Digital Parenting Interventions for Kiwi Parents/Caregivers of Young Children
Participant Information Sheet

We are looking for NZ parents/caregivers who:
1. Own a smartphone or tablet
2. Are the primary caregivers for children aged 2-6 years
3. Have not been involved in a parenting programme within the last year

Who we are and how to contact us

We are senior staff and researchers from the Department of Psychological Medicine, including:

Dr Marthinus Bekker | Research Fellow & Clinical Psychologist | ☎ 09 373 7599 ext 85674 | marthinus.bekker@auckland.ac.nz
Professor Sally Merry | Head of Department & Child and Adolescent Psychiatrist | ☎ 09 9236981 | s.merry@auckland.ac.nz
Tania Cargo | (Ngāti Maru, Ngāpuhi) Senior Lecturer & Clinical Psychologist | ☎ 09 9234249 | t.cargo@auckland.ac.nz
Dr Gerhard Sundborn | Department of Pacific Health | ☎ 09 923 9205 | g.sundborn@auckland.ac.nz

Why are we doing this study?
We have two digital app based parenting interventions that we hope can help provide more parenting tips that help parents feel more confident and manage their children’s behavioural challenges more effectively. We have tried both out in small groups, got some feedback, and now want to try it with a larger group. We have funding from CureKids to conduct this study, so this initiative is free.

What will happen? The study involves 3 parts:

4. Part 1: You will visit our portal and be guided through the consent and study process quickly. Then we some quick online questionnaires that should only take about 5 minutes. At this point we will randomly assign you to PlayKindly, SuperKids, or to waiting a week before getting one of these. Once you get started, we will ask you to use the app for week. You will also go in a draw for a $150 supermarket voucher every week that you are part of the study.
5. Part 2: We will repeat those quick online questionnaires, even shorter this time, taking less than 5 minutes, and those that had to wait a week will get access to an intervention.
6. Part 3: We will check in with those that had to wait after a week and with everyone four weeks after they finished the intervention, asking you to complete those same quick online surveys.

Each participant will be entered into a draw for $150 supermarket voucher every week that they are in the study.

Information about app usage (e.g. number of logins, time on app) is communicated to our secure data storage platform.

Will people know what I said?
All information collected will be confidential (private). The information will be held securely at the University of Auckland for at least 10 years. No material that could identify you will be used in our report, you are welcome to a copy if you wish. You can also withdraw from the study anytime without giving a reason, by deleting the app off your phone or contacting the research team.

What are the benefits and risks to being involved?
The main benefit is having access to parenting interventions that are based on known effective strategies and knowing that your views will help us to get it right for other Kiwi parents, by ensuring that the app has evidence to show it works. You will also go in a draw for a $150 supermarket voucher every week that you are part of the study. We don’t think there are any risks to being involved, if during the course of an interview it is perceived that the child is at risk, a mandatory notification would be made to the Ministry of Vulnerable Children and managed sensitively by the leading Clinical Psychologist.

If you require Māori cultural support, talk to your whānau in the first instance. Alternatively, you may contact the administrator for He Kamaka Waïora (Māori Health Team) by telephoning 09 486 8324 ext 2324. If you have any questions or complaints about the study, you may contact the Auckland and Waitematā District Health Boards Māori Research Committee or Māori Research Advisor by phoning 09 486 8920 ext 3204.

AHREC Chair contact details: For concerns of an ethical nature, you can contact the Chair of the Auckland Health Research Ethics Committee at ahrec@auckland.ac.nz or at 373 7599 ext 83711, or at Auckland Health Research Ethics Committee, The University of Auckland, Private Bag 92019, Auckland 1142.

Approved by the Auckland Health Research Ethics Committee on the 12/08/2020 for 3 years.
Reference number: AH1472. Parenting APP PIS v3 (14/08/20)