

INFORMATION ABOUT THE STORM-STUDY

Dear parent(s)/caregiver(s),

Your child has completed a questionnaire at school. The questionnaire revealed that your child might not be feeling very well. It could indicate that your child experiences stress, trouble sleeping, low self-confidence, being irritable, being quiet or withdrawn, for example.

We would like to invite you and your child to the STORM study for preventing mild mood problems in young people. Please read through the information below. The researcher will call you shortly. Then you can ask questions.

What does participating involve?

Questionnaires and interview: You and your child will fill in questionnaires at four time points. Parents may do this online; students at school. Your child will also attend two interviews. After the third and fourth questionnaire, your child will receive a €5 voucher. [There is a schedule on the next page.](#)

What is the research project about?

An in-school training program: Half of the schools in this project provide a training to participating adolescents, the other half of the schools do not provide this training. The training is meant to teach adolescents ways to feel better about themselves. It was randomly determined that your child's school is not providing this training during the project. The training might be effective, but we cannot be certain. Therefore we are doing this research project. And for this reason, you and your child will only fill in questionnaires.

What are benefits of participating?

It is important to monitor young people who are not feeling well. Even if there are no (severe) symptoms, participating will do no harm.

Are there reasons not to participate?

You can always consult us if you are in doubt about participating. You can always quit later.

Where can you find more information?

- In the longer letter
- In the information video
- Contact the principal investigator

Will you participate? Please fill in the consent form!

Your child has been informed by us at school. We have asked him/her to think about participation. Together you may decide on participation. Please make sure to fill in the consent form, by clicking the button [toestemming] at the study webpage.

Kind regards,

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