



## **Truce: A Support Program for Young People Who Have a Parent with Cancer** *Information Sheet for Young People who Have a Parent or Caregiver with Cancer*

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### **Invitation**

You are invited to participate in a research project about Truce, a new group support program for young people (aged 14-22 years) who have a parent or caregiver with cancer.

A team of researchers led by CanTeen are conducting a study to determine how effective Truce is at helping young people who have a parent or caregiver with cancer improve their mental wellness, how they deal with difficult thoughts and feelings, and how they communicate with people, especially in their family.

Before you decide whether or not you wish to participate, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the following information carefully and talk about it with others before you make a decision.

### **Why have I been invited to participate in this research?**

The research is being done to measure the effectiveness of a new program for young people who have a parent or caregiver with cancer. Research done by CanTeen has helped us to understand some of the issues that young people face when their parent or caregiver has been diagnosed with cancer. Because of this we have developed a group program just for them. We need to test how effective it is, that is, how well it works, by having some young people go through the program. We also need some young people to be wait-list control participants, where they wait a period of time before being invited to participate. You have been invited to participate as a wait-list control participant because you are a young person who has a parent or caregiver with cancer.

To participate you need to be aged between 14 and 22 years, have a parent or caregiver who was diagnosed with cancer within the last five years (and is still alive), and be able to attend the face to face group support program. We would also appreciate if one of your parents or caregivers would be involved in the study. This does not need to be the parent or caregiver who was diagnosed with cancer.

Your participation in the study is completely voluntary (so you don't have to do it if you don't want to). If you are under 18 your parent or caregiver will also have to agree to you participating.

### **What will participation involve?**

If you agree to participate in this research, you (and your parent or caregiver if you are under 18 years of age) will be asked to sign and return the Consent Form at the end of this information sheet.

We will ask you to participate in the research as a wait-list control participant. This means that you will be invited to attend a Truce program but not until a four month period has passed. You will still be able to access CanTeen's services and we will provide you with an educational booklet titled about living with a parent who has cancer which you can read at any time.

During that time we will ask you to complete three sets of surveys. The first one will be given to you when you sign up to participate. The second one will be given out 8 weeks after that and the third another 8 weeks later. The surveys will take approximately 20-30 minutes to complete (total time 1-1.5 hours). We will also invite your parent to participate in this way, by completing a separate consent form for their own participation and filling out three surveys at the same time points.

At the end of the four month period you will be able to participate in the next available Truce program in your area, though you do not have to participate if you do not want to or are unable to participate. The Truce program itself involves 7 weekly sessions each for about 2 hours. The sessions will involve games, talking, drawing, and moving activities. They will cover topics such as values and goal setting, unpleasant thoughts and feelings, and recognising emotions

Your parent or caregiver is also invited to take part in Truce even if they did not provide consent to take part in the surveys. If they participate, they will receive a psycho-educational booklet and attend one combined session with participants... The purpose of the combined session and psycho-educational booklet for parents/caregivers is to help parents/caregivers understand what their child has been learning so that they can better support them and to also to better understand some of the issues facing young people who have a parent or caregiver with cancer.

### **What if I don't want to take part in this research, or if I want to withdraw later?**

Whatever you decide to do – participate or not participate – it won't affect your relationship with CanTeen or any of the other hospitals or universities involved in any way. If you decide to take part, you can withdraw at any time without having to give a reason.

Even though the study goes for a few months and involves repeated testing we understand that sometimes people don't want to finish a study. We hope that you do – but we have allowed for some people to withdraw in our planning.

If you decide to withdraw please contact the research team (1800 234 007 or at [truce@canteen.org.au](mailto:truce@canteen.org.au)). You can elect to have all of your completed surveys destroyed or let the research team use them for analysis.

Please note that if your parent or caregiver decides to withdraw then you will need to withdraw as well.

### **Who is paying for this research?**

This research project is funded by a Rotary Mental Health Grant.

### **Are there any risks or benefits of being involved?**

Participating in the research will provide us with valuable information that CanTeen can use to help other young people who have a parent or caregiver with cancer. This project will help us to finalise the program Truce. We intend to make Truce available for use both inside and outside CanTeen to help young people who have a parent or caregiver with cancer.

Whilst you may not benefit directly from your participation you may feel a sense of satisfaction in being able to do something that will help others who are going through a similar experience. If you participate in Truce after the four-month period, we cannot guarantee that you will benefit from participating, but we do expect that those who do participate in Truce will experience improved mental well-being and learn new skills to assist with coping with their parent's/ caregiver's cancer.

On the other hand, participating in Truce will involve you committing your time and it is possible that discussing your thoughts and feelings may be upsetting. The people running Truce are all trained psychologists and counsellors and will always work in pairs. You should be able to discuss any issues raised with them. If you have any further issues that you feel you can not discuss in the group please call:

CanTeen's Counselling Support service on 1800 835 932

Kids Helpline on **1800 55 1800**. The Kids Helpline is a free, confidential and anonymous service for young people aged 5-25 years.

Lifeline on **13 11 14**. Lifeline is staffed by trained volunteer telephone counsellors who are available 24 hours a day, 7 days a week.

If you are a CanTeen Member please also remember you can always call your Psychosocial Support Worker (PSW).

### **How will my privacy and confidentiality be protected?**

The information you provide will be kept confidential and will be stored securely within CanTeen. All surveys will have your name removed from them. Results from the study will be presented with CanTeen and other organisations and published more widely. When this is done, nothing about you personally will be published, only average information about the group will be used.

### **Will taking part in this research cost me anything, and will I be paid?**

Participation in this research will not cost you anything. For completing the surveys as a wait-list control participant, we will provide you with a \$20 iTunes voucher to compensate you for your time.

### **Who should I contact if I have any questions about the study?**

If you have any questions about this research, you can contact the research team on 1800 234 007 or at [truce@canteen.org.au](mailto:truce@canteen.org.au). If you are young person accessing CanTeen's services, you can also contact your PSW to ask any questions about this or anything else.

**Please also see the Truce website for further information: [www.truce.org.au](http://www.truce.org.au)**

### **Who should I contact if I have any concerns about the study?**

This project has been approved by the Human Research Ethics Committee (Social Science, Humanities and Behavioural Science) of the University of Wollongong. If you have any concerns about your rights as a participant in this research, or if you have a complaint about the way in which this research is conducted, please contact the University of Wollongong Ethics Officer on (02) 4221 4457.

**Thank you for taking the time to consider this study.  
If you wish to take part in it, please sign and return the attached consent form.  
This information sheet is for you to keep.**



*Consent Form for Young People who Have a Parent or Caregiver with Cancer*

**Truce: A Support Program for Young People Who Have a Parent with Cancer**

**Participant consent**

I, ....., have read and understood the Information Sheet about the research project to evaluate the effectiveness of Truce, a support program for young people who have a parent or caregiver with cancer, and provide my consent to participate in the research project.

I understand:

- why I have been invited to participate and what the research will involve,
- that my decision to participate is voluntary
- that I may withdraw at any time without impacting my relationship with CanTeen or any of the hospitals or universities involved in the study
- that the risks to me in this study are minimal
- that the study involves allocation of participants to a wait-list control condition, where I will be given the opportunity to participate in the program after approximately 4 months
- During that four-month period, I will be able to access all of CanTeen’s other services as needed
- During this four-month period, I will complete three sets of surveys
- that one of my parents or caregivers will be required to be involved in the study

In signing below, I give consent for the use of the information collected to be used for the purposes of evaluating Truce and for publication of group data in internal and external reports. I understand that in any publication of the information collected I will not be identified.

Signature of participant: .....Date: .....

Please turn over the page

*Please provide your contact details:*

Preferred contact  
method (*please tick*)

Address: .....  
.....

Contact number: .....

Email address: .....

If you have a complaint about the way in which this research is conducted  
please contact the University of Wollongong Ethics Officer on (02) 4221 4457.



Consent Form for Young People who Have a Parent or Caregiver with Cancer

Truce: A Support Program for Young People Who Have a Parent with Cancer

Parental or Primary Caregiver consent (required for participants under 18 years)

I, ..... give permission for my son/daughter/dependent,

..... to be involved in a research project to evaluate the effectiveness of Truce, a support program for young people who have a parent with cancer, and provide my consent to participate in the research project.

I understand:

- why my son/daughter/dependent has been invited to participate and what the research will involve
• that my decision to allow their participation is voluntary
• that they may withdraw at any time without impacting my relationship with CanTeen or any of the hospitals or universities involved in the study
• that the risks to my son/daughter/dependent in this study are minimal
• that the study involves allocation of participants to a wait-list control condition, where my child will be given the opportunity to participate in the program after approximately 4 months
• During that four-month period, my child will be able to access all of CanTeen's other services as needed
• During this four-month period, my child will complete three sets of surveys
• that one of my son's/daughter's/dependent's parents or caregivers will be required to be involved in the study

In signing below, I give consent for the use of the information my son/ daughter/ dependent provides for the purposes of evaluating Truce and for publication of group data in internal and external reports. I understand that in any publication of the information collected my son's/ daughter's/ dependent's will not be identified.

Signature of parent/primary caregiver (if participant is under 18):

.....

Date: .....

Please turn over the page



*Please provide your contact details:*

Preferred contact  
method (please tick)

Address: .....  
.....

Contact number: .....

Email address: .....

If you have a complaint about the way in which this research is conducted  
please contact the University of Wollongong Ethics Officer on (02) 4221 4457.