

We are conducting a research study to understand parenting factors in families of children with and without fetal alcohol spectrum disorder (FASD). We are seeking your assistance to recruit caregivers and adolescents with and without FASD between the ages of 12 and 18 years old to participate.

### **Why are we doing this study?**

To effectively support caregivers of children with FASD it is important that we understand which factors promote positive caregiver-child interactions on a day-to-day basis. An understanding of the ways in which caregivers of adolescents with FASD are similar and different from those raising unexposed children is critical for continued research and intervention efforts. In particular, a focus on child prosocial behaviour is included, with the goal of furthering our understanding of ways to promote constructive parenting practices.

### **Who are we looking for?**

We are looking for caregivers and adolescents with and without FASD between the ages of 12 and 18 years old. Adolescents with other neurodevelopmental disorders and their caregivers will be excluded from participation in the study. To be eligible for participation, participants must also be currently residing in Canada, the United States, the United Kingdom, Australia, or New Zealand, have daily access to a device that connects to the internet (e.g., mobile phone, computer), be willing to participate through the full fourteen days of the study, and be proficient in reading and writing in English.

### **What should participants expect?**

#### Parent/Caregiver Involvement

- 1) *Baseline Questionnaires (Part 1)*: Parents/caregivers will be asked to complete an online survey that will take about 30 minutes to complete. The survey will ask questions about demographic information, caregiver perceived social support, caregiver marital satisfaction, caregiver depressive and anxiety symptoms and stress, caregiver parenting dimensions, child internalizing and externalizing behaviour, child prosocial behaviour, and the child's sleep habits.
- 2) *Daily Diary Questionnaires (Part 2)*: Parents/caregivers will also be asked to complete a daily questionnaire about their parenting behaviour, mood, their child's behaviour, their sleep, and their child's sleep. We will send them the same questionnaire once a day for 2 weeks. The questionnaire will take between 5 and 10 minutes to complete.

#### Child Involvement

- 1) *Baseline Questionnaires (Part 1)*: We will ask adolescent participants to complete some questionnaires online. We estimate that these questionnaires will take between 15 and 30 minutes to complete. The questionnaires will ask adolescents questions about their emotions, behaviours, and sleep, as well as about their perceptions of their caregiver's behaviour.
- 2) *Daily Diary Questionnaires (Part 2)*: We will also ask adolescent participants to complete a daily questionnaire about their mood (i.e., how they are feeling; 10 questions) and sleep (7 questions). They will also be asked 2 additional questions about positive things that happened in their day. We will send them a set of questions to answer once a day for 2 weeks (14 days).

Ethics ID: REB23-1399

*The University of Calgary Conjoint Health Research Ethics Board has approved this study.*

**What are possible benefits for participants?**

Parents/caregivers who participate will receive a \$15 gift card after completing Part 1. For Part 2, parents/caregivers will receive \$20 at end of first and second week (\$40 total). They will receive a bonus \$15 gift card if all 14 days of Part 2 are completed.

Adolescent participants will receive a \$10 gift card after they complete Part 1. For Part 2, they will receive \$15 at the end of the first week, and another \$15 at the end of the second week. Plus, if they answer the questions every day for all 14 days, they will receive a bonus \$10.

Other than that, all participants will have the chance to share information about their experiences with the research team. Additionally, at the end of the study they will receive an electronic copy of a story that is created using the answers that adolescents and caregivers provide at the end of the questionnaires. The story will include things that caregivers and adolescents believe are going well at home, and the things that they love about their family.

**Who do I contact if I have more questions about the study?**

If you have any questions or would like to discuss further details about the study, please contact the study team ([parentingandfasd@ucalgary.ca](mailto:parentingandfasd@ucalgary.ca)), Kelsey Friesen-Burritt ([kfriesen@ucalgary.ca](mailto:kfriesen@ucalgary.ca)), or Dr. Carly McMorris ([camcmorr@ucalgary.ca](mailto:camcmorr@ucalgary.ca)).

Sincerely,

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