

Self- Compassion for Children and Caregivers (SCCC)

Lead Researcher: Ryan Herringa, M.D., Ph.D. (608) 263-6068

Child Assent

## **University of Wisconsin-Madison Child Assent**

**TITLE OF THE STUDY:** Self- Compassion for Children and Caregivers (SCCC)

**LEAD RESEARCHER:** Ryan Herringa, M.D., Ph.D.; (608) 263-6068

**INVESTIGATORS:** Ryan Herringa, M.D., Ph.D., Assistant Professor, Department of Psychiatry, UW-Madison; Christine Lathren, M.D., MSPH, Research Assistant Professor, Department of Physical Medicine & Rehabilitation. UNC-Chapel Hill

### **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 how a course that you and your caregiver will go to every week may help you and your caregiver with difficult feelings like sadness, worry, or anger. In this course, you and your caregiver will learn about different ways of thinking and talking about your feelings and how to be nice to yourself in those hard times. You will also complete a computer task. You are being asked to be in our research study because you are between the age of 8 and 11 years old and sometimes feel sad, mad or worried. You can decide whether or not you want to be in this study, and you can stop being in it if you want to.

### **HOW LONG WILL THE STUDY LAST?**

You will go to the hour-long online program with your caregiver once a week for six weeks in a row. Before and after the program, you will answer some questions online about your thoughts and feelings and complete a computer task. These visits will last about 1-2 hours.

### **WHAT WILL HAPPEN DURING THE STUDY?**

The course that you will do with your caregiver will happen online, and you will go to the course once a week for six weeks. Other caregivers and their children will also be going to the course at the same time as you, and there will be a teacher there to help you and your caregiver learn about how to use something called self-compassion when hard things happen in life and you feel sad, mad, or worried. You will do movement, activities and games during the sessions. Many children find the classes are fun, and you never have to share with the group if you don't want to. You and your caregiver will have some home activities to practice what you may have learned. At the end of the course, we will ask you about what you liked and didn't like about it. We will ask you if it is ok to audio record your answers so that we don't miss any of your ideas.

You will also come in-person to complete some questions on the computer about your feelings and relationships. Your caregiver will answer similar questions and questions about puberty. After you answer these questions, we will put stickers on two fingers, your shoulder, and hip so that we can measure how fast your heart is beating and how much you are sweating. You will then do a short computer task while your caregiver watches. We will video record you both

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during this time. Afterwards, we will ask you and your caregiver some questions separately about the computer task, which will be audio recorded. We will end with a fun activity.

### **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?**

You will get \$50 for each of the in-person visits involving surveys and computer tasks, and your caregiver will also do another online interview for \$25, for a total of \$125, which will be given to your caregiver.

### **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 written 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 your caregivers or guardian and counselor about your answers if we think they need to know something you have told us. We would tell them if you are feeling really sad or if we are worried for your safety. We are doing this so you can get better and get the care that you need.
- To help protect your privacy, we have a Certificate of Confidentiality from the government that says we don't have to tell other people what you tell us, even if a judge asks us. But you should know if you tell us that you or someone else might be in danger, we will take steps to get help.

### **WILL ANYTHING BAD HAPPEN TO ME IF I AM IN THIS STUDY?**

You may feel uncomfortable with questions we ask during surveys. You can skip questions you don't want to answer. You also might feel uncomfortable during the online course. The instructors can help you if you feel this way, and you never have to share anything with the group if you don't want to. The computer task could make you feel uncomfortable or stressed, but we will do our best to help make the process comfortable. You can stop if you need to. There's also a small chance someone outside of the study could see your information.

### **WHAT GOOD THINGS MIGHT HAPPEN TO ME IF I AM IN THIS STUDY?**

The course may help you feel less sad, worried, or stressed. It may also help you feel closer to your caregiver and help you learn how to be nice to yourself when things are hard. But we can't promise that those things will happen, so it is possible this study may not help you.

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**ARE THERE OTHER THINGS I COULD DO INSTEAD?**

You don't have to be in this study for doctors to take care of you. You can decide not to be in this study, and no one will be mad at you.

**WHO CAN I TALK TO ABOUT THIS STUDY?**

If you have any questions about the study or any problems, you can talk to your caregivers, guardian, or anyone on the research team. You can always talk to your caregivers about the study or any worries or questions you have.

Finally, you can always talk to someone on our research team. You can call us at 608-265-3610, email us at [brave@psychiatry.wisc.edu](mailto:brave@psychiatry.wisc.edu), or talk to one of us while you are at one of the study visits.

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**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: \_\_\_\_\_