Controlled Trial of a Family Intervention for Children Bullied by Peers
(Trial of Resilience Triple P program)

Information Sheet for Parents interested in their Family Participating in the Trial of Resilience Triple P

Following your phone-call expressing initial interest, your family is invited to participate in the trial of Resilience Triple P program. Resilience Triple P is a new program designed for children who are experiencing victimization and bullying by other children. Research indicates that the way children interact with other children and specifically how they handle bullying and conflict can make a difference to whether the bullying is likely to lessen or increase. Resilience Triple P teaches children strategies for responding resiliently to bullying and conflict, and ways to strengthen their friendships. Resilience Triple P also assists parents to coach and support their children in addressing bullying, and in working effectively with their child’s school.

Your family’s participation in the trial of the Resilience Triple P program
Resilience Triple P is currently being trialled by the Parenting and Family Support Centre (Department of Psychology, University of Queensland). Your family’s involvement in this trial involves both 1) participation in the program itself and 2) participation in the assessment components of the research.

1) Participation in the Resilience Triple P program involves attending 8 sessions over 8 weeks. It is preferable (but not necessary) for both parents to attend the training sessions. If one parent only can attend it is recommended that this be the parent who spends most time with the child. Participation over the 8 weeks includes:
   - Four 2-hour sessions for parents only in a group with other parents
   - Four 2-hour group sessions for both you and your child in a group with other children and parents
   - Completion of home tasks involving you and your child putting into practise strategies you choose from the weekly sessions and on two weeks of the program you and your child keeping a brief record of the number of incidents of bullying your child experiences at school

2) Participation in the Assessment sessions involves your family’s participation in 3 assessment sessions over a 9-month period with each data collection session taking approximately 1 hour (maximum of 1 and ½ hours). Information collected in each of these sessions will involve:
   - completion of questionnaires by you and your child: a trainer Research Assistant will assist your child to complete questionnaires whilst you complete Parent Questionnaires
   - Videoing short excerpts of you and your child including a) a short segment of you and your child talking together and b) your child demonstrating skills to deal with difficult peer behaviour with the assistance of an actor, whilst you wait outside an open door. This video information is needed to ascertain whether real changes in you and your child’s behaviour have occurred as a result of participation in the program. The videos will be coded by trained research assistants who are blind to whether your family has participated in the program. Because information on facial expressions will be coded it will not be possible to de-identify children or families on the video.
   - In addition your child’s teacher will be contacted, informed about the program and asked to complete several short questionnaires about the child’s social behaviour and experiences at school.
Families will be offered free participation in the intervention contingent on agreeing to participate in the associated data collection. Families who participate in the study will be randomly assigned starting times for intervention either immediately or after a 9-month delay.

**Eligibility**
Families are eligible to participate in the *Resilience Triple P* trial if
- They have a child aged between 7 and 11 years who is experiencing bullying by peers and attending a regular primary school or pre-prep learning centre.
- You agree to your family’s participation in the program and assessment sessions
- Your child agrees to participating in the program and assessment sessions after a Research Assistant explains to them what will be involved
- Your child’s teacher (with their Principal’s approval) agrees to completing brief assessments on 3 occasions over 6 months.

**Ethical Issues**
This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council’s guidelines. You are, of course, free to discuss your participation in this study with project staff contactable on the numbers below. If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 3365 3924.

All information collected about your child and family will be kept in strictest confidence. Confidentiality will only be breached if a child is deemed to be at risk of harm. After completing your questionnaire, the cover sheet will be removed and substituted for a code number for your family. The video will also be identified by this code number. Questionnaire data will be coded and entered into data bases anonymously and will be used for general statistical purposes only. After the research is completed this information will be securely archived and later destroyed, in accordance with university policy.

If you wish to withdraw from the program, we respect your right to do so, at any stage, for whatever reason.

**Information about the Outcomes of this Trial**
We will provide you and your child’s school with a summary of the overall findings of this research project. You will know whether it has made any difference for your child and family from your own participation.

**Researchers:**
Matthew R Sanders, PhD
Professor of Clinical Psychology
Director, Parenting and Family Support Centre

Karyn Healy, M.O.P.
Psychologist/PhD Candidate
Coordinator, Resilience Triple P

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**Commencement of your Participation**
As soon as we have received consent forms from you, your child and your child’s teacher and school, your commencement in the project can commence. Half of the families involved will be randomly allocated to an immediate start; other families will be allocated to the delayed start 9 months after registering interest.

We recommend you retain copies of this information sheet for your ongoing records and reference.

**Enquiries:** For more information about *Resilience Triple P* trial, please contact: Karyn Healy Phone 3346 7814 or k.healy@psy.uq.edu.au