Controlled Trial of a Family Intervention for Children Bullied by Peers

(Trial of Resilience Triple P program)

Information sheet for Principals
following request from a family from your school and Education Queensland approval

Your school is being contacted following an expression of interest from one of your families in participating in the trial of Resilience Triple P program. The trial of this program and our approach to your school has been approved by Education Queensland – please find the endorsement attached.

Resilience Triple P is a new program designed for the families of children who are experiencing 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 as to whether the bullying is likely to lesson or increase. Resilience Triple P teaches children strategies for responding resiliently to bullying and conflict and for strengthening their friendships. Resilience Triple P also seeks to empower parents to coach and support their children in addressing bullying, and to work effectively with their child’s school. In addition, Resilience Triple P includes a brief Tip Sheet for teacher which will be offered to teachers of participating families. Participating teachers will also be offered a brief phone call should they wish to discuss strategies.

Resilience Triple P is currently being trialled by the Parenting and Family Support Centre (Department of Psychology, University of Queensland). Each family’s involvement in the trial of Resilience Triple P includes both program participation and assessment. Families will participate in a group program with other families. There will be 3 assessments of each family over a 9-month period. Most assessment involves only the targeted child and family. In addition, on 3 occasions over the 9 months, the child’s teacher will be requested to complete a short questionnaire about the child’s social behaviour and experiences at school. This will take a maximum of 10 minutes on each occasion. The questionnaire that the teacher will be requested to complete on 3 occasions about the targeted child is attached to the Teacher Information Sheet. We seek your consent to be able to approach the teacher of the child whose family wishes to participate in this study.

Families are eligible to participate in the Resilience Triple P trial if

- The child is aged between 7 and 11 years and attends a regular primary school
- The parents perceive that the child is bullied by other children
- The parents, child, and the child’s principal and teacher agree to participate in the assessment.

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 school’s 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 as part of this research will be kept in strictest confidence. The teachers’ questionnaires will be returned directly to the researchers and will not be shared with the families. No schools or families will be identified in any research report. Confidentiality will only be breached if a child is deemed to be at risk of harm. 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 your school 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 your school, the family and Education Queensland with a summary of the overall findings of this research project.

**Commencement of your Participation:** Please find attached a Consent Form for you on behalf of your school and a Consent Form for the teacher of the child whose family has requested participation. If you are agreeable, please sign the consent form for yourself and your endorsement of the Teacher’s Consent Form, and then pass on the teacher consent form to the teacher concerned for his/ her consideration. Please then return these consent forms in the prepaid envelope.

All families will participate in an initial assessment session and then a further 2 assessments at 3 and 9 months after gaining consent from all parties. Please note that to test the effectiveness of the program all families involved in this trial will be randomly allocated to either an immediate start or a delayed start conditions. Families in the Delayed Start condition will receive the program 9 months after making contact having already participated in all 3 assessment sessions.

Thank you for considering allowing your teacher to participate in this study. We recommend you retain copies of this information sheet for your ongoing records and reference.

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