

**Parents' decisions about sun protection and sugar-sweetened beverages
for themselves and their child****QUT Ethics Approval Number 1700000431****RESEARCH TEAM**

Principal Researcher:	Dr Esben Strodl	Principal Supervisor
Associate Researchers:	Professor Katherine White	Associate Supervisor
	Katie Leigh	Psychology Honours Student
	Rachel Kelly	Research Assistant

**School of Psychology and Counselling, Faculty of Health
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DESCRIPTION

This project is being undertaken as part of an Honours study for Katie Leigh.

The purpose of this project is to examine the factors that influence parents' decisions regarding sun protection and limiting sugar-sweetened beverages for themselves and for their child.

You are invited to participate in this project because you live in Queensland and have at least one child who is currently in primary school (Prep to Year 6), are primarily responsible for your child's sun protection and intake of sugar-sweetened drinks while outside of school, and no other member of your household has completed this survey.

PARTICIPATION

Participation will involve completing an [online anonymous survey](#) with approximately 120 items with mostly Likert scale answers (e.g. strongly agree – strongly disagree) that will take approximately 20-25 minutes of your time.

Questions include, for example: "I intend to avoid sugary drinks over the next two weeks (*1- strongly disagree, 7- strongly agree*)", "Ensuring that my child uses a combination of the 5 SunSmart steps every time they are in the sun for more than a couple of minutes would be: (*1-unfavourable, 7- favourable*)", "what is your current weight? (approximately)", "When I see someone get hurt, I tend to remain calm (*1- does not describe me well, 5- describes me very well*)", "I am usually aware of my thoughts (*1- disagree strongly, 6- agree strongly*)". You may choose to skip questions that you would prefer not to answer.

Two weeks later, an email will be sent to you with the link for the follow up survey. The follow up survey will involve completing a 12-item anonymous survey that will take approximately 5-10 minutes of your time. Questions will include: "in the last two weeks, approximately how many standard serves (375ml) of sugary drinks did your child consume?", and "in the last two weeks, to what extent did you use a combination of the 5 SunSmart steps every time you were in the sun for more than a couple of minutes (*1- not at all, 7- to a large extent*)".

Your participation in this project is entirely voluntary. If you agree to participate you do not have to complete any question(s) you are uncomfortable answering. Your decision to participate or not

participate will in no way impact upon your current or future relationship with QUT (for example your grades) or associated external organisation. If you do agree to participate you can withdraw from the project at any time before submitting the online survey without comment or penalty. However, as the survey is anonymous once it has been submitted it will not be possible to withdraw.

The survey can be accessed at this address: <http://survey.qut.edu.au/f/189957/e6ab/>

EXPECTED BENEFITS

It is expected that this project will not directly benefit you. However, it may benefit the wider research community by increasing our understanding of health-related behaviours of parents for themselves and their children. This project may provide insights useful for future research.

To recognise your contribution, should you choose to participate, the research team is offering QUT psychology students enrolled in units PYB100 or PYB102 the option of earning 0.5 of a mark towards their overall grade for participating. Participants will need to complete the follow up survey before being eligible for course credit.

For those not enrolled in PYB100 or PYB102, the research team is offering the opportunity to submit your email address after the follow up survey to go into the running to randomly win one of two \$50 Coles Myer shopping vouchers. PYB100 and PYB102 students may also choose to be entered into the prize draw instead of receiving course credit if they prefer. The email address will be kept separate to your survey responses and cannot be used in any way to identify your results. At the conclusion of our study, the winners will be announced and all email addresses will be immediately deleted.

Please note the opening date for entries is 5 April 2018, the closing date for entries is 15 July 2018. The Terms and Conditions of the prize draw can be located at:

<https://survey.qut.edu.au/survey-data/67/67667/media/62/6254.pdf>

RISKS

There are minimal risks associated with your participation in this project. These include a possibility of mild discomfort with sharing personal information about your health behaviours for yourself and your child.

If you experience any discomfort, you may withdraw from the study at any time up to submitting the online survey without comment or penalty.

QUT provides for limited free psychology, family therapy or counselling services (face-to-face only) for research participants of QUT projects who live in Brisbane and who may experience discomfort or distress as a result of their participation in the research. Should you wish to access this service please call the Clinic Receptionist on **07 3138 0999** (Monday–Friday only 9am–5pm), QUT Psychology and Counselling Clinic, 44 Musk Avenue, Kelvin Grove, and indicate that you are a research participant.

Alternatively, Lifeline provides access to online, phone or face-to-face support, call **13 11 14** for 24 hour telephone crisis support. For young people aged 25 and under, you can also call the Kids Helpline on **1800 551 800**.

PRIVACY AND CONFIDENTIALITY

All comments and responses are anonymous and will be treated confidentially unless required by law. The names of individual persons are not required in any of the responses.

Any data collected as part of this project will be stored securely as per QUT's Management of

research data policy. Please note that non-identifiable data from this project may be used as comparative data in future projects.

CONSENT TO PARTICIPATE

Submitting the completed online survey is accepted as an indication of your consent to participate in this project.

QUESTIONS / FURTHER INFORMATION ABOUT THE PROJECT

If you have any questions or require further information please contact one of the listed researchers:

Katie Leigh	katie.leigh@connect.qut.edu.au	
Esben Strodl	e.strodl@qut.edu.au	07 3138 8416
Katherine White	km.white@qut.edu.au	07 3138 4689

CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE PROJECT

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email humanethics@qut.edu.au. The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.
PLEASE PRINT THIS SHEET FOR YOUR INFORMATION.**