

WOULD YOU CONSIDER JOINING OUR RESEARCH PROJECT?

"Parental Guidance for Refugee Families"

We are looking for parents who are willing to join our research project to investigate the efficacy of parental guidance programs for refugee families living in Norway.

This document tells you everything you need to know about the goals of the project and what participation involves.

PURPOSE

The purpose of the study is to evaluate the efficacy of two parental guidance programs aimed at refugee families: The Incredible Years (De Utrolige Årene / DUÅ) and the International Child Development Programme (ICDP). The study will also look at the quality of the feedback system used by the services that work with refugees.

Norway's Introduction Program for New Arrivals offers parental guidance to refugee families who have recently arrived in Norway. The study aims to increase our knowledge about the efficacy of The Incredible Years and ICDP programs for parents and children of refugee families. We want to hear about your experiences with such programs. The main objective of the study is to examine whether parental guidance programs stimulate positive interaction and reduce some negative aspects of how parents care for their children. We will talk with parents, children and the leaders of the parental guidance groups to learn more about their experiences and reflections.

WHO IS RESPONSIBLE FOR THE RESEARCH PROJECT?

Regional Centre for Child and Youth Mental Health and Child Welfare (Regionalt kunnskapssenter for barn og unge/RKB Nord) at Norway's Arctic University (UiT) is in charge of the project. The project is a collaboration between RKB North, RKB Central Norway at NTNU (the Norwegian University of Science and Technology), RKB West at NORCE - Norwegian Research Center AS and Regional Centre for Child and Youth Mental Health (Regionssenter for barn og unges psykiske helse/RBUP) East and South and the Competence Center for Parental Support and Prevention (SKM). We are also collaborating with the Norwegian Directorate of Integration and Diversity, the municipal refugee services (flyktningetjenestene), and The Norwegian directorate for Children, Youth and Family Affairs (Bufdir), region South East, on this project.

WHY ARE WE ASKING YOU TO PARTICIPATE?

You were asked to participate in the study because your municipality agreed to join the project. Families with refugee status who have settled in the municipality within the last nine years are invited to participate. We hope to find 352 families with children aged 6-12 years who want to participate.

WHAT DOES PARTICIPATION INVOLVE?

We only ask the participants of the parental guidance programs, The Incredible Years or the International Child Development Programme (ICDP), to take part in the study. We will split the parents into the two guidance programs by the drawing of lots. A few groups will be asked to help us take a look at the MFS feedback system which is used to review what the parents think about the guidance programs. The participants in these groups will be asked to answer a short list of questions every week. The answers will also be available to the group leaders.

The participants will be asked to fill out a few questionnaires, over time. We would also like your permission to contact your child's school teacher and ask him or her to answer some questions about your child's behaviour at school.

We will also select some parents, children and group leaders to participate in face-to-face interviews. Your consent is needed before you can participate in the interviews. We will also ask you to allow us to ask your child for an oral consent at the interview. In this way, he or she can consent to participate in the interviews him/herself.

The Incredible Years group meetings are recorded on video. The researchers, group leaders and their advisers in this study have been granted access to watch the video footage. We ask you, as group participant, to consent to the group meetings being filmed. You can read more about the details of consent below.

PARENTAL GUIDANCE

The Incredible Years and the International Child Development Programme are parental guidance workshops that help parents strengthen the bond and collaborate with their children and teach parents to set clear, positive boundaries for their kids. The intention of the group is to promote a better relationship between parent and child.

The Incredible Years uses various tools to help parents stay positive by paying more attention to the positive behaviour of their children and focus less on negative behaviour. Focusing attention on positive behaviour builds good relationships and lays the foundation for a healthy attachment to the ones we love. The training takes place in parent groups led by a group leader. The parents talk about the situations and challenges parents face in their daily lives.

Topics discussed by the group revolve around play and alone time, praising children, solving problems together and positive attention. It is a practical training where the group leaders and parents join forces to discuss and reflect on the goals the parents set for their children and their families. The training uses video vignettes and practical exercises as a starting point for discussion and reflection. The group leaders speak Norwegian, but an interpreter will be present to help translate if needed. The groups often contain parents who do not speak Norwegian yet, so there are often several interpreters present. All the interpreters sign Non-Disclosure Agreements to protect your privacy.

The International Child Development Program is a health-promoting preventive program which aims to strengthen the care and upbringing of children and young people. ICDP was developed in Norway and is aimed at parents and caregivers. The program tries to support and strengthen parents in their role as caregiver and build a bridge between traditional childcare values and the values these parents encounter in modern society. ICDP emphasises how parents and caregivers perceive children, and it tries to promote positive perception and a positive attitude towards children. The program is based on eight topics for good interaction using simple aids to help raise awareness on the importance of interaction between parent and child. The eight topics focus on emotions, content/meaning, cognitive development and emotional regulation. ICDP offers native language groups in some cities and locations, i.e. if the group leader speaks a minority language or by use of an interpreter. The participants try out different tasks at home from week to week on the topics they discuss in the groups. A childminder/babysitter is available during the session, and food is served for you and your child.

FEEDBACK SYSTEM

As part of the study, we will examine whether the MFS feedback system makes it easier for group leaders to adapt the parental guidance programme to the parents' needs.

The parents in the groups that evaluate the feedback system will answer twelve questions a week through an app. The app can be downloaded onto any smartphone. The answers are sent to the group leaders who use this data to monitor the development of individuals and of the group and to identify any need for support. Your answers will also be used for research purposes.

SURVEY QUESTIONNAIRES

If you agree to participate in the project, you are committing to answering four questionnaires during the study: 1 before the parental guidance begins, 1 while it is in progress, 1 right after training is completed and the last 12 months after training ends. The questions are all about you: where you come from, your work situation, your mental health, your approach to child-rearing, how you handle bad behaviour and your child's behaviour in general. Some of the questions may evoke an emotional response.

The questionnaire is sent as a hyperlink by e-mail or SMS, so that you can fill out the questionnaires online. It takes approximate 60 minutes to fill out the form. To thank you for taking the time to help us, we will pay you 200 kroner in the form of a gift card when you finish the third round of questions (after the groups have finished) and after the fourth (1 year after the groups have finished). (NOTE: One round of questions may include several questionnaires.)

We will also ask your child's teacher to provide us with some information about your child, using a similar form. The questions concern the teacher's opinion of your child's behaviour and skills.

INTERVIEWS

We need to interview 40 parents and 40 children to obtain sufficient data to gain insight into your experiences and reflections. Parents will be asked what it was like to participate in the guidance program and what it is like to be a refugee and to be new in Norway. The children will be asked how they feel about coming to a new country, what you do as a family and what they think about the way you are raising them. You can request to see the questions we will be asking your child before the interview starts. The interviews are carried out using interpreters in safe and pleasant surroundings for both children and adults. All the interviews are recorded as audio recordings.

A parent or another trusted adult such as a teacher can be present during the child's interview if this is desirable.

VIDEO DATA

We need access to the video recordings of the guidance sessions so we can learn about group dynamics. We will also examine the efficacy of using interpreters during the guidance sessions.

PARTICIPATION IS VOLUNTARY

Although family guidance is an obligatory part of the Introduction Program for New Arrivals, participating in the research project is entirely voluntary (responding via questionnaires, interviews and/or video recording). If you choose to participate in the research project, you can withdraw your consent at any time without giving any reason.

If you withdraw from the project, you can demand that all the information we collected is deleted unless the data is already being used in past analyses or has been published in a scientific journal.

There are no negative consequences of not participating. Your situation in Norway and your economic situation are not affected if you choose to withdraw from the study, or if you participate but decide to withdraw later.

If you withdraw from the study before the guidance workshops end, this will have no impact on your further participation in the workshops. To withdraw consent for the study, please contact the project leader Joshua Patras by e-mail: pirm@uit.no (details below).

YOUR PRIVACY – HOW WE PROTECT, STORE AND USE YOUR PERSONAL DATA

We only use information about you for the purposes explained above. We process all information confidentially and in accordance with Norwegian privacy legislation. At RKB North, only the project team and the research team are granted access to your data. Beyond this, only researchers, scientists, project employees and their support teams at collaborating institutions have access to your data.

To ensure that your data is stored in a secure manner we use Nettskjema as the Data Processor and the Services for Sensitive Data at the University of Oslo (TSD) as the storage site for the questionnaires and the interviews. Your name and contact information are replaced with a code that is stored on a separated list of names that is kept separate from the other data; these are stored at TSD as an isolated and encrypted Connections List.

All interviews are transcribed by Totaltekst AS.

Everyone who processes your data is subject to the duty of confidentiality, so it is not possible to recognise you or your child by name or by personal details in any of the study results.

WHAT HAPPENS WITH YOUR INFORMATION WHEN THE RESEARCH PROJECT ENDS?

The project is scheduled to end on 31.12.2030. The Connections List, contact details and other information and data which is directly or indirectly identifiable will be deleted five years after the study ends on 31.12.2035. That means it will no longer be possible to identify who the information belongs to and the answers and information related to you and your family will not be linked to you in any way.

YOUR RIGHTS AND THE RIGHTS OF YOUR CHILD

As long as you and your child can be identified in the data, you have the right to:

- review the personal data we register about you and your child (including information provided by teachers)
- to correct errors about you and your child in the data
- to have the data about you and your child deleted
- to be given a copy of your personal data (data portability), and
- to submit a formal complaint to the data protection officer or the Data Protection Authority about how the personal data is processed.

WHAT GIVES US THE RIGHT TO PROCESS PERSONAL DATA ABOUT YOU AND YOUR CHILD?

We process data about you and your child based on your consent.

The Regional Committee for Medical and Health Research Ethics (REK) has reviewed our project and issued us a prior Approval Number (#6852 as of 22/10/2019).

UiT hired the Norwegian Centre for Research Data (NSD) to assess whether the personal data in this project is being processed according to privacy laws and legislation. NSD was satisfied with our procedures for protecting your privacy.

WHERE CAN I FIND MORE INFORMATION?

If you have any questions about the study or would like to exercise your rights, please contact:

- Joshua Patras at RKBK North, e-mail pirm@uit.no or phone: 776 45 362,
- NSD – Norsk senter for forskningsdata AS, e-mail personverntjenester@nsd.no or phone: 55 58 21 17.
- If you want to speak with a professional about your situation, feel free to contact your local health care service, family doctor or your refugee consultant.

Yours truly,

Project manager

Joshua Patras

CONSENT FORM

I have received, read and understood the information on the Parental Guidance for Refugees and Ethnic Minorities project and have been given the opportunity to ask questions.

I agree to participate in the PIRM project which involves:

- replying to the questionnaires,
- being filmed while I participate in the parental guidance program,
- that my personal data and the personal data of my child are processed and stored until the project is finished,
- that my answers are stored in anonymised form after the project has ended.

☐	• Yes, I agree
☐	• No, I do not agree

I agree that my child's teacher answers a questionnaire about my child in connection with this project (if the child attends school).

☐	• Yes, I agree
☐	• No, I do not agree

I agree to participate in the interviews if this becomes relevant.

☐	• Yes, I agree
☐	• No, I do not agree

I agree that my child can be interviewed if this becomes relevant.

☐	• Yes, I agree
☐	• No, I do not agree

What municipality/city district do you live in? For example, Trondheim or the District of Gamle Oslo
What is your name (first and last name)?
Date and signature

PLEASE CONTINUE ON THE NEXT PAGE

What is your gender?	
	Female
	Male
In what year were you born?	
What is your cell phone number?	

Select your oldest child between the ages of 6 and 12 years. Except for you, is there any other person who lives in Norway who has parental responsibility for your child (such as the other parent)?

☐ Yes

☐ No

What is the name of this person?	
What is the gender of this person?	
	Female
	Male
In what year was this person born?	
Will this person also participate to the parental guidance program? If yes, we would also like to invite this person to join the PIRM study	
	Yes, this person will participate to the parental guidance program
	No, this person will not participate to the parental guidance program

We ask that you now add contact information about you, your child and possibly the other parent/guardian by copying and pasting this link into your web browser:

<https://nettskjema.no/a/pirm-kontaktinfo-engelsk>

When you have filled in the contact information about your family in the browser, please send your CONSENT FORM (Pages 5 and 6) to:

**UiT Norges arktiske universitet
Postboks 6050 Langnes
Helsefak, RKB Nord, PIRM prosjektet
9037 Tromsø**