

Measuring parenting stress in parents of children with chronic illness: A psychometric study

Dear Participant

We would like to invite you to be part of this psychological study. This is an Masters thesis study, conducted by the student researcher, Amber English, and supervisor Dr. Vance Locke.

The purpose of this project is to conduct an evaluation of how parenting stress is measured in research and treatment of children with a chronic illness. Heightened parenting stress has wide-ranging impacts on parent and child functioning and wellbeing. It is a particularly significant issue in those with chronically ill children, as it can impact on a child's symptom severity and how well they respond to treatment. To enable greater understanding of parenting stress and effective treatment, it is essential to first establish effective measures to capture it.

Currently, the measures that are in common use have not been adequately investigated in those with ill children. This study aims to evaluate levels of parenting stress in this population and how accurately it is measured. To help us achieve this, we will ask you to complete a brief survey. The survey will ask basic information about you and your child (e.g. age, sex, relationship), information about your child's illness, and any experiences of stress you may have as their parent.

Some of these questions may be seen as personal and private. You can choose not to answer any of the questions on topics sensitive to you. If you find any of the questions or themes distressing or concerning you have the option of a follow up call the next day. If distress or discomfort continues we urge you to seek support, via helpline (i.e. **Lifeline**: 13 11 14, **beyondblue**: 1300 224 636) or mental health practitioner (i.e. via gp referral).

You can decide at any time to withdraw your consent to participate in this research. If you decide to withdraw, any material you have given that can be withdrawn will be destroyed. However, as participant responses are anonymised on entry, most data cannot be withdrawn or destroyed after submission. Withdrawing from the research will have no consequences for your ongoing participation in the program.

My supervisor and I are happy to discuss with you any concerns you may have about this study.

Once analysed, the results of this study will be published online at the Murdoch School of Psychology and Exercise Science webpage. If you wish, once the data have been analysed, you can be contacted concerning the findings via email. It is expected this information should be available at the end of 2020.

Sincerely,

Amber English

Student Researcher

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Research Supervisor

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This study has been approved by the Murdoch University Human Research Ethics Committee (Approval 2020/020). If you have any reservation or complaint about the ethical conduct of this research, and wish to talk with an independent person, you may contact Murdoch University's Research Ethics Office (Tel. 08 9360 6677). Any issues you raise will be treated in confidence and investigated fully, and you will be informed of the outcome.