sciences, University of Auckland, Private Bag 92019, Auckland. Email: v.selak@auckland.ac.nz

Chair contact details: For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee at ahrec@auckland.ac.nz or at 373 7599 ext 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.