**Adolescent Spiritual Health Study**

**Individual Interview Information**

**OVERVIEW:** We are researchers from Queen’s University. Your child is being invited to participate in a research study to help us understand a young person’s ideas about spiritual health and its relationship to positive mental health and to coping.

***Is this about religion?*** *When people hear “spiritual” sometimes they think of religion and spiritualty being held together as one concept. To avoid misconceptions, we want to be clear that religious involvement is not the focus of this study. In our study, we understand spiritual health to relate to a sense of wonder, awe and imagination, a sense of meaning and experiences of “connectedness” in a variety of ways.*

**DETAILS:** We would like to invite your child to participate in an interview that will take approximately 35 – 45 minutes. During this time, participants will be asked to share their thoughts and opinions about spiritual health. An example of a question we will ask is: What does a person with positive spiritual health look like to you?

**WHERE?** The interview will take place at a public place. Most interviews will take place at a public library or community center however, if you as the parent request a more convenient public location, other arrangements will be made.

**THANK YOU:** As a thank you for participating, your child will receive a $25.00 gift card at the completion of the interview. Depending on your location, the gift card will be to Chapter’s, Tim Horton’s, Starbucks, or another appropriate place.

**What if my child signs up by then changes his/her mind?** Your child’s participation is very important to us. However, your child’s participation is entirely voluntary. S/he may choose to not participate and s/he may choose to withdraw at any time. There are no consequences for withdrawing.

**Please bring a picture:** Participants will be invited to bring up to five (5) photographs (either on their phone, or in hard copy) to the interview. These photographs should be chosen by the participants. This is a research technique called “Photovoice” and it means we want to see the world through your child’s eyes. What does he or she think is important? There are no right or wrong photographs. Here are the instructions for the participants:

1. **TASK 1: Please bring one to three photographs that represent what you think of when you hear “Spiritual Health”.** There is not a right answer to this question. Please show us whatever you think is important from your world.
2. **TASK 2:** We all experience hard things in our lives and we all find different ways to “cope” when things are hard. **Please bring one to three photographs from your world that show us how you “cope”.** There is not a right answer to this question. Please show us whatever you think is important from your world.
* Our goal in asking you to bring photos is to get a glimpse into your world, through your eyes. What do you think is important about the questions we have asked above?
* Please bring a TOTAL of no more than five photographs. You can bring fewer than five pictures, but please do not bring more.
* Before the interview, you can put an electronic copy of your photograph into the project “DropBox”, available on our project website at: [www.childhealth2.com](http://www.childhealth2.com)
* If you prefer, you can also bring a printed copy of the photos to the interview.
* We hope you will let us have an electronic or hard copy of pictures so that we can look at them later and analyze them as research data.
* There are no consequences, however, if you decide not to share your photos.
* We would like to ask you some questions about your choices of photos at your interview.

**What are the risks and benefits to participating?** As with any research study, there are potential risks and benefits. **Risks** of this study include the possibility that a participant will be upset or distressed by certain topics related to spiritual health (speaking about or thinking about a family member, friend or oneself who has mental health challenges.) All researchers involved with this study have significant experience in working with children in this age group and if a participant requires any assistance during the interview, are experienced in offering help. If it appears that any additional emotional support is needed, a handout including local and provincial resources that are available to assist the participant will be given to parent/guardian and participant.

Many people experience **benefits** to participation in interviews, including the opportunity to be valued as experts, to work collaboratively with researchers and to participate in scientific research.

This study is being led by researchers from Queen’s University from the Department of Public Health Sciences. This study has been reviewed for ethical compliance by the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board at Queen’s University.

**What will happen after the interview?** The interview will be audio recorded for research purposes. The audio recording will be transcribed (put into written form), and reviewed by the expert evaluators. Data will be used to inform academic papers, presentations and future research, including potentially by epidemiology students in the Masters of Health Sciences program at Queen’s University. Transcriptions of the audio recording will be anonymized and in no way will participants be identified or identifiable. Transcriptions will be available for this study and for future research from within our research group at Queen’s University for up to five years after the completion of the project, at which point they will be destroyed. All focus group audio recordings, transcriptions and analysis will remain under the personal protection of Dr. William Pickett. Dr. Valerie Michaelson and Dr. Colleen Davision also have access to the audio recordings and transcriptions. The audio tapes may be stored for up to five years for review by the research team and will be encrypted and stored in password protected files, in a locked cabinet at Queen’s University, until they are erased.

**How do I register my child?** If your child would like to participate in this study, please contact the community contact person in your area (see website). S/he will then give you information on the time and location of the interview. You will be asked to accompany your child to the interview and complete the consent process with the researchers, which will include the opportunity for you to ask any final questions about the study before the focus group begins. You will be asked to meet your child at the conclusion of the interview.

**What if I have questions?** If you have any questions or would like more details on this study, please contact Dr. Valerie Michaelson at 613-533-6000, 74244. If you have any concerns about your child’s rights as a research participant, please contact Dr. Albert Clark – Chair of the Queen’s University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board at (613) 533-6081.