

## Information Sheet for Parents/Guardians

**Study title:** Grow Your Mind Program Evaluation

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Your school has signed up to implement the whole-school well-being program ‘Grow Your Mind’ in 2021. The University of Wollongong (UOW) has been commissioned to independently evaluate the effectiveness of the program for primary school students and teachers. This is an invitation for your child to participate in the research activities for this evaluation.

### **What is the aim of the study?**

The aim of the study is to evaluate the outcomes of the *Grow Your Mind* program on a broad range of outcomes related to well-being, confidence in taking care of mental health, and connectedness to school and home environment, compared to a waitlist control group.

*Grow Your Mind* is a curriculum-aligned, whole-school program for teaching well-being within schools. It provides resources for teachers to teach evidence-based psychoeducation and well-being strategies to students. In the present study, we will evaluate the effectiveness of the *Grow Your Mind* program through a range of pre- and post-program questionnaires.

### **What will your child do?**

As a part of this study your child will be asked to undertake the following tasks:

- A pre-program 35-minute assessment session consisting of online questionnaires related to well-being, confidence in taking care of mental health and school connectedness. Questionnaires will be completed in one session during allocated class time at the end of Term 2, 2021.
- If my child’s class is allocated to the ‘treatment’ condition: they will participate in a post-program 35-minute assessment session, after participating in the *Grow Your Mind* program in Term 3, 2021. The assessment session will consist of online questionnaires related to well-being, confidence in taking care

of mental health and school connectedness, and will be completed in one session during allocated class time.

- If my child's class is allocated to the 'waitlist' condition: they will complete the 35-minute pre-program questionnaires at the end of Term 2, and post-program questionnaires at the end of Term 3, and then complete the Grow Your Mind program in Term 4.

Some examples of types of items in the pre/post-program questionnaires your child will complete include:

1. Answer the question: In the last week: "Have you been happy at school?"
2. Make a rating on the statement "I have to do too much schoolwork"
3. Make a rating on the statement "If I have a problem, my teacher helps me"
4. A child-friendly cartoon of a scenario (e.g. a child who has too much homework to do) will be presented, followed by the question: "What would you do if you felt you had way too much homework to do?"

### **What will you do?**

If you consent for your child to participate in the study, please complete the Parent/Guardian Consent Form and return it to your school before **4<sup>th</sup> June 2021**. There are no other tasks for you to complete.

### **Important things to consider**

- Your child's participation in this research is entirely voluntary. They can refuse to participate and are free to withdraw from the research, at any time. Their refusal to participate or withdrawal of consent to participate in the research study will not affect any relationship with your child's school, the Grow Your Mind program, or the University of Wollongong. Your child will still be able to participate in the Grow Your Mind program with their class and they will be given alternative classroom activities by their teachers while consenting students complete the two (35 min) assessment sessions.
- All data obtained will be used only for the purposes of this study and will not be made available to any persons other than the research team. Confidentiality is assured and no individual will be identifiable. The data will be analysed at a group level to examine the effectiveness of the Grow Your Mind Program, and documented in a report for the Grow Your Mind Team, and potentially published in a scientific journal. If you or your child choose to withdraw your child's consent to participate, your child just needs to inform the research team member at one of the questionnaire sessions for the study; their data will be destroyed and not included in any group analyses. You may withdraw your child's data from the research study up until the beginning of Term 4, 2021, by emailing [sjohnsto@uow.edu.au](mailto:sjohnsto@uow.edu.au).
- Your school has already signed up to implement the Grow Your Mind program in 2021. If you consent for your child to participate in the research study, your child will additionally complete the pre/post-program assessment sessions. If you do not wish for your child to participate, they will not complete the assessment sessions, but will still be taught the Grow Your Mind program.
- Your child's class will be randomly assigned to a treatment or waitlist condition. If your child's class is allocated to the waitlist condition, their class will be taught the Grow Your Mind program in Term 4, 2021.

- This research project is funded by Grow Your Mind.

### **The Grow Your Mind Program**

Grow Your Mind a curriculum-aligned, whole-school program for teaching well-being within schools. It provides resources for teachers to learn and teach evidence-based psychoeducation and well-being strategies to their students. It draws on evidence-based principles for enhancing mental health and well-being from four areas: 1) positive psychology; 2) social and emotional learning; 3) public health; and 4) neuroscience. Strategies include psychoeducation in the neuroscience of emotion regulation, building character strengths, growth mindset, respectful relationships, resilience, and mindfulness.

Please note that the University of Wollongong is not involved in the development or implementation of the Grow Your Mind program. Please contact your child's school if you have any questions regarding this program.

### **Benefits of Participation**

There will be no recompense for your child's participation in this study. However, the questionnaires selected for this study provide an opportunity for children to think about their own mental health, wellbeing, and connectedness at school. Additionally, your child's participation in the study will contribute towards understanding of the effectiveness of the Grow Your Mind program. This understanding may also help the Grow Your Mind developers improve the program for future implementation.

### **Risks and burdens of participation**

There are likely to be few risks of participation. There is a time commitment involved of 35 minutes pre- and post-program assessment sessions for your child. The assessment sessions will occur within school time and so will not burden them beyond their usual school day. None of the questionnaires chosen for the study is intended to be confronting. However, some children may experience mild emotional discomfort when asked to reflect on their mental health and wellbeing. Contact details for support services can be found at the end of this document.

**Thank you for your interest in this research study. If you have any questions about this research please email or call Professor Stuart Johnstone.**

**Email:** [sjohnsto@uow.edu.au](mailto:sjohnsto@uow.edu.au)

**Phone:** 02 4221 4495

This project has been approved by the UOW Human Research Ethics Committee (ethics protocol number HE2021/024). If you have any complaints about the conduct of the study please contact the Complaints Officer,

University of Wollongong/Illawarra Area Health Service Human Research Ethics Committee on 02 4221 4457  
or email [rso-ethics@uow.edu.au](mailto:rso-ethics@uow.edu.au).

Kids Helpline - Free Australian phone and online counselling service: 1800 551800 <https://kidshelpline.com.au>

Headspace Australia – Youth Mental Health Foundation: [www.headspace.org.au](http://www.headspace.org.au)