



**Black Dog  
Institute**



**PARTICIPANT INFORMATION STATEMENT AND CONSENT FORM – Child**  
*Improving childhood sleep: the bedrock of depression prevention*  
*Dr Sophie Li*

**Participant Information and Consent Form**  
**Improving childhood sleep**

This sheet has information about research on an online program for children.

Research means finding out what people think about things and using the information to help other people.

You can ask someone you trust to help you understand this sheet.



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**Who is doing the research? What is it about?**



My name is Dr Sophie Li. I am a researcher at the Black Dog Institute, University of New South Wales. I am working with Associate Professor Aliza Werner-Seidler, Professor Jennie Hudson, Dr Mirjana Subotic-Kerry and Britt Corkish.

We want to find out if a digital program helps children sleep better and feel better. We also want to know if the online program is interesting and fun to use.





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## Who can take part?



You can take part if you are aged 10 to 12 years old, and not in high school, speak English and sometimes have difficulty sleeping.

Your parent or guardian must also be taking part and agree for you to take part.

## What will I be asked to do?

### Survey

Taking part involves you and your parent or carer answering some questions in online surveys and an online assessment.

We will ask you about:

- Yourself
- Your sleep
- Your thoughts and feelings





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In the online assessment, you can choose which questions to answer. You can say no if you don't want to answer a question.

It will take about 30 minutes for both you and your parent or carer to do each time.

You will complete the survey 4 times and the online assessment 2 times.

### **Online program**

You will be asked to spend 10-mins completing activities on your own device at home for 6 weeks. You will only have access to the activities for 6-weeks while you are part of the trial.

By doing the activities you will learn tips that may help your sleep.

### **Do I have to take part?**

You only have to take part if you want to.

You can say no. It's your choice. No one will be angry if you say no.

Even if you say yes, you can change your mind later and stop taking part.





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### **What will happen to my information?**

We will store your information in a password-protected online location for at least 15 years.

We will keep your information private.

We will not tell anybody your name or where you live.

No one will know it was you who took part.

We will send your parents or guardian an email to let them know if you are getting less than 5 hours sleep a night or if your mood is really low.

We will write about what we find out.

If you want, we will send you a summary.

### **Who can I get in touch with about the research?**

If you have any questions, get in touch with:

Name: Dr Sophie Li

Email: [childsleep@blackdog.org.au](mailto:childsleep@blackdog.org.au)



### **Can I make a complaint?**

If you want to complain about the research, you can get in touch with the Human Research Ethics Coordinator. It is their job to listen to you



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and find out what happened.

Phone: (02) 9385 6222

Email: [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au)

Tell them this number: HC220603.

If you feel upset after taking part, you can talk to someone who supports you or contact kids help line [Kids Helpline](https://www.kidshelpline.com.au) 1800 55 1800.



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**I want to take part**

If you want to take part, tell your parent and they can do the next part of the survey. If you change your mind you can close the page at any time, and we will not use your information.

**I don't want to take part anymore**

If you do not want to take part anymore, tell your parent. Your parent can email the team to let them know at [childsleep@blackdog.org.au](mailto:childsleep@blackdog.org.au).

Registration form (completed by parent)

<b>Your child's full name:</b>	
<b>Full name of parent/ guardian:</b>	
<b>Parent/ guardian's email address:</b>	
<b>Parent/ guardian's mobile number:</b>	