



Bilde: Mostphotos

Would you like to participate in the parental guidance programme??

Everyone wants to be a good parent for their children. Being a parent in a country far from home can be challenging. We would like to invite you and your family to join a research project on parental guidance. We are looking for families who have been refugees and now live in Norway with children aged 6-12.



WHAT IS THIS STUDY ABOUT?

Strengthening your skills as parents and improving interaction with your children.
Find out whether parental guidance can help refugee families.

WHAT DOES PARTICIPATION INVOLVE?

You will participate in one of these parental guidance programmes (randomly assigned):

- The International Child Development Program (ICDP), parental guidance course lasting 12 weeks.
- The Incredible Years parental guidance programme, lasting 15 weeks

Everyone who participates will be asked to fill in a questionnaire. Some families will also be picked out to participate in an interview. Half of the families will be asked to provide feedback, using an app on their smartphone.

All the information we obtain about you will be confidentially.

ADVANTAGES OF PARTICIPATING

You will participate in a group-based parental guidance programme (DUÅ/ ICDP). You will meet other parents at the group meetings who you can share your experiences with. The goal is to help the mother or father feel more secure in their role as a parent by becoming more aware about the best way to raise a child. You will receive a gift after responding to the third and fourth questionnaires.

WHO CAN PARTICIPATE?

Families with children aged 6-12 who moved to Norway within the last nine years.

HOW DO YOU PARTICIPATE?

See the instructions on the back of this flyer.

HOW TO CONSENT TO THE STUDY?

You can consent by filling in the form on paper or online

How to consent online:

- Enter the PIRM study website: <https://uit.no/forskning/pirm>
- Press "Consent" in your preferred language. You can choose between Norwegian, English, Somali, Arabic, French, Swahili, Turkish and Tigrinya
- Log in using MinID
- Read the information memo before you consent to participate in the study
- Fill in the contact information and send it in

To consent using the paper form, please contact your local service for help with participation.

Contact person:

A member of our project staff will contact you prior to start-up. All the information we collect will be stored safely and treated as highly confidential. Participating in the study is voluntary, and you can withdraw at any time. Participating in the study will have NO influence on any other benefits or help you receive from the health services.

If you have any questions or other enquiries concerning the study, feel free to contact us:

RKBU Nord, care of project coordinator Joshua Patras by (e-mail: pirm@uit.no) or by calling: 77 64 62 65



UiT RKBU Nord



NTNU

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for barn og unge
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Bufetat



**Regionssenter for barn og
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Helseregion Øst og Sør