

PARTICIPATE IN RESEARCH

Information for Parents

Underage Drinking, Bullying, and Wellbeing During Early Adolescence

Research team contacts

This project is being conducted by a team from the Centre for Youth Substance Abuse Research (CYSAR) Queensland University of Technology and the University of Queensland. The principal researchers are Dr Melanie White, Professor David Kavanagh, Dr Catherine Quinn, and Associate Professor Leanne Hides. Luke Nykiel, a research assistant from UQ, will assist coordinating the project. Honours and postgraduate students will also be working on the project.

What is the purpose of the research?

The purpose of this research is to help us understand more about substance use, peer interactions at school and adolescent wellbeing.

Are you looking for people like me?

Grade 10 and 11 students are invited to participate in this research.

What will you ask students to do?

Students have completed questionnaires for the past three years. We are extending the project for a further three years to better understand mental health and wellbeing throughout adolescence.

Student participation will involve completing a survey each year until the completion of high school (i.e., until 2019 or 2020). It will be completed during class time, online, or using paper and pens, and will take approximately 40-50 minutes to complete. Students will be asked questions about bullying, substance use, their emotional, social, psychological and physical wellbeing, as well as questions about their mental health. As part of the questionnaire students will be asked to provide the names of up to five of their closest friends. Both the student and friend's names will be de identified, which means all names will be replaced by a unique number. From 2018, the survey will also include questions regarding cannabis use, including "have you ever tried cannabis". We are also including questions relating to psychotic experiences to further understand the prevalence in an adolescent population and its link with substance use, academic performance, and wellbeing. A sample question is "have you felt that the thoughts in your head are being taken away from you?" Due to the high rate of Facebook use for young people, and link with mental health issues, reduced wellbeing, and detrimental academic performance we will also be including items relating to Facebook use, such as "I often think about Facebook when I am not using it". Other new questions relate to sport/physical activity and religion, such as "what type of sport/physical activity do you engage in and how many hours per week?" and "how often do you attend church or other religious meetings?" The principal of your adolescent's school has been given a copy of the questionnaire and approved the conduct this research.

Are there any risks for students in taking part?

There are minimal risks associated with student participation in this project. If any of the questions in the questionnaire make students feel distressed or feel like they need further help or support, the details of youth friendly services are listed below and will be provided to students on the day of the survey.

eheadspace	1800 650 890	or www.eheadspace.org.au offers online chat and telephone support
Kids Help Line	1800 551 800	(free call – 24 hour) for telephone counselling and referrals
Lifeline	13 11 14	(24-hour) for telephone counselling

On Track <http://www.ontrack.org.au/web/ontrack/gethelp>

Alternatively the school counsellor can be contacted if further help or assistance is required.

Are there any benefits for students in taking part?

This research might not directly benefit you, but you will benefit indirectly by helping us understand adolescent alcohol use, wellbeing and interactions with students at school.

Will students be compensated for their time?

No, students will not be compensated for their time. However, to acknowledge their participation, students will have the opportunity to enter a draw to win an iPad Air.

If I do not want my adolescent to participate – what should I do next?

All students have received an information sheet and consent sheet to take home to parents. If you have not received this information sheet please contact Catherine Quinn or Luke Nykiel (adolescentaware@qut.edu.au or 3365 9186) and an information and consent sheet will be emailed to you.

After reading further information, if you **DO NOT** wish for your adolescent, please fill in the form attached to the information sheet and either return it to your adolescent's school or email it to Dr Catherine Quinn or Luke Nykiel.

If you **DO** want your adolescent to participate you **do not need to do anything further.**

Thank You!

QUT Ethics Approval Number: 150000151