

You & Me Healthy: Youth Empowered Self-Care Substudy (YES)

Youth Learning About Research Info Sheet

What is a research study?

Research studies help us learn new things. We can test new ideas. First, we ask a question. Then we try to find the answer. This paper talks about our research and the choice that you have to take part in it. We want you to ask us any questions that you have. You can ask questions any time.

Important things to know...

- ❖ You get to decide if you want to take part.
- ❖ You can say 'No' or you can say 'Yes'.
- ❖ No one will be upset if you say 'No'.
- ❖ If you say 'Yes', you can always say 'No' later.
- ❖ You can say 'No' at anytime.

Why are we doing this research?

We are doing this research to find out more about how to connect kids to programs that help them feel better and help us understand how your mood or attitude can change through your participation in these programs.

The purpose of the study is to see if community-based programs and education could help reduce your anxiety and support positive mood or attitude.

What would happen if I join this research?

Answer Survey Questions: You and your parent/ guardian will be asked to complete surveys on a website about you and your participation in community-based programs.

The surveys will be presented to your parent/guardian after they answer an initial set of screening questions. Each survey will take about 10 minutes to complete. Your parent/guardian's responses are very important and will help researchers answer important questions about issues related to COVID-19 and youth anxiety and mental wellness.

Depending on where you live, your parent/guardian will be provided with local out-of-school resources, recreational, educational, or treatment programs that you can decide to participate in.

Could bad things happen if I join this research?

Some of the questions might make you or your parent/guardian uncomfortable or be hard to answer. Your parent/guardian may skip any questions or they may want or take time to think about responses.

Could the research help me?

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We think being in this research may help you because you may benefit from participating in an out-of-school program, education, or connection to other helpful programs.

Researchers hope to learn more about how to reduce youth anxiety and poor mood related to COVID-19.

You will not receive treatment for COVID-19 as part of the study.

What else should I know about this research?

If you don't want to be in the study, you don't have to be.

It is also OK to say yes and change your mind later. You can stop being in the research at any time. If you want to stop, please tell your parent and Dr. Emily.

Take the time you need to make your choice.