



INFORMATION FOR PARTICIPANTS

This study, in collaboration with the Meniños Foundation, aims to implement and evaluate a therapeutic program, The Tree of Life, whose goal is to improve psychological and emotional well-being, as well as the positive perception of affective relationships with significant others for children who have experienced abuse. This work is part of my doctoral thesis and, therefore, is supported by professors from Universidad Rey Juan Carlos, Universidad de Extremadura and UNED.

Current legislation establishes that the participation of any person in a research project will require prior and sufficient information about it and the provision of consent by the persons participating in the study. To this end, the objectives and characteristics of the study project are detailed below, as a prerequisite for the provision of consent and voluntary collaboration in the study.

WHAT DOES THE STUDY CONSIST OF?

Children who live experiences of maltreatment and sexual abuse face serious physical and mental health problems; in addition to showing specific affective and psychological needs to cope with these experiences. Therapeutic interventions to improve their psychological well-being are a priority. The aim of the study is to adapt, implement and evaluate the effectiveness of the group-based therapeutic intervention program, The Tree of Life, in response to the psychological, emotional and social-affective bonding needs of children who have suffered experiences of sexual abuse.

In order to know the effectiveness of this intervention it is necessary to know the initial state from which we start in terms of their psychological adjustment, the type of affective relationships and their own protection strategies. To this end, the study participants and their families must complete the following questionnaires. In some cases



the questionnaires are completed only once, in others they are to be completed before and after the therapeutic intervention.

ACTIVITIES TO BE CARRIED OUT AND DURATION:

1. Questionnaires:

A) Questionnaires to be completed by parents:

- Questionnaire with sociodemographic information (studies, marital status, work, type of work, etc.). It lasts 5 minutes.

- Adverse childhood experiences. This questionnaire is designed to detect the parents' history of adversity. It lasts 15 to 20 minutes.

B) Questionnaires to be completed by the children:

- SENA Questionnaire. This questionnaire evaluates the adjustment and psychological well-being of the children. It is carried out before and after the therapeutic intervention and lasts approximately 40 minutes.

- ASQ Questionnaire. This questionnaire provides information on the perception of affective relationships with significant others. It is carried out before and after the therapeutic intervention and lasts approximately 15 minutes.

- WISC-IV/ WAIS-IV Verbal Comprehension Scale. Evaluates language development. It is administered before and after the therapeutic intervention and lasts approximately 10 minutes.

- Questionnaire with open-ended questions whose objective is to obtain information from the participants on the usefulness of the intervention. It is carried out individually after the therapeutic intervention and lasts 5 minutes.



2. The therapeutic intervention

The most important activity of the study is the Tree of Life therapeutic intervention. This program is group-based and its objective is to address the psychological, emotional and bonding difficulties resulting from abuse. It consists of using the parts of a tree as a metaphor to represent the different aspects of our life. The use of this metaphor invites the children to tell their story in an active process of construction, reconstruction and continuous revision of their abilities, their beliefs, their values, their dreams and hopes for the future and their relationships with the important people in their lives. To this end, each participant in the group draws his or her own tree and the therapist indicates how to cover each of the parts of the tree; subsequently a space for conversation is opened on the aspects mentioned above with the aim of giving meaning and significance to their lives and their relationships. The intervention is carried out over 8 sessions of 90 minutes and on a weekly basis. It is led by the child's referral therapist.

To evaluate its effectiveness, one group will follow the Tree of Life treatment and the other group will not. In this way, we can compare whether the therapy has been effective. However, once the evaluations have been obtained, the group that does not receive the intervention will receive it the following month.

PLACE WHERE IT WILL TAKE PLACE:

At the headquarters of the Meniños Foundation where children normally attend the sessions of the Intervention Program with Child and Adolescent Victims of Sexual Abuse.



RISKS AND BENEFITS

We believe that the Tree of Life intervention program will not have any negative emotional or psychological impact on the participants. The evaluation instruments obtain information on their psychological, affective and social state. The Tree of Life therapeutic intervention, which contributes to the recovery of psychological and emotional well-being, has been tested in other populations (women victims of gender violence, older adults, refugees, ethnic minorities, bullying, etc.) and has obtained positive results in interpersonal relationships and social-affective bonding, increased perceived social support and improved psychological and emotional adjustment.

DATA PROTECTION

The data obtained through the questionnaires will be treated with the guarantee of confidentiality required by current ethical regulations. The data will be kept in a repository of the UNED.

In accordance with the provisions of the current Personal Data Protection Regulations, the personal data included in this form, those collected in relation to the study project, as well as any other related data that may be obtained, will be used exclusively for the development of the above-mentioned study project. The legitimate basis for the processing of your data is the consent of the person concerned. Any publication derived from this study, in the format of a scientific publication, will be carried out without revealing the identity of the participants, the treatment of the data obtained through these questionnaires and interviews will be treated in an anonymized way since the statistical analyses do not require the personal and private identification of the participants.



Your data will not be disclosed or communicated to third parties, except upon request and consent to that end, in the cases necessary for the proper care, development, control and fulfillment of the purpose of treatment, as well as in the cases provided by law, and will be retained for the legally established time and the time necessary to fulfill these purposes.

The principal investigator, **Rebeca Bastón Paz**, is the one who will carry out the processing of the data and can be contacted as follows: **meninos.abuso.t6@meninos.org** or by phone at **698 163 189**.

Participation in this research project is voluntary and may be withdrawn at any time. And for the written record for the information of the patients whose voluntary participation in the aforementioned project is requested, this information sheet has been formulated and is provided.

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Signature of principal investigator