



Bright Tomorrows parenting app: Exploring ways to strengthen children’s essential life skills through increasing parents’ self-efficacy



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PARTICIPANT INFORMATION FORM

The project is conducted by researchers at the Telethon Kids Institute and the University of Western Australia. The research is led by Dr Sharmila Vaz, Professor Donna Cross, Ms Karen Forde, Ms Georgia Smith, Ms Aida Noordin, and Ms Candice Rainsford.

What is this research project about?

This research project is an 8-week evaluation of an innovative science-informed support app called the **Bright Tomorrows Parenting app**, designed for use by caregivers of children aged 0-5 years. The early years provide the foundation for future learning and the **Bright Tomorrows Parenting app** provides tailored information to help parents or caregivers to lay the strongest foundations for their child while also enhancing parents and caregivers’ life skills. The app was built by Telethon Kids Institute and funded by the Minderoo Foundation, in partnership with Vroom, the Bezos Family Foundation and the Raising Children’s Network. The app contains over 1,000 fun brain-building activities/parenting tips (*called moments*) for parents to practise with their children, which turn everyday moments into brain-building, social, emotional development opportunities. This app is free to download on iOS (Apple) and Android devices.

You are invited to participate in this research project if: (i) you are a parent or carer of at least one child aged 0-5 years, aged 18- years and over; (ii) live in metropolitan Perth or regional Western Australia; (iii) own an apple or android device with internet access; and (iv) are willing to sign-up, create a profile; and commit to using the app consistently over the 8-week trial as detailed in the participation section of this information sheet.

We are interested in understanding: (i) your experiences in using the app over the 8-week trial; (ii) your thoughts about the strengths and limitations of the app; and (iii) recommendations to improve the app. This research will help us improve the app to ensure that it contains relevant information and features and meet the needs of all parents of children 0-5 years across Australia.

What does participation involve?

There are three main components of participation and activities for each are outlined in the table below.

<p>1. Preparing for the trial</p>	<p>a) Complete a 15-minute online survey after you provide online consent. The survey includes questions about yourself, your family, and your experience being a parent.</p> <p>b) Watch a 10-minute introductory video that provides instructions on how to download the app, walks you through the features of the app,</p>
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	explains the science behind the moments, and the benefits of incorporating the app into your family's daily routine.
2. Trialling the app for 8 weeks	<p>a) During each week of the trial, we recommend that you commit to completing 2-new moments with your child at least 2-4 times a week. We suggest you select moments to complete with your child ahead of your regular daily routines e.g. bathtime, playtime, or getting them dressed.</p> <p>We hope that as you progress into the 8-weeks, the Bright Tomorrows Parenting app becomes your 'in-the-pocket reference guide' to help you complete many meaningful moments with your child on a regular basis.</p> <p>You continue to complete the moments with your children at different times of the day and in different locations to consolidate your child's learning (Use the “Time and Place” feature of the app).</p> <p>b) Enrol in one growth course: The growth courses focus on managing stress, managing morning routines, behaviour management etc.</p> <p>c) Familiarise yourself with the app's Support section: This feature directs you to the web pages of various social and health supports in the community.</p> <p>Midway in week 4, we will contact you via SMS to support your involvement in the trial.</p> <p>Over the 8-weeks, information will be collected about how you use the app through our app analytics e.g. the number of times you used the app and for how long, and what moments and courses you completed.</p>
3. Sharing your app experience	<p>a) Complete a 15-minute online survey about your app use experience and your experience being a parent.</p> <p>b) [OPTIONAL] Participate in a 30-minute interview to discuss your use of the Bright Tomorrows app and how it shaped your interactions with your child, your thoughts and experiences using the app, and any suggestions you have to improve the app. The interview will be conducted by phone or online and will be audio recorded.</p>

Do I have to take part in this research project?

Participation in this research project is voluntary. If you do not want to take part, you do not have to. If you decide to take part and later change your mind, you are free to exit the study at any time, without explanation or justification. Your decision to participate or not will have no effect on your relationship with the service provider who referred you to the study. You may choose to withdraw from the study at any time. You may choose to withdraw from the study and delete your responses until data collection ends. Once data analysis is underway, your information cannot be deleted. To withdraw from the study, please contact a member of the Bright Tomorrows research team on brighttomorrows@telethonkids.org.au or (08) 6319 1116.

What are the possible risks and disadvantages of taking part?

There are no foreseeable risks associated with participation in this project. There are no financial costs associated with participation, however, you must have an internet connection to be able to download the app.

What are the possible benefits of this research project?

Participating in the 8-week trial may enhance parent/child interactions and assist the growth of child health, wellbeing, and learning. Participation in the trial will inform future app refinements to further test the effectiveness of this app with parents of young children across Australia. By completing all research activities you will go into the draw to win one of six Coles/Myer vouchers valued at \$50.

What will happen to information about me?

The information collected from participants in this research study will be treated as confidential, and the identity of participants will not be disclosed at any time. The data we collect will be de-identified (coded). This means that although we will collect your personal details in the survey and in the audio-recording that can identify participants, we will remove all identifying information from the survey or recording and replace it with a pseudonym (fake name) when we analyse the information. In the case of the app, you will be assigned a unique code so that the researchers can understand each participant's usage of the app. The online survey is housed in a secure REDCap portal at the University of Western Australia. Once data collection is over, the survey hyperlink will be deactivated. Data will be downloaded from the REDCap server and stored on a password secured server at the University of Western Australia. The researcher team will only access this data. In an audit or investigation, staff from the University of Western Australia's Office of Research and Development might need to access the data.

All project-related data and information will be stored securely at the Telethon Kids Institute's password-protected electronic database and/or locked in the offices of the Chief Investigator Professor Donna Cross and will only be accessed by the research team. At no stage will the decoder be stored with your data. We are required to store the data for a minimum of 7 years after publication or project completion. After that time, it will be destroyed, according to policies outlined in the Western Australian University Sector Disposal Authority. Electronic records will be destroyed via digital file shredding.

Will you tell me the results of the research project?

It is anticipated that the results of this research project will be presented at scientific meetings, conferences and published in a scientific journal. If you wish to receive a summary about this project, you may contact brighttomorrows@telethonkids.org.au and a summary will be posted to you after it is published in a health professional forum. Results will not be individual but based on all the information we collect and review as part of the project. Group results of the project will also be provided to the funders of this project, the Minderoo Foundation as a report.

Who has reviewed the research project?

Approval to conduct this research has been provided by the University of Western Australia (reference number ET000925), in accordance with its ethics review and approval procedures. Any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics Office at the

University of Western Australia on (08) 6488 3703 or by emailing to humanethics@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.

Who do I contact if I wish to talk about the project further?

If you would like to discuss any aspect of this study, please contact a member of the Bright Tomorrows research team on brighttomorrows@telethonkids.org.au or (08) 6319 1116

How do I get involved?

If you are interested in participating in this project, please click the link below to complete a short set of questions that will determine if you are eligible to be included in this study.

<https://redcap.link/BTEOI>

The Bright Tomorrows Parenting App Project – Participant Consent Form

Declaration by Participant

- I have read the Participant Information Form.
- I understand the purposes, procedures and risks of the research described in the project.
- I understand that if I would like to ask questions, I have been provided with the details of the research team.
- I freely agree to participate in this research project as described and understand that I am free to withdraw at any time during the project without any consequences.

I consent to the above

I do not consent to the above

Please indicate which option you would like to be involved in:

Option 1

- Complete Survey 1
- Download and trial the Bright Tomorrows app for 8 weeks
- Complete Survey 2
- Participate in a one-on-one interview (audio recorded)

Option 2

- Complete Survey 1
- Download and trial the Bright Tomorrows app for 8 weeks
- Complete Survey 2

Please confirm your details:

First name: _____

Last name: _____

Email: _____

[Please note this is the email you intend to use in creating your Profile in the Bright Tomorrows app]

Mobile phone number: _____

Post Code: _____

How would you like the research team to contact you?

Email Text/SMS Phone call on mobile