



PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Parents

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| Plain Language Statement |
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| Date: | September, 2011 |
| Full Project Title: | Physical Self-Awareness in Preschool Children |
| Principal Researchers: | Associate Professor Helen Skouteris and Dr Merrilyn Hooley (Deakin University) |
| Student Researcher: | Lisa McGivern |
| Research Assistant: | Rachael Cox |

1. Your Consent

You are invited to take part in this research project being conducted by researchers from Deakin University.

This Plain Language Statement contains detailed information about the research project. Its purpose is to explain to you as openly and clearly as possible all the procedures involved in this project so that you can make a fully informed decision regarding your participation.

Once you understand what the project is about and if you agree to take part, you will be asked to sign the Consent Form. By signing the Consent Form, you indicate that you understand the information and that you give your consent for you and your child to participate in the research project.

You will be given a copy of the Plain Language Statement and Consent Form to keep as a record.

2. Purpose and Background

Body size perceptions appear to be unrelated to actual body size in preschool children. The overall aim of this study is to gain a better understanding of preschool children's awareness of their body size and shape.

3. Participation in the Research Project

We will involve 120 children, aged between 3-6 years of age, in this research project. Each child will play a series of games (fun tasks) with a researcher in a quiet part of the kindergarten room/child care centre, with the kindergarten teacher present; children's eating and napping times will be taken into consideration when scheduling these fun games. The games will be based on children's judgements of height, weight, width, and arm length for themselves and for another person. For example, in relation to height, children will be asked to judge which of two doors they can walk through (one door taller than the child, one shorter). They will be asked this for another person (e.g., the experimenter/researcher) can fit through. All of the games will take approximately 25-30 minutes to complete. Finally, the height and weight of each child will be measured, individually, by the researchers (Lisa McGivern and Rachael Cox, who have a Working with Children Check); children will be asked to remove their shoes prior to stepping on the weight scales. Height will be measured using a stadiometer and arm and leg length will be measured using a tape measure.

Parents will be asked to provide demographic information in a survey sent to their home (age, educational background, ethnicity, family income, number of children, birth order of child participating) and will also be asked to complete the Ages and Stages questionnaire which is a reliable developmental measure for children from one month to 5½ years. The parents' survey and Ages and Stages questionnaire will take about 15 minutes to complete. An example of a question in the Ages and Stages questionnaire is: "Using child-safe scissors, does your child cut a paper in half on a more or less straight line, making the blades go up and down?"

4. Possible Benefits

Findings generated from this study will increase our understanding of preschool children's awareness of body size and shape.

5. Possible Risks

There are no anticipated risks involved in this project.

6. Privacy and Confidentiality of Information

In the consent form that you will read below, we ask for your contact details. We need your home address to be able to send you the parental survey and the developmental assessment for your child; we ask for your telephone numbers to be able to contact you in the event that we need to clarify any of your responses on the survey. We also make note that we will be applying for further funding to continue our research longer term. If you agree to be contacted for research studies of this type in the future we will use your contact information to inform you of this research.

Any information obtained in connection with this research project that can identify you will remain confidential and will only be used for the purpose of this research project. It will only be disclosed with your permission, except as required by law. You can be assured that you will not be identified by name in any way in the reporting of our results in publications and conference presentations. Any information we collect from you that can identify you will remain confidential and will be stored in a locked cabinet within the School of Psychology at Deakin University for a minimum of 6 years from the date of publication.

7. Information regarding Final Results of the Project

This project will form part of an Honours thesis that is being conducted by Lisa McGivern, School of Psychology, Deakin University, and supervised by Assoc. Prof. Skouteris and Dr. Hooley. Lisa's thesis will provide detailed information on the project and its findings. It is also likely that the findings of this project will be submitted for publication in a peer-reviewed journal. The project will be monitored by Assoc. Prof. Skouteris and Dr Hooley.

8. Right to Withdraw from Participation

Participation in any research project is voluntary. ***If you do not wish to take part you are not obliged to.*** If you decide to take part and later change your mind, you are free to withdraw from the project *at any stage*. While parents will provide permission for their children to take part in this study, the wishes of any child who chooses/decides not to take part will be respected. There will not be any coercion of

children to take part, nor to complete any of the task in full if they do not want to. In the event of withdrawal from the study, any information obtained from you and your child will not be used and will be destroyed. Your decision, and your child's decision, whether to take part or not to take part, or to take part and then withdraw, will not affect your relationship with Deakin University in any way.

Before you make your decision, Assoc. Prof. Helen Skouteris will be available to answer any questions you have about the research project. You can ask for any information you need. Sign the Consent Form only after you have had a chance to ask your questions and have received satisfactory answers.

If you decide to withdraw from this project, please notify Assoc. Prof. Helen Skouteris.

9. Contact Details and Information

If you would like any further information concerning this project or if you have any problems which may be related to your involvement in the project you can contact the principal researcher Dr Helen Skouteris in the School of Psychology, Deakin University, 221 Burwood Highway, Burwood, Victoria, 3125, on 9251 7699 or email: helen.skouteris@deakin.edu.au

10. Complaint.

If you have any complaints about any aspect of the project, the way it is being conducted or any questions about your rights as a research participant, then you may contact:

The Manager, Office of Research Integrity, Deakin University, 221 Burwood Highway, Burwood Victoria 3125, Telephone: 9251 7129, Facsimile: 9244 6581; research-ethics@deakin.edu.au Please quote project number 2011-037.

PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Parents

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| Consent Form – Parent Copy |
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| Date: | September, 2011 |
| Full Project Title: | Physical Self Awareness in Preschool Children |
| Principal Researchers: | Assoc. Prof. Helen Skouteris and Dr Merrilyn Hooley (Deakin University) |
| Student Researcher: | Lisa McGivern |
| Research Assistant: | Rachael Cox |

I have read, and I understand the attached Plain Language Statement. I freely agree to participate in this project, and agree to my preschool child participating in this project, according to the conditions in the Plain Language Statement. I have been given a copy of the Plain Language Statement and Consent Form to keep. The researcher has agreed not to reveal my identity and personal details, or those of my child, including where information about this project is published, or presented in any public form.

Signature Date

The researchers will be applying for further funding to continue their research longer term. If you agree to be contacted for research studies of this type in the future please sign below.

I consent to the researchers named here contacting me for future research studies that I am not obliged to take part in.

Parent’s name: Signature:

Date.....

Please retain this copy for you own records.

PLAIN LANGUAGE STATEMENT AND CONSENT FORM

TO: Parents

Consent Form – Researcher Copy

Date: September, 2011
Full Project Title: Physical Self-Awareness in Preschool Children
Principal Researchers: Assoc. Prof. Helen Skouteris and Dr Merrilyn Hooley (Deakin University)
Student Researcher: Lisa McGivern
Research Assistant: Rachael Cox

I have read, and I understand the attached Plain Language Statement. I freely agree to participate in this project, and agree to my preschool child participating in this project, according to the conditions in the Plain Language Statement. I have been given a copy of the Plain Language Statement and Consent Form to keep. The researcher has agreed not to reveal my identity and personal details, or those of my child, including where information about this project is published, or presented in any public form.

Parent's name (printed)

Child's name (printed).....

Childcare/Kindergarten:.....

Child's Date of Birth: **Child's age:** (months)

Was your child born prematurely? YES / NO **If YES, how many weeks?**

Parent's phone no: mobile home

Parent's home address:.....

.....

Signature **Date**

The researchers will be applying for further funding to continue their research longer term. If you agree to be contacted for research studies of this type in the future please sign below.
I consent to the researchers named here contacting me for future research studies that I am not obliged to take part in.

Parent's name: **Signature:**

Date:.....

Please return this completed and signed consent form to your child's preschool or childcare centre in the envelope provided by Monday 26th of September