

Appendix A

Invitation Letter to Mother

Dear mother,

How mothers' and their children think about social situations

I am a Trainee Clinical Psychologist at the University of East Anglia and have been given permission by your child's head teacher to invite you to take part in some research I am currently carrying out.

The aim of my project is to examine how children develop anxiety about social situations. This is a very common difficulty during childhood and most children grow out of it. However, some do not and for them the problem can become long term. In order to help prevent such long term difficulties we need to understand more about how this kind of anxiety develops in children.

To do this I am hoping to recruit children in year 5 and year 6 and their mothers which is why I am writing to you. ***I am hoping to recruit some children and mothers who find social situations difficult, but equally some children and mothers who don't find social situations particularly stressful.***

Enclosed with this letter is information about the research for both you and your child. A consent form is also enclosed. If you are interested in taking part please fill this in and return it to your child's school within the next week. I will then contact you to arrange a convenient time for you to take part.

For every child that takes part in the research, a sum of £4 in book tokens will be donated to their school.

Many thanks for taking the time to read this letter.

Yours sincerely,

Marian Quinn
Trainee Clinical Psychologist
(Supervised by Professor Shirley Reynolds, Clinical Psychologist)

Appendix B

Child Information Sheet

CHILD INFORMATION SHEET

This sheet is giving you some information about some research you are being asked to take part in. Research tries to answer questions, and we would like your help in answering some questions we have. Before you decide if you want to take part you should read the information on this sheet and talk to your mum about it.

WHO IS ASKING ME TO TAKE PART?

You and your mum are being asked to take part in some research that I am doing as part of my course at the University of East Anglia.

WHY AM I BEING ASKED TO TAKE PART?

I am doing some research with children and their mums to find out how worries about social things develop. I need children in Year 5 and Year 6 to do my research so that I can try and answer some questions I have. That is why you are being asked to take part. The head teacher at your school has said that I can write to you to ask if you want to get involved.

WHAT WILL I BE ASKED TO DO?

I am asking you to take part in my research – if you decide to take part there will be two things to do:

- 1. Answer some questions about a number of situations you might find yourself in**
- 2. Answer some questions about how you are feeling**



WHERE WILL I DO THIS?

I will meet you either in your school or I can arrange to meet you in your home with your mum instead.

DO I HAVE TO SAY YES TO THIS?

No, you can decide that you do not want to take part in this research.

WHO WILL KNOW WHAT I HAVE SAID?

Other people involved in the research from the University will know what you said, but will not know your name or what school you are from. If you tell me things that seem to worry you then I will talk to mum about them so they can check you are ok.

CAN I ASK QUESTIONS?

Of course you can! You should talk to your mum about taking part in this research. If you do take part you will be able to ask me any questions you have about it when I come to visit you.

Thanks for taking the time to read this sheet



Appendix C

Mother Information Sheet

MOTHER INFORMATION SHEET

Title of project: How mothers' and their children think about social situations

We would like to invite you and your child to take part in a research project being carried out by Marian Quinn, Trainee Clinical Psychologist. The project is being supervised by Professor Shirley Reynolds (Chartered Clinical Psychologist). Before you decide to take part it is important that you know what the research is about, and what you would be asked to do if you decide to take part. Please take your time to read this, and discuss the research with your child. I have enclosed a separate information sheet for them.

What is this project about?

The project is about how children develop fears about social situations. This is very common and for most children is not a major problem for them. Generally children become more confident as they get older and learn to manage their fears. However, some do not and we need to find better ways of helping them and of preventing the problems becoming long term. To do this we need more information about how social fears develop in normal children.

How will my child and I be involved?

The project will involve you and your child completing a number of questionnaires. If you decide to take part the following will happen:

1. When the researcher (Marian Quinn) receives your consent form, she will contact you to discuss where you and your child would like to carry out the research.
2. I will meet you and your child either in your family home or in his/her school to go through some questionnaires about common fears and worries.

How long will the visit last?

We think it will probably take up to 40 minutes for you and 30 minutes for your child to complete the questionnaires.

Are there any risks to me or my child?

We are not aware of any risk to you or your child and all parts of the research have been used before without harm. Some of the questionnaires will ask you and your child about current fears and worries which might draw your attention towards them

temporarily. Another task will ask you and your child to think about some everyday situations and answer some questions about them. However, if your child does become anxious or upset, you can speak to your child's teacher.

What are the potential benefits?

We hope to find out more about how social anxiety develops in children. There will be no personal benefits to you or your child.

Will it affect my child's education?

No. You are being invited to take part because your child's school has agreed to help with inviting children and mothers but you are under no obligation to participate in the study.

Can I change my mind?

Yes, at any time, including after you have returned the consent form.

What will happen to our results?

All the information you give will be anonymous (i.e. your name will be removed). Everyone who takes part will only be identifiable by a participant number. When the results are analysed no individual will be identifiable. The results will be documented in a report but this will not include any personal information. If you are interested you can indicate on the consent form that you would like to receive a summary of the research findings.

Who will have access to the results?

Forms containing your name or your child's will be shredded once the report has been assessed. The numerical data (i.e. questionnaires) from the study will be kept for 5 years and stored in a locked cabinet. Data on the computer will include numbers only (no names or addresses) and will be kept in a password protected file. My research supervisor (Professor Shirley Reynolds) may need to access this file, but it will not be possible for any individual to be identified from the information contained on this database.

Who has reviewed the study?

The Faculty of Health Research Ethics Committee, at the University of East Anglia has reviewed and approved this research project.

Who do I speak to if problems arise?

If you have a problem with the research and want to discuss it with someone you should contact Professor Shirley Reynolds (Chartered Clinical Psychologist, Clinical Psychology Course Co-Director at UEA). You can contact her at:

School of Medicine, Health Policy and Practice

University of East Anglia

NORWICH

NR4 7TJ

Telephone: 01603 593312

Ok, I want to take part – what do I do next?

If, after reading this information sheet and discussing the project with your child, you wish to take part in this research then please complete the enclosed consent form and return it to your child's school in the enveloped provided. You and your child can only take part if these forms are completed and returned.

Thank you for taking the time to consider taking part in this research. Whether you decide to take part or not I am grateful for your interest. If you do decide to participate I look forward to meeting you in the near future.

Researcher contact details:

Marian Quinn

Trainee Clinical Psychologist

School of Medicine, Health Policy and Practice

University of East Anglia

NORWICH

NR4 7TJ

Telephone: 07549871190

Email: Marian.Quinn@uea.ac.uk

Appendix D

Mother Consent Form

CONSENT FORM

Title of project: How mothers' and their children think about social situations

Researcher: Marian Quinn

Please put your initials in the box to show that:

I have read the information sheet provided to me about this research

☐

I give permission for my child to take part in this research

☐

I am willing to be involved in the research

☐

I am not willing to be involved in the research

☐

I understand that participation is voluntary and that both me and my child can withdraw our consent to take part at any time without giving a reason

☐

I understand that all the information I give for this research will remain confidential, and that neither mine nor my child's name will appear in the write up of this research

☐

I understand how our results will be used

☐

Name of primary care giver

Signature

Date

Name of child

Name of child's school

Contact number

Preferred contact time

Thank you for your help. Please return this form to your child's school in the enveloped provided, even if you do not wish your child to participate.

OFFICE USE ONLY

Name of researcher

Date

Signature

Appendix E

Child Assent Form

CHILD ASSENT FORM

Title of project: How mothers' and their children think about social situations

Researcher: Marian Quinn

Please circle yes or no in answer to these questions

I have read the information given to me about this research? Yes/No

I understand what I am being asked to do? Yes/No

I have been able to ask any questions I have about the research
and they have been answered? Yes/No

I am happy to take part in this research? Yes/No

I understand that I can stop taking part at any time? Yes/No

If you do still want to take part, please write your name and today's date below:

Name

Date

Thank you for your help



OFFICE USE ONLY

OFFICE USE ONLY

Name of researcher

Date

Signature

