

## Participant Information Sheet

### Researcher:

My name is Samantha Jugovac, and I am a PhD Clinical Psychology candidate in the Research School of Psychology at the Australian National University (ANU). I am conducting this research project in collaboration with Dr. Dave Pasalich (ANU).

**Project Title:** Practitioner Acceptability of Timeout

### General Outline of the Project:

- **Description and Methodology:** We are conducting this research to better understand the current attitudes practitioners working with children and families hold towards the use of timeout as a parenting strategy to manage undesirable child behaviour. Timeout is receiving increasing attention in the media and this project aims to make use of empirical data to better understand the acceptability and use of timeout amongst practitioners working with children and families
- **Participants:** Participants are intended to be practitioners that provide child and family mental health services and/or parenting programs, including psychologists, counsellors, social workers, case workers, occupational therapists, psychiatrists and other relevant professionals. Participants will be recruited primarily via online questionnaire links that will be provided through emails to known service agencies of the researchers or through online platforms
- **Use of Data and Feedback:** The data from the project will be presented to family services, published in academic journals and will contribute to the lead researcher's PhD thesis. A summary of the research will be made available to participants at this link:  
<https://www.dropbox.com/sh/azyr84n3se7yl9c/AACqNgED39HLZh4GOPd8Oy1sa?dl=0>

### Participant Involvement:

- **Voluntary Participation & Withdrawal:** Your participation in this research is completely voluntary. You may decline to take part or to withdraw from the research without providing an explanation at any time until the data is submitted to the researcher as no personal identifying details are collected. You may also decline to answer any questions within the questionnaire at any time (by not providing a response). In addition, it is at your discretion whether you select yes to consent for your responses to be used for future research projects. If you withdraw, the data you have provided prior to withdrawal will be destroyed and not used in data analysis. There will be no negative consequences if you choose to withdraw. Your consent is given when you press the final submit button on the online survey.
- **What does participation in the research entail?** You are invited to take part in a questionnaire that will ask you about your understanding of, attitudes towards and professional experience with timeout. There will also be questions that allow you to nominate alternative strategies you may use in your professional work with children and families where relevant. The questionnaire will for the most part involve a series of multiple choice or close-ended questions; however, there will be opportunity for open-ended answers. We are interested in understanding the attitudes of practitioners at different stages of their career and from different expertise areas so that we can collectively share these data

- **Location and Duration:** This research will be conducted online and will take approximately 10 to 15 minutes to complete. If you choose to provide consent, you are agreeing to participate in the survey one time.
- **Risks:** This project is anticipated to have little risk for you. Please note that while we will do our best to conceal your information and will not be gathering any identifying details, in some cases you may be identified by what you disclose in your questionnaire answers.
- **Benefits:** It is envisaged that the results of this study will improve understanding of the use and acceptability of timeout amongst practitioners working with children and families. We hope this information can help inform future research projects as well as clinical practice. This study may directly benefit participants who would like to gain a better understanding of current beliefs of other professionals working within Australia and potentially other countries.

#### Exclusion criteria:

- **Participant Limitation:** People are ineligible to participate in this study if they have no prior experience working in a professional context providing mental health services or parenting programs to children and/or families. Participants must also be English-speaking.

#### Confidentiality:

- **Confidentiality:** Only nominated researchers will have access to the material provided by participants. Any publication of results will have no attribution to participant names. Demographic details such as age, ethnicity, and education level will be presented as an overall sample in publication. While we will not ask for personal information, if you choose to provide this in open-ended responses, we will keep your information confidential as far as the law allows. It is safest for you to avoid providing any sensitive information that you do not wish a third party to be aware of.

#### Data Storage:

- **Where:** Data will be securely stored at the ANU with password protection.
- **How long:** All research data will be obtained and securely stored for at least 5 years following publications arising from this research.
- **Handling of Data following the required storage period:** After the storage period, the data will be archived in the Research School of Psychology for use in later research (if you have provided consent), including by Dr. Pasalich's future research students at ANU. If you do not consent to your data being used in later research, your data will be destroyed.

#### Queries and Concerns:

- **Contact Details for More Information:** Any requests for information or queries regarding the study should be directed to the primary investigator, Ms Samantha Jugovac ([samantha.jugovac@anu.edu.au](mailto:samantha.jugovac@anu.edu.au), +61 2 6125 5902) or project supervisor Dr. Dave Pasalich ([dave.pasalich@anu.edu.au](mailto:dave.pasalich@anu.edu.au), +61 2 6125 2067)

#### Ethics Committee Clearance:

The ethical aspects of this research have been approved by the ANU Human Research Ethics Committee (Protocol 2019/848). If you have any concerns or complaints about how this research has been conducted, please contact:

Ethics Manager  
The ANU Human Research Ethics Committee  
The Australian National University  
Telephone: +61 2 6125 3427  
Email: [Human.Ethics.Officer@anu.edu.au](mailto:Human.Ethics.Officer@anu.edu.au)