

## 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indicate that your child experiences stress, trouble sleeping, low self-confidence, being irritable, being quiet or withdrawn, for example.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.](#)

*An in-school training program:* Your child attends a skills training: 'Op Volle Kracht'. This is at school in a group. It consists of 8 meetings. Students learn ways to feel better about themselves.

### **What is the research project about?**

Half of the schools in the project will provide the training, while the other half will not. It was randomly determined that your child's school will provide the training. It is to be expected that the training indeed helps, but we cannot be certain. That is why we are doing this research project.

### **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. We also expect the training to help.

### **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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