

## CYBERSENGA PHASE SIX MOODGYM BETA TEST: PARENT CONSENT FOR YOUTH PARTICIPATION

### **Background/ Purpose**

Your child is one of 120 students being asked to take part in the MoodGYM project. MoodGYM is an Internet program to teach people how to change their thoughts and behavior so that they may be happier. There are five lessons. Experiences of participants in the MoodGYM project will help us design future Internet programs for adolescents.

### **Procedures**

The MoodGYM project will take place at the ISK Uganda study office. Students will be randomly assigned to one of two groups. That means that each student has an equal chance to be placed in either group.

One group of students will be asked to come to the study office two times. The first time, they will complete a survey on the computer. Three weeks later, they will return to the study office and complete a second survey.

The other group of students will be asked to come to the study office seven times over three weeks. The first time, they will complete a survey on the computer. They will complete one MoodGYM lesson for the next five visits, each. On the seventh visit, they will complete the second survey.

All students will complete the same surveys. Questions will include things about their feelings including depression, their experience with computers and cell phones, and also things about their relationships with friends and boyfriends or girlfriends. Students assigned to the MoodGYM program also will answer questions about their experience with the Internet program.

### **Risks and Discomforts**

The risks of participating in the exercise are low. It is possible that your child might feel frustrated if he or she is having trouble doing one of the computer tasks we ask him or her to do. It also is possible that your child may get tired of the program across the seven visits. If this happens, your child can (a) take a rest or (b) stop completely.

### **Benefits**

It is possible that students assigned to the MoodGYM program will learn skills that will help them be happier.

### **Compensation**

Your child shall not be paid to participate in the exercise.

**Confidentiality**

Only researchers will be able to see your child's answers to the surveys. Your child's name will not be used in any reports or articles we publish. We will not tell you, your child's teachers at school, or anyone else what your child says during this exercise.

All computer files will be protected with a password. This will protect your child's privacy.

It is possible that your child's privacy will be broken. We will do everything we can to prevent this.

**Rights of Refusal and Withdrawal**

Your child's participation is voluntary. You have the right to not allow your child to participate. Your child has the right to refuse to take part in this research project, even if you say it is fine.

You and your child can change your minds about taking part in this research at any time, including during the exercise. The decision to not take part in the research will not change your child's marks in school or any future medical care.

**Questions and Contact Numbers**

If you don't understand something, or if you want more information, please ask now or contact the study coordinator at any time.

If you have questions about the mock exercise, you may contact Dennis Nabembezi, the Study Coordinator on telephone number: 0772 568 359 or you may visit him at the study offices located at Internet Solutions for Kids-Uganda, Plot 97, Stanley Road, Kashaka building, Second floor. Next to Stanbic Bank Mbarara branch.

If you have questions about your child's rights as a research subject, you may call Emmanuel Kyagaba, Chairman of the Institutional Ethical Review Committee of Mbarara University of Science and Technology on telephone number 0772 485-21387.

**Signatures**

I have read/been read this information, and I understand the purpose of my child's participation in this research project. I have had the opportunity to ask questions, and questions that I have asked have been answered to my satisfaction.

I understand that my child's participation is voluntary. I consent to allow my child to participate in this research project, and understand that I or my child has the right to withdraw at any time.

**I will allow my child to take part in this research project.**

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Signature of the Parent/Guardian

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Date