

Factors Affecting Parenting Stress, and Validating a Measure of Parenting Stress for Parents of Children with Autism Spectrum Disorder (ASD)



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You are invited to participate in a research study about parenting stress. This study is being conducted by Chief Investigator Dr Michael Quinn, and Co-Investigator Associate Professor Kimberley Norris, researchers from the Division of Psychology at the University of Tasmania. Shahna Mailey and Marielle Prazak are student investigators who are involved in this research under the supervision of Dr Quinn.

Before deciding whether you would like to participate in this research, please read through the following information so that you understand the purpose of the study, what it will involve, and any risks and benefits of participating.

1. Who can participate in this study?

Any person, over the age of 18, who is a parent of a child aged between 3 and 16 can participate. We are particularly looking for parents of children with ASD and parents of typically developing children.

2. What is the purpose of the study?

The purpose of this study is to investigate parenting stress and to assess whether the Autism Parenting Stress Index (APSI) accurately measures parenting stress for parents of children with ASD. Additionally, this study aims to identify what factors influence parenting stress and how these factors differ between parents in different parenting situations (e.g. parents of typically developing children and parents of children with ASD)

3. What will I be asked to do?

Should you choose to participate in this study, you will be asked to complete an anonymous online survey. This survey will contain questions about you, your mental health, your thoughts about being a parent, and the things that may cause you stress as a parent. We will also ask some questions about your child. Responses to most questions will be multiple-choice style. The survey will take between 30 and 40 minutes to complete.

4. What if I start the survey, but don't have time to finish it? Can I finish it later?

Yes, you can discontinue the survey and resume at a later time. To do this, at any stage while completing the survey, click on the "Resume later" button. You will then have to provide a name,

password and if you choose, an email address, and then click the “Save now” button. To resume later, just return to the survey, and then click “Load unfinished survey”, and enter the details you provided to resume.

Alternatively, if you leave an email address, you will receive an automated email from Surveys.Admin@utas.edu.au, that will provide you a link to automatically continue the survey at a later time.

5. What are the possible benefits from participation in this study?

You will be contributing to a study that aims to provide further understanding of the factors influencing parenting stress, and how these factors may differ between parents of typically developing children and parents of children with ASD. You will also help us understand whether a recently developed tool, the Autism Parenting Stress Index (APSI), may be useful and valid in helping identify parents of a child with ASD who have psychologically concerning levels of stress. If the APSI is valid, then it is hoped it can be used to help planning in psychological interventions for parents of children with ASD.

You can also enter the draw to receive 1 of 10 \$30 vouchers (your choice of Coles, Woolworths, iTunes, or Google Store) if you complete the survey. Alternatively, if you are a UTas psychology student, you can receive 40 minutes of SONA research participation credit for completing the survey. A link at the end of the survey will take you to a new website to allow you to enter this voucher draw, or receive the SONA credit.

6. Are there any possible risks from participation in this study?

This study involves answering questions about you, your child and their behaviour, your mental health and the stressors you experience as a parent.

There is the possibility you could feel some anxiety while completing this. If you feel any distress when completing the survey, we encourage you to immediately stop, by closing the browser window. If you wish to discuss these feelings with someone, you are welcome to contact the Chief Investigator, Dr Michael Quinn on the phone number or email address at the bottom of this page. Alternatively, you could discuss this with your mental health professional or GP (if you have one), or engage with other support services such as LifeLine (13 11 14) or Beyond Blue (1300 224 636). If you have any concerns or questions about the study, please feel free to contact Dr Michael Quinn.

7. How will my confidentiality be protected?

Your responses are completely anonymous because we do not ask for your name or other identifying information in the survey. Your survey answers cannot be linked to any details you enter for the voucher draw or SONA course credit, as these details are provided to a separate website.

8. What if I change my mind during or after the study?

Participation is entirely voluntary and you may withdraw at any point prior to the submission of the survey. You can withdraw by simply closing the web browser window you are using to complete this survey.

As your survey data is anonymous, once you have submitted your responses, we cannot remove them as there is no way of identifying which information belongs to you.

9. What will happen to the information when this study is over?

Survey data is entirely anonymous, and is only accessible to the researchers named at the bottom of this page.

Student Investigator Shahna Mailey will use some of this data to complete a research thesis as part of the requirements for her to complete the Master of Psychology (Clinical) Program at the University of Tasmania. Student Investigator Marielle Prazak will use some of this data to complete a research thesis as part of a Bachelor of Psychology with Honours degree, at the University of Tasmania. The data will be used by the research team in articles for research journals and in research conference presentations. As the data is anonymous, there is no way you can be identified in these publications. The data from this study will also be archived for use in parallel research projects by the Chief Investigator, Dr Michael Quinn. The data will be deleted 7 years after its last use in this or any other parallel research project.

10. How will the results of the study be published?

Initial results will be available in December 2021. If you would like a copy of these results you can access these on the University of Tasmania Psychology website located at <http://www.utas.edu.au/health/study/psychology>. If you would like to personally receive a summary of the results, please contact the researchers via the email addresses provided below.

11. What if I have questions about this study?

If you have questions about the study, feel free to contact any of the research team – Dr Michael Quinn, Dr Kimberley Norris, or Shahna Mailey, using the contact details below.

This study has been approved by the Tasmanian Social Sciences Human Research Ethics Committee. If you have any concerns or complaints regarding the conduct of this study, please contact the executive officer of the HREC (Tasmania) Network on (03) 6226 2975 or email ss.ethics@utas.edu.au. The Executive Officer is the person nominated to receive complaints from research participants. Please quote ethics reference number H0018437.

Contact details for the research team:

Chief Investigator:	Dr Michael Quinn	Michael.Quinn@utas.edu.au (03) 6226 2998
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Student Investigator:	Marielle Prazak	mnprazak@utas.edu.au

Thank you for taking the time to consider participation in this study. Completing and submitting the survey on the final page will be taken as your consent to participate in this study.