



University
of Windsor

CONSENT TO PARTICIPATE IN RESEARCH

Title of Study: **The COVID-19 Child Mental Health Study**

You are asked to participate in a research study conducted by Drs. Lance M. Rappaport Ph.D., Rosanne Menna Ph.D., Kimberley Babb Ph.D., Marco Battaglia M.D., Ananda Amstadter Ph.D., and Erin Picard Ph.D. from the Department of Psychology at the University of Windsor, Centre for Addiction and Mental Health, Department of Psychiatry and the University of Toronto, Virginia Institute for Psychiatric and Behavioral Genetics in the Departments of Psychiatry and Human & Molecular Genetics at Virginia Commonwealth University, and the Windsor-Essex Catholic District School Board. This research is supported by funding from the WE-SPARK Health Institute and from the University of Windsor.

If you have any questions or concerns about the research, please feel free to contact the study team at covid19@anxietylab.ca and 519-783-1393 or Dr. Lance M. Rappaport, Ph.D. at 519-253-3000 ext. 2293 or Lance.Rappaport@uwindsor.ca.

PURPOSE OF THE STUDY

The present study is designed to identify the short-term and long-term impacts of the COVID-19 pandemic on the mental health of children in the Windsor-Essex region. Specifically, the study aims to identify the impact on children's mental health in June-July 2020 through March-April 2021. A secondary aim of the present study is to identify indicators of children at risk for long-term emotional distress and identify factors that predict recovery from the distress. This is being done in order to develop and use the mental health resources needed in the Windsor-Essex region to reduce the potential long-term negative impact of the COVID-19 pandemic on children's mental health. Several questions may ask about exposure to people infected with the COVID-19 virus. This project is in no way aimed at public health tracking or associated with ongoing local, provincial, or federal public health tracking efforts. We need to ask about exposure to the COVID-19 pandemic only to understand the impact that direct exposure to the virus might have on children's mental health.

PROCEDURES

If you volunteer to participate in this study:

- You will be asked to: complete initial measures of the impact of the COVID-19 pandemic on your family and your child's daily life, as well as on any symptoms of anxiety, depression, irritability, and posttraumatic stress that your child has experienced.
- Your child will also be asked to complete similar initial measures of their perception of the impact of the COVID-19 pandemic on their daily life as well as any symptoms of anxiety, depression, irritability, and posttraumatic stress.
- We will then contact you by email, monthly, from August 2020 through January 2021 and once in April 2021 to ask you and your child to complete the same measures of the ongoing impact of the COVID-19 pandemic on your family and your child's daily life as well as any symptoms of anxiety, depression, irritability, and posttraumatic stress that your child has experienced recently.

Based on prior experience, we anticipate that each family (you and your child) will spend, on average, 1 hour completing the first assessment and 45 minutes completing each follow-up assessment.

POTENTIAL RISKS AND DISCOMFORTS

There is a possible risk that reporting on psychological symptoms may be emotionally upsetting. To reduce this risk, the present study uses questionnaires developed for, and used with, large community samples of children and families. In prior research, the researchers have used these measures with large community samples of children with no reported instances in which the questionnaires produced emotional upset. In case the questions may upset you, we have provided below contact information for local and national mental health resources, some of which are available 24 hours per day, if you need to talk to someone about your feelings.

POTENTIAL BENEFITS TO PARTICIPANTS AND/OR TO SOCIETY

We do not anticipate any direct benefit to participants, but knowledge from this study will provide the first information to understand the impact of the COVID-19 pandemic on the mental health of children in the Windsor-Essex region. This information is critical to develop and use resources in the area to help reduce the short-term and long-term risk to children's mental health. For example, the present study seeks to identify factors that promote children's recovery, that is decreased symptoms over time. This will inform the development of resources to help children recover from any impact that the COVID-19 pandemic has had on their mental health and psychological well-being.

COMPENSATION FOR PARTICIPATION

Participants will receive payment as compensation for time spent completing study assessments. Specifically, participating families will receive Amazon gift cards by email to the email address provided during the initial assessment within 72 hours after completing each assessment. In recognition of time spent completing study assessments, each family will receive \$12 CAD after completing the first assessment and \$9 CAD after completing each follow-up assessment.

CONFIDENTIALITY

Any information that is obtained in connection with this study and that can be identified with you will remain confidential and will be disclosed only with your permission. A research assistant must know each participant's email address to send links to complete follow-up assessments and to provide the Amazon gift card to you. Additionally, if you would like to be contacted by phone to complete follow-up assessments over the phone, a research assistant must know the phone number that you would like us to use. Finally, though the study is supported by Dr. Picard and the Windsor-Essex Catholic District School Board, Dr. Picard and staff in the school board will not have access to study data provided by each family nor will they have access to information on who participates. Schools in the Windsor-Essex region will only receive reports from Drs. Rappaport, Menna, Babb, Amstadter, and Battaglia, which will aggregate all data provided by all families in the study to present emergent conclusions about changes in children's mental health as a result of the COVID-19 pandemic. Therefore, choosing to participate or not to participate in this study will in no way affect each family's relationship with, or ability to receive assistance from, Dr. Picard or with the Windsor-Essex Catholic District School Board.

To safeguard participants' confidentiality, each participant will be assigned a study-specific ID. This will be automatically entered into the initial assessment and any follow-up assessments that you complete by phone or through links that we will send to the email account you provide. The study-specific ID allows the researchers to provide the Amazon gift card for surveys that you and your child complete and to connect data that you provide at each assessment without associating data with your email address or any identifying information. To assist participants in completing follow-up assessments and to provide compensation, the researchers will compile a list of participant contact information, study-specific IDs, and whether the participating family completed each follow-up assessment. To safeguard families' confidentiality, this tracking sheet will never be associated with data provided in the baseline or follow-up assessments.

Data, including evidence of informed consent, will be stored in the online Qualtrics system; on password-protected computers in the offices and laboratories of the researchers named on the first page of this document; and on a secure account with Compute Canada.

Participating families will be asked during the initial assessment whether they would like to be contacted in the future about additional research opportunities. For families who would like to be contacted in the future, data on the tracking sheet (i.e., participant contact information and study-specific ID) will be kept secure in our records for 10 years. For families who indicate that they do not want to be contacted about future research, or for families who inform the research team that they would no longer like to be contacted, data on the tracking sheet (i.e., participant contact information and study-specific ID) will be destroyed by secure deletion at the end of data collection in May 2021. This will make sure that all data provided by the family fully de-identified. Following the end of data collection in May 2021, data provided in initial and follow-up assessments will be merged into a dataset that will be retained on password-protected computers in offices and laboratories of the researchers. A separate file with the contact information and study-specific IDs of families who would like to be contacted about future research will be retained and stored separately from study data on password-protected computers in Dr. Rappaport's office and laboratory.

PARTICIPATION AND WITHDRAWAL

You are free to withdraw from the study at any time. The investigator may withdraw you from this research if circumstances arise which warrant doing so, such as answering less than 1/3rd of the total study questions. If you

choose to withdraw from the study, you will receive compensation for all assessments that you previously completed. You or your child may skip any question(s) that you choose to not answer. Skipping a question will not affect your compensation for completing the rest of each assessment. Similarly, each child may choose to not complete questions in their portion of each assessment. In this case, the family will receive the full compensation for the assessment. You may also choose to withdraw from or not initiate a scheduled follow-up assessment. In this case, you will be eligible to complete subsequent follow-up assessments and will be compensated for their completion, but you will not receive compensation for the follow-up assessment(s) that you choose to not initiate. You may request that your data be destroyed at any time until data collection is finished in May 2021. Once data collection is finished, it may not be possible to identify the data provided by each participating family.

FEEDBACK OF THE RESULTS OF THIS STUDY TO THE PARTICIPANTS

Following the end of data collection in May 2021, a summary of results will be provided at the link below. The study investigators will also provide a description of study results and a brief description of any scientific publications produced from this study on the forthcoming website for Dr. Rappaport's laboratory. A link to this website will be provided in the summary of results provided at the link below.

Web address: <https://scholar.uwindsor.ca/research-result-summaries/>

Date when results are available: June 2021

SUBSEQUENT USE OF DATA

These data may be used in subsequent studies, in publications and in presentations.

RIGHTS OF RESEARCH PARTICIPANTS

If you have questions regarding your rights as a research participant, contact: The Office of Research Ethics, University of Windsor, Windsor, Ontario, N9B 3P4; Telephone: 519-253-3000, ext. 3948; e-mail: ethics@uwindsor.ca

SIGNATURE OF RESEARCH PARTICIPANT/LEGAL REPRESENTATIVE

I understand the information provided for the study **COVID-19 Child Mental Health Study** as described herein. My questions have been answered to my satisfaction, and I agree to participate in this study. It is recommended that you print this form for your records.

Do you agree to be recontacted in the future about research related to this study?

I agree to be recontacted for related research in the future.

I do NOT want to be recontacted for related research in the future.

Do you consent for you and your child to participate in this study?

I consent for my child and I to participate in this study.

I do NOT consent for my child and I to participate in this study.

Available Resources

Community Crisis Centre
744 Ouellette Ave.
Windsor, ON
Phone: (519) 973-4435 (24-Hour Hotline)
Walk in service available from 8am to 8pm 7 days per week

The Distress Centre of the Downtown Mission
www.downtownmission.com/distress
Phone: (519) 256-5000
Text: 258258

Children First
3295 Quality Way (Suite 102)
Windsor, Ontario N8T 3R9
Phone: [\(519\) 250-1850](tel:5192501850)

Windsor Regional Hospital - Ouellette Campus, Emergency Department
1030 Ouellette Ave.
7:00 a.m. - 11:00 p.m. 7 days/week

Kids Help Phone
Phone: 1-800-668-6868

Good2Talk
Phone: 1-866-925-5454
Text: GOOD2TALKON to 686868

Crisis Services Canada 24-Hour Hotline
Phone: 1(883) 456-4566

ConnexOntario
Phone: 1-866-531-2600

Internet-Based Resources

IMAlive
Chat available at: www.imalive.org

Bounce Back Ontario
Available at <https://bouncebackontario.ca>

Mind Your Mind
Available at mindyourmind.ca. Mindyourmind exists in a space where mental health, wellness, engagement, and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

Big White Wall
Available at bigwhitewall.com.