

Healthy Messages for Healthy Kids

Participant Information Sheet for Parents/Caregivers



MEDICAL AND
HEALTH SCIENCES

Study title: *Healthy Messages for Healthy Kids*
Locality: Aotearoa New Zealand Ethics committee ref.: AH24381
Lead investigator: Dr Victoria Egli Contact phone number: +64 9 923 9569

Kia ora,

My name is Dr Victoria Egli; I am a Research Fellow in The School of Nursing at the University of Auckland; I study children's health and wellbeing. Together with researchers from the University of Auckland and Massey University, Wellington, I am conducting a study to understand how parents/caregivers/whānau and their children want to have health messages communicated to them so we can develop an educational resource for health professionals working in the community.

Health professionals are people like GPs, practice nurses, school counsellors, dentists, pharmacists, speech therapists, psychologists and physiotherapists. When we use the term **health messages**, we mean any form of communication about health, examples include the results of medical tests and advice about staying well (such as personal hygiene, sleep, exercise or nutrition advice).

This Participant Information Sheet will help you decide if you'd like to take part. It sets out why we are doing the study, what your participation would involve, what the benefits and risks to you might be, and what would happen after the study ends. You do not have to decide today if you will participate in this study. Before you decide you may want to talk about the study with other people, such as whānau and friends.

What is this research about?

Part of the job of health professionals is to speak to us about health. We are asking parents/caregivers/whānau and their children questions about:

1. The things that make children feel healthy and unhealthy, and
2. Children's experiences receiving health information from health professionals, and
3. What advice parents/caregivers/whānau have for health professionals when giving health messages to children.

How is the study designed?

This research is being conducted in two parts.

Part 1 - Online Survey for Parents

Here, parents/caregivers/whānau like yourself fill in answers as per the instructions on the webpage. At the end of the survey, you will be asked to select which children's charity you would like us to donate \$1 to. If you choose to participate in the online survey go to https://auckland.au1.qualtrics.com/jfe/form/SV_8dFn1c1LBaxdrvq which will take you to an information page that will request your consent.

Eligibility criteria

To be eligible to take part in the online survey you must be

- Parent/caregiver/whānau member who is 18+ years
- Taking care of a child who is currently aged 7 – 12 years
- Both Parent/caregiver/whānau and child must be living in Aotearoa New Zealand

Part 2 - Interviews with your child

If you and your child choose to participate in the study, an interview will be organised with a trained interviewer and your child (virtual or on the phone at your preference). You may be present during the interview. During this interview we will ask your child questions (like the questions asked in your online survey) to gain insight around their experience with health professionals and health messages that have been communicated to them. This interview can be conducted in English or te reo Māori.

You will be given the option to request the review of your child's interview transcript prior to our data analysis; you can mark your preference on the 'Consent Form for Parents/Caregivers for Child Interview' document.

It is anticipated that this will take between 20 - 30 minutes of your child's time. At the end of the interview we will send your child a \$40 Booksellers gift voucher to thank them for their participation.

Eligibility criteria

To be eligible to take part in the interview your child must be

- Currently aged 7 – 12 years
- Both the parent/caregiver/whānau and child must be living in Aotearoa New Zealand
- Have signed consent from their parent/caregiver/whānau
- Provide their assent to participate

What are the benefits of the study?

The results of this research will be developed into an educational resource for health professionals in the community, to help them improve their communication of health messages to kids.

What are the possible risks of this study?

It is possible that by undertaking this study and talking about previous experiences receiving health messages that you and/or your child may experience some emotional discomfort. If you or your child is distressed at any stage, please stop the survey/interview. Your child will still receive the \$40 gift voucher even if the interview is not completed.

If your child is distressed at any stage, you/they can contact
Youthline: Phone 0800 376 633 or Free text 234, or
Healthline: Phone 0800 611 116

Will any costs be reimbursed?

We will donate \$1 for each completed parent/caregiver/whānau survey to a children's charity in New Zealand. You will be able to decide which charity you would like your \$1 to go to at the end of the survey. All children who participate in the interview will receive a \$40 Booksellers gift voucher to thank them for their time and important contribution to this study.

Invitation to Participate

You are invited to take part in an online survey, and your child is invited to take part in an interview. You can choose to take part in just the online survey, there is no obligation for your child to participate in the interview.

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. If you want to take part now, but change your mind later, we cannot remove

the parent/caregiver/whānau survey data once the survey has been completed, but if you or your child want to remove their interview data we can remove that at any point in time.

If you agree for yourself and/or your child to take part in the interview, you will be asked to sign the Consent Form on the last page of this document. You will be given a copy of both the Participant Information Sheet and the Consent Form to keep.

Voluntary Participation and Withdrawal From This Study

You and your child's participation is voluntary. You do not have to take part. If you choose to take part you are able to stop participating at any time. You are free to withdraw from the study at any time. However, it will not be possible to withdraw your data from the survey, but we can withdraw your child's data from the interview.

What will happen to my information?

During this study the researchers will record your answers to questions asked in an anonymous online survey. Interviews with your child will be audio-recorded for the purposes of transcription only and will be deleted after checking. You and your child cannot take part in this study if you do not consent to the collection of this information. We will not link your survey answers to the answers your child gives in the interview.

Identifiable information is any data that could identify you (e.g. your name, age or address). Only researchers will have access to your identifiable information. Rarely, it may be necessary for the researcher to share your information with other people – for example, if there is a serious threat to public health or safety, or to the life or health of you or another person OR if the information is required in certain legal situations. Your identifiable information will not be included in any report generated by the researcher or any study information sent to the sponsor. The results of the study may be published or presented, but not in a form that would reasonably be expected to identify you. If you wish to receive it you will be provided with information at completion of the study that summarises the results from the study as a whole.

Your identifiable information is held on a secure server at the University of Auckland during the study. After the study is completed it will be saved on a secure archiving site and stored for at least 10 years, then destroyed.

Risks

Although efforts will be made to protect your privacy, absolute confidentiality of your information cannot be guaranteed. Even with coded and anonymised information, there is no guarantee that you cannot be identified. The risk of people accessing and misusing your information is currently very small, but may increase in the future as people find new ways of tracing information.

Can I find out the results of the study?

Everyone who would like to receive them will be provided with a summary of the results of this study. This summary will be sent on or before the 31st of December 2023.

Who is funding the study?

This study is funded by the Lotteries Health Research Grants Trust and the School of Nursing at The University of Auckland.

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

If you have any questions, concerns or complaints about the study at any stage, you can contact:

Dr Victoria Egli, lead researcher
Phone 09 923 9569 or email v.egli@auckland.ac.nz

For Māori health support please contact:
Associate Professor Lisa Te Morenga, Advisor
Phone 09 793 087 or email L.TeMorenga@massey.ac.nz

For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee
Email: ahrec@auckland.ac.nz
Phone: 09 373 7599 ext. 83711
Post: Auckland Health Research Ethics Committee,
The University of Auckland,
Private Bag 92019, Auckland 1142

If you would like to reach out to the Head of the School of Nursing, please do so
Associate Professor Julia Slark
Phone 09 373 75 99 or email j.slark@auckland.ac.nz

If you are distressed, you can contact:

Healthline: Phone: 0800 611 116

Lifeline: Phone 0800 543 354 or free text 4357 (HELP)

If you decide you want to make a complaint about the health professional, you discuss in the online survey you can find more information from the Health and Disability Commission.
<https://www.hdc.org.nz/making-a-complaint/>

Approved by the Auckland Health Research Ethics Committee on 27/07/2022 for three years. Reference number AH24381