

University of Wisconsin-Madison Child Assent

TITLE OF THE STUDY: Virtual-reality and Emotion Regulation in Adolescents (VERA)

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Why is this research being done?

A research study is a way for us to learn new things. We are doing this study to learn about ways we can help kids who act differently after something very bad or sad happens to them. We created a new virtual reality video game that might be able to help some of these kids. We want to see if kids like playing this game, and if it's helpful for them. We also want to see if the game works the way it should. You can decide whether or not you want to be in this study, and you can stop being in it if you want to. Your parent or guardian has already given permission for you to be in this study.

How long will the study last?

You will be invited to play a 15-20 minute underwater virtual reality game, followed by a few short surveys on our laptops. Altogether, each visit may be up to 1 hour in total. You can come play the game once a day as many as six times, although you may not be able complete all six sessions depending on how long you are here, we will offer up to six if it is possible.

What will happen during the study?

In each session, we'll ask you wear a virtual reality headset while you do some simple tasks, then again to play the game. Before putting on the headset, we'll put a few stickers on your hands and body. These stickers are used to measure things like sweat levels and activity in your heart. After that, you'll put on the headset and spend a few minutes moving around in a simple virtual environment. Next, we'll ask you to sit quietly for about five minutes with the headset on, while we measure your heart rate and sweat levels. Finally, we'll ask you to play the game for about 15 minutes. The first day, you'll play a training version of the game where you'll move through a coral reef. For any VR visits after the first day, you'll have the option to play the same game as day one, or try a more challenging version of the game that has darker colors and lighting, making things harder to see and therefore feels like you are deeper underwater. Every day after you're done playing a VR game, we'll ask you to answer some questions about how you liked the game, about your experiences, thoughts, and feelings. Some of these may ask you about things that were stressful or scary, or thoughts that make you sad or mad. There is also an option for us to review your case records held by the court, which we may only do if you and your parent give us permission, so that we can better understand your past and what you have been through.

What if I do not want to do this?

You don't have to be in this study. It is up to you. You can decide whether or not you want to be in this study, and you can stop being in it if you want to. If you say okay now, but change your mind later, that's okay too. Just tell one of us.

Will I be given anything for being in this study?

After finishing each session, we will provide you with cash or add money onto a debit card that will be kept in your personal belongings. You will receive the following: \$30 after Sessions 1, 2, and 3; \$35 after Sessions 4 and 5; and \$40 after Session 6 for your participation. That means you may be given up to \$200 total, if you complete all six sessions.

Will anyone know I am in the study?

- Your being in the study will be kept secret. What we learn about you will be kept in a safe spot in the research lab.
- Your name will not be included anywhere on the sheet that you will write your answers on in order to keep your answers a secret.
- We will be working together with other researchers to learn as much as we possibly can. The other researchers will not know you were in the study because all of your information is secretly coded.
- When we are finished with this study, we will write a report about what was learned. This report will not include your name or that you were in the study.
- We will tell the staff here about your answers if we think they need to know something you have told us. The only time we would do this is if you are feeling really sad or are not feeling well, or that you may hurt someone else. We are doing this so you and others can get better and get the care that you need. Nothing that you do with our study will impact your stay here or your case in the Juvenile Court in any way.

Will anyone see the results of what I do in the study?

The only people who will see all of your answers are research staff members. We will not tell anyone or report your answers to anyone in the court program, so that doing the study will have no impacts on your case. Finally, we will not tell your parents about anything that you do or say.

Will anything bad happen to me if I am in this study?

You may feel embarrassed or sad when we ask you questions about your feelings. You might feel motion sickness (car sick) while playing the virtual reality game and not want to continue. You might feel scared by the underwater scenes in the virtual reality game, but you will be able to stop at any time if you wish. There's also a small chance someone outside of the study could see your information, but none of the information that you give to the researcher will be used against you at any time. This information will not be used to make decisions about your treatment, sentence, or length of stay here.

What good things might happen to me if I am in this study?

Youth Assent

If you are feeling sad or worried or stressed or something bad or sad has happened to you, we may be able to tell the staff here so they can figure out what is going on and can help you feel better. You might find that you feel better from playing the video game. You may feel good knowing that what we find out from this study could help other people someday.

Are there other things I could do instead?

You don't have to be in this study. You can decide not to be in this study, and no one will be mad at you. If I do not wish to be in the study, I do not have to answer any questions and my records will not be reviewed. Also, if I agree to be in the study and later change my mind, I can drop out of the project at any time. If I choose not to be in the study, or if my parent or guardian does not give permission, I will not be disciplined or harmed in any way.

Who can I talk to about this study?

If you have any questions about the study or any problems, you can talk to anyone on the research team.

Child Authorization

Your mom or dad or guardian has to give permission for you to be in this study if you decide you want to participate.

I have been told about the study and what I will need to do if I agree to be a part of it. I agree to be in this study. I have been told that I can stop at any time. If I have any questions, at any time, they will be answered. I will get to keep a copy of this paper.

If you would like to be in the study, please fill out the lines below.

First Name: _____ Last Name: _____
(please print)

Child's Signature or Initials: _____ Date: _____

Person Obtaining Assent/Consent:

I have discussed this clinical research study with the child using language that is understandable and appropriate. I believe I have fully informed the participant of the nature of the study and its possible risks and benefits. I believe the participant understood this explanation and assented to participate in this study.

Name of Person Obtaining Assent/Consent: _____

Signature: _____ Date: _____