



## Information Sheet

I would like to invite you to take part in a research study that is trying to understand how to help young people make choices that will support their well-being. Please take time to read the following information carefully, which will explain why the research is being done and what it would involve for you. If you are interested, or have additional questions, please contact us using the phone number or email address at the bottom of the sheet.

**Study Purpose:** The purpose of this study is to find out what parents like you can do to help children make choices that will support their well-being during their teenage years. There are 500 parents/guardians and their 5<sup>th</sup> – 7<sup>th</sup> grade children who attend your child's school, as well as other schools in the Greater Boston and Lowell area, taking part in this study.

### **What the Study Entails:**

- This study is designed for parents/guardians of 5<sup>th</sup> through 7<sup>th</sup> grade students
- Parents will be asked to:
  - Take five surveys over 18 months (at the beginning and at months 3, 6, 12 and 18). Each survey takes approximately one hour to complete.
  - Read a short handbook
  - Meet with a specialist about how to improve communication with their child, once in person or via video conference (1 hour session) and once by phone (30 minute session)
  - Video record 12 family meals over 12 months – equaling 4 recordings at 3 different time points (tablet will be provided for recording)
  - Video record 4 prompted conversations on nutrition and substance abuse over 12 months – equaling one recording at 4 different time points



- Children who participate will be asked to take 5 surveys, be present at video recordings, and have their height and weight measurements taken at the start of the study. Each survey takes approximately one hour to complete.
- Surveys done at the beginning of the study will be done in-person with a member of the study staff at the school, your home, or Tufts University. Follow up surveys (at months 3, 6, 12, and 18) can be completed either in-person or online.

**Payment to Families:**

- \$60 in cash or Amazon gift card for each of the first, second, and third surveys completed
- \$80 in cash or Amazon gift card for each of the fourth and fifth surveys completed
- Tablet (used for video recording) which will be yours to keep if all video sessions over the entire study period are completed
- Both parent and child must complete the survey at each time point to receive payment

**Risks and Benefits:** We hope that by taking part in this study, you will help us learn some things that could help us figure out how to help teenagers make choices that will keep them safe and healthy. However, you may feel uncomfortable talking about yourself or your family. If you do at any time, you can stop answering the questions or choose to no longer be a part of the study.

**Confidentiality:** All information collected from the surveys and from the video will be kept confidential, meaning only the study team will see your information and it will not be shared with anyone else without your permission.

**Contact Information:**

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