

## Teen Consent Form



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### Self-Injury and Family Functioning Study

You are invited to participate in a study entitled, “*Self-Injury and Family Functioning*”, that is being conducted by Christina Robillard, MSc, and Dr. Brianna Turner, PhD, in the Risky Behaviour Lab. This form describes the purpose, risks, and benefits of participating in the study.

Christina Robillard is a Graduate Student in Clinical Psychology in the Department of Psychology at the University of Victoria. She is conducting this research as part of the requirements of her PhD degree in Clinical Psychology. Dr. Turner is an Associate Professor in the Department of Psychology and the Director of the Risky Behaviour Lab at the University of Victoria. You may contact her if you have questions by e-mail ([briannat@uvic.ca](mailto:briannat@uvic.ca)) or phone (250-721-8711).

#### **Purpose and Objectives**

The goal of this study is to understand how families react to discovering that their teen has engaged in *nonsuicidal self-injury*, which is defined as the teen causing direct and deliberate damage to their own body without intending to die (e.g., cutting, burning, or hitting oneself). Specifically, we aim to understand how characteristics of the teen and their family (e.g., personality, coping, stress, parent-teen interactions) influence how families react in the weeks after they find out that their teen has self-injured.

#### **Importance of this Research**

This research is important because it could help researchers, and eventually mental health professionals, understand how families react to finding out that their teen has engaged in self-injury. This includes learning about things that help families cope, as well as things that make it hard to cope. This information could be used to develop supports and resources for families of teens who engage in self-injury.

#### **Participant Selection**

You are being asked to participate in this study because: 1) you and your parent have said you are interested in participating; 2) you are between 13-17 years old; and 3) you have a parent who has recently learned that you engaged in self-injury. To be eligible to participate, you must also live in Canada and be connected with a licensed care provider.

#### **What is Involved**

Participation in this study involves two parts. The first part is an *interview*. The interview will involve completing a 2-2.5 hour Zoom session with a trained member of our team (graduate student or post-doctoral fellow in Clinical Psychology, or Dr. Turner), and will consist of answering questions and completing online surveys. In addition, you will be asked to tell a 5–10-minute story of what happened when your parent found out about your self-injury, which will be video and audio recorded. You will also be asked about any times you have had suicidal thoughts and behaviors, other times you self-injured,

and any other mental health concerns, as well as aspects of your personality, coping strategies, relationship with your parents, and how your family functions. During the session, you will also develop a safety plan with the interviewer.

The second part of this study is the *follow-up surveys*. Specifically, you will be asked to complete 30-45-minute online surveys every two weeks for 12 weeks (during a time that is convenient for you). The first follow-up survey will be completed two weeks after you and your parent's interview. These surveys will ask you about any times when you self-injured, engaged in other risky behaviors (e.g., substance use, disordered eating), and your current mental health, as well as your wellbeing, coping strategies, and relationship with your parents. If you miss a follow-up survey, you will still be able to complete the next follow-up survey. There are six follow-up surveys in all. However, if you do not complete the interview, you will not be able to complete any of the follow-up surveys.

In total, participation in both components of the study will take roughly seven hours of your time.

Please note that you and your parent's responses to the interview will determine if you and your parent are eligible to participate in the follow-up surveys. You will be told if you are eligible for the follow-up surveys shortly after you and your parent have both completed the interview.

*All your responses will be kept confidential*, unless there is a need to share information about risk to keep you or someone else safe from imminent harm (see the "Risks" section). It is important to understand that the same limits of confidentiality apply to your parent who is engaging in this research. This means that we will not share information with you about your parent (including their responses to the interview and surveys).

### **Inconvenience**

The primary inconvenience of participating in this study is the time needed for the interview and responding to online surveys every two weeks for 12 weeks. Also, you may feel inconvenienced by some personal questions about you and your family's experiences. You can choose not to answer any question you do not want to answer.

### **Risks**

There are some potential risks to you by participating in this study. Each of the main risks are described below, so you can decide if this study is a good fit for you.

There is a risk that you may feel uncomfortable completing the interviews and online surveys, which ask about sensitive topics like self-injury, mental health concerns, substance use, disordered eating, and suicidal thoughts and behaviours. During this study, you may learn things about yourself or your family to which you have a positive, negative, or neutral reaction. You can skip any interview or survey item without penalty.

Another risk is that the information you share during this study may need to be shared with someone else, with or without your consent. There are three circumstances when we would need to share information about you:

1. We are required to protect you if you are at immediate risk of harming yourself or another person. We define “immediate risk of self-injury” as a strong likelihood that you will engage in self-injury that will cause serious medical issues within 48 hours of our interview. While we can’t predict self-harm with absolute certainty, we have developed a detailed protocol that allows our research team to intervene in a cautious and safe way. It is important that you are aware of how we assess and manage risk in this study. If we learn during the study that you are likely to seriously harm yourself in the near future, we will notify someone who can help to keep you safe. This may involve telling your parents, your usual licensed care provider, Dr. Turner (or another faculty member in the UVic Clinical Psychology Program) or, if it is a very serious risk that we cannot address, calling emergency services.
2. We are also required to report any cases of suspected or probable child abuse to the appropriate authority.
3. If a judge orders us to appear in a court of law, we are required to answer the questions asked of us and share our information with them if they ask us to.

Under most circumstances, you will be told and/or involved in these steps so you know what information is being shared, with whom, and why. We will share the least amount of information necessary to ensure the safety of yourself and those around you.

It is important to note that, although our research team would like to hear from you if you have any questions or concerns during or following your participation, we are *not able to provide immediate support in a crisis*. If you are struggling with serious emotional distress or need help right away, you should call a crisis line (Kids Help Phone: 1-800-668-6868), reach out to a qualified adult you trust, such as a mental health professional, teacher, or parent, or go to your nearest emergency room.

Finally, there is a risk to privacy, as your participation in the interview and surveys will involve sharing your personal information with us. To protect your privacy, all your survey and interview responses will be labeled with a non-identifying participant number only (e.g., 22001), and you will not be required to enter any identifying information (e.g., your name, phone number, or e-mail address) into the online questionnaires. Likewise, the recording made during the interview will be labeled with a numeric number only and stored on a secure computer server that only our research team members can access. All electronic systems used in this study use standard security measures, including end-to-end encryption and secure cloud-based storage. Identifying information, such as your name and contact information, will be stored in a separate document and stored on an encrypted hard drive. Even if a data breach were to occur, your identifying information is not directly linked to your survey responses.

Please note, in accordance with UVic’s Payroll Policy, we are required to collect Social Insurance Numbers from any person who receives payment of over \$100. We will ask for this information in our interview, and it will be securely stored along with other identifying information on an encrypted hard drive. As with other identifying information collected for the purpose of this study, it will be destroyed 12 months after your final survey.

### **Benefits**

The purpose of this study is to help researchers understand how families react after their teen discloses that they have self-injured, not to provide any type of treatment that will be immediately helpful to you or your family. However, your participation plays an important role in helping us understand characteristics that influence family wellbeing after a teen has disclosed self-injury and could inform development of family resources and supports. Additionally, some people find that completing interviews and surveys can help them better understand their own thoughts, emotions, and behaviors. So, you may find that this study helps you learn about yourself, your family, and your coping patterns.

### **Compensation**

To thank you for your time and effort, you will receive \$50 for the interview and \$15 for each for the six follow-up surveys you complete. If you complete all six follow-up surveys, you will be given a bonus of \$20. The maximum compensation you can receive for participating in this study is \$160.

If you stop participating mid-way through the study, you will be compensated for all components that you have already completed. For example, if you complete the interview and two follow-up surveys, you would receive  $\$50 + \$15 + \$15 = \$80$ . If you withdraw from the study during the interview, you will still be compensated \$50, but you will not be eligible to complete the follow-up surveys. If you stop a follow-up survey without submitting your responses, you will not receive compensation for that follow-up survey. However, you will still be able to complete subsequent follow-up surveys as long as you do not tell us you want to withdraw from the study altogether.

### **Voluntary Participation**

Your participation in this research must be completely voluntary. If you decide to participate, you may stop participating at any time without any consequences or any explanation. If you would like to stop during the interview, please let the interviewer know. If you would like to stop during the follow-up portion of the study, please let us know by e-mail ([riskybehaviourlab@uvic.ca](mailto:riskybehaviourlab@uvic.ca)). It is important to note that your parent may also stop participating at any time without any consequences or explanation. Because we need both you and your parent's responses to analyze the data, if one of you decides to stop participating then both of you will need to withdraw from the study.

If you withdraw from the study, we will seek your consent to analyze the data you have provided up to that point, or you may request that your data be excluded from analyses. Even if you withdraw from the study, we are still required to contact you or the authorities if we believe that you or others are in imminent danger (see the "Risks" section).

### **Researcher's Relationship with Participants**

This study is being conducted by Christina Robillard, a Graduate Student in the Department of Psychology at the University of Victoria, as well as Dr. Brianna Turner, an Associate Professor in the Department of Psychology at the University of Victoria. The names of our team members are below. The interview will be led by a graduate student, post-doctoral researcher or Dr. Turner, and follow-up survey invitations and emails will be managed by our undergraduate and graduate students. During periods when Dr. Turner is unavailable, back-up coverage will be provided by another faculty member in the UVic Clinical Psychology Program.

Our current research team includes:

<b>Faculty Members</b>	<b>Postdoctoral and Graduate Students</b>	<b>Post-Bacc. and Undergraduate Students</b>
Brianna Turner, University of Victoria	Marlise Hofer	Emily Spargo
Megan Ames, University of Victoria	Nicole Legg	Lina Losier
Erica Woodin, University of Victoria	Julie Prud'homme	Marina Low
Imke Baetens, Free University of Brussels	Carolyn Helps	Sara Blais
	Christina Robillard	Sydney Waddington
	Andrew Switzer	Monica Crawford
	Alice Shen	Olivia Proud
		Laura Hoeflich

If you know someone on the research team and are concerned about your privacy and/or the risk of a dual relationship resulting from your participation, let a member of our research team know and we can ensure you will only be contacted by team members with whom you have no prior relationship.

**Ongoing Consent**

During the interview, we will determine if you are eligible to participate in the follow-up surveys. If you are eligible, you will be asked to confirm your ongoing consent at the beginning of each follow-up survey.

**Anonymity**

To make sure your answers are anonymous (e.g., no one will know who filled out the survey), you will be assigned a participant number (e.g., 22001) that will be associated with all your responses and only anonymous, non-identifying information will ever be published or shared. Also, your personal information will be safely secured on a password-protected document on a secure UVic Microsoft Teams environment (i.e., your name, phone number, e-mail, home address) or on an encrypted, password protected hard drive in a locked filing cabinet (i.e., your social insurance number) that is only accessible to our research team.

From time to time, we may visualize or analyze data from an individual participant (or one parent-teen dyad) to better understand and illustrate family functioning following teen self-injury disclosure. The data sources we collect in this study have little risk of identification, even when they are displayed individually. Individual data analyses will never be linked to your identifying information, nor will they ever be presented or analyzed in a way that could pose any risk of identification.

**Confidentiality**

Your confidentiality and the confidentiality of the data you provide will be protected by a participant number and stored in an encrypted online database. Your responses will never be shared with anyone who is not directly involved in data collection unless: a) there is concern for your safety or the safety of others, or b) a court order or subpoena requires that we disclose this information. Please see the above section on Risks to understand what would happen in the event of a safety concern.

**Dissemination of Results**

Findings from this study will be reported in publications (i.e., journal articles, book chapters), thesis and dissertation projects, conference presentations, community workshops or presentations, online summaries posted on our website, and other promotional material (i.e., educational videos). Your name will not be used in these publications or presentations.

Participants who wish to receive details regarding the study results may contact the research team ([riskybehaviourlab@uvic.ca](mailto:riskybehaviourlab@uvic.ca)) to request copies of any publications, presentations, or educational materials based on this study. Please note that such summaries may not be available until 1-2 years after the data collection is complete.

### **Data Storage and Disposal**

This consent form and all self-report surveys completed during the interview will be kept in encrypted, password-protected files on secure servers within Canada (i.e., on Qualtrics and a UVic Microsoft Teams environment). Please refer to the Qualtrics privacy statement (<https://www.qualtrics.com/privacy-statement/>) and the Microsoft Teams privacy statement (<https://www.microsoft.com/en-ca/trust-center/privacy?rtc=1>) for more information. As a reminder, the interview will involve gathering a 5-10-minute recording of your initial experiences of self-injury disclosure. After the session, Zoom will export the recording to the interviewer's computer, and the interviewer will immediately and permanently delete the video recording and retain only the audio recording, which will be stored on a Microsoft Teams environment.

All identifying information (i.e., your name, email address, phone number), as well as the key linking your identifying information to your Study ID, will be stored on a password-protected document that is stored on a secure UVic Microsoft Teams environment that is only accessible to members of our research team. Your social insurance number will be stored on a password-protected document that is stored on an external hard drive and locked in a filing cabinet in our lab. Only Dr. Turner (Principal Investigator) and Emily Spargo (Study Coordinator) will have access to this document. Identifying data and linkage keys will be destroyed 12 months after study completion.

De-identified data (e.g., survey responses, interview audio recording) will be kept indefinitely to make sure the scientific integrity of this study can be assured. Fully de-identified data may be shared with other research teams to support replication and secondary analyses. If you do not want to share this de-identified data, please tell a member of our research team and your data will be removed prior to data sharing.

You can decide that you do not want your data to be used at any time during your participation. If you tell us you do not wish your data to be used, we will (a) exclude your data from our analyses, (b) delete your data from our databases as soon as data collection for this study is completed, and (c) will not use any of your data for any future studies or data sharing. Your data will be retained until the end of the data collection for quality assurance purposes only (e.g., to ensure that our safety monitoring procedures were correctly followed).

### **Contacts**

If you have questions about this research or the information in this form, wish to contact the research team, or believe that the research may have harmed you, please contact us by email at

[riskybehaviourlab@uvic.ca](mailto:riskybehaviourlab@uvic.ca). You can also contact the Principal Investigator, Dr. Brianna Turner, at [briannat@uvic.ca](mailto:briannat@uvic.ca) or by phone at 250-721-8711. In addition, you may verify the ethical approval of this study, or raise any concerns you might have, by contacting the Human Research Ethics Office at the University of Victoria (250-472-4545 or [ethics@uvic.ca](mailto:ethics@uvic.ca)).

### **Verifying Understanding of Consent Information**

To make sure you understand the information that has been provided in this form, we would like you to complete the following questions. Each question is either True or False. You have two attempts to answer these questions correctly. If you answer one or more questions incorrectly twice, then you will not be eligible to participate in this study.

- 1) During the interview, I will be asked questions about my history of self-injury, risky behaviors (e.g., substance use, disordered eating), and mental health, as well as my personality, relationship with my parents, and perceptions of family wellbeing.  
 True  False
  
- 2) Depending on my own and my parent’s responses to the interview, I may or may not be eligible to complete the follow-up surveys.  
 True  False
  
- 3) The follow-up surveys will involve responding to online surveys every two weeks for 12 weeks.  
 True  False
  
- 4) If I need immediate support in an emotional crisis or emergency, I should contact the research team.  
 True  False

Pressing the “I agree” box below indicates that you understand the above conditions of participation in this study, that you have had the opportunity to have your questions answered by the researchers, and that you consent to participate in this research project.

I agree