

**Date**  
12 July 2020

**Subject**  
Information about research project

**Research Group**  
Clinical Child and Family Studies  
P.O. Box 80.140  
3508 TC Utrecht

Research: *Family relations and development*

## Information for participants



*Faculteit Sociale Wetenschappen*

**Universiteit Utrecht**

### Introduction

With this letter we like to inform you about a collaborative study conducted by Bogazici University Istanbul, and Utrecht University and would like to ask you to participate in this study. It is important for you to carefully read the information in this letter so that you can judge for yourself whether you want to participate in the study or not. Do you still have questions after reading the information in this letter? Then you can ask the researchers. You will find our contact details in this letter.

#### 1. What will we study and why?

In the study *Family relationships and development across cultures*, we include immigrant, expat and Dutch families who live in the Netherlands in order to examine the home situation (family and couple relationships, upbringing) and its association with parent and child functioning as well as mental and physical health in families with children. Specifically, we are interested in learning about how you feel about your marriage and parenting, your home environment, how you are managing the care of your children, and how you feel about your physical and mental health as well as your children's. Additionally, the research includes a section to assess how the current changes that happened in our lives due to COVID-19 outbreak influenced our family lives and well-being.

Previously, this research has been carried out with families in Turkey and is now being carried out with Dutch, expat and immigrant families who live in the Netherlands. In this way we hope to examine the differences and similarities in the way in which families handle daily experiences and deal with the challenges they face. With that knowledge, we can improve the quality of the programs provided for families in need. During this investigation, information regarding your thoughts on the aforementioned areas is collected by means of questionnaires. No personal information that can be used to identify you is asked.

Questionnaire packages have been compiled for you based on your role as mothers or fathers. Due to COVID-19 safety measures, the questionnaires will be administered online. Completing the questionnaire takes approximately 45 minutes or more, depending on the time you spend answering the questions. If you want to participate in the study you will be directed to an online questionnaire packet to be filled out individually by you; however, still contact the researcher in order to get help answering the questions via phone or a video call if you prefer and have questions. We are asking for your partner/spouse to also participate in the survey. If there are additional parental figures due to divorce or other arrangements, then we would ask for their participation as well if possible. If you are a single parent, then your participation is sufficient. Please make sure to complete the online questionnaire at a time and place that is most comfortable for you. Meanwhile, if you prefer to participate in this research using a hard copy, please contact the researcher so that the researcher can deliver you a copy of the questionnaire to be picked up by the researcher later once you are finished.



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### **2. How will the study take place?**

#### ***Step 1: Register***

If you have read the information in this letter and you decide to participate in the study, you can indicate this to Dr. Aysegul Metindogan by clicking on the button that indicates you agree to participate in the study.

#### ***Step 2: Filling out questionnaires***

Once you agree to participate in the research, you will see the online questionnaire. Although you are free to take a break and continue where you left off, it is better to complete the questionnaire all at once. It is expected that both parents participate in the study. That is why when you start the survey you will be asked to write a unique code/nickname that only you and your partner/spouse would know. Your partner/spouse will enter the same code/nickname. This way, we can match your responses to your spouse's without actually asking you for personal information. You and your spouse/partner are expected to fill out the questionnaire forms independently without discussing them first. This way we can factor the different perspective of each partner/spouse; however, you are free to discuss your experiences or thoughts once you submit your responses. If you need any help filling out the questionnaires, feel free to contact Dr. Metindogan.

### **3. Advantages and disadvantages of participating in the study.**

For you, your spouse/partner and your child, participating in the questionnaire survey does not have immediate advantages and disadvantages. A possible "disadvantage" is that completing the questionnaires takes some time. An advantage is that you and your spouse/partner may get an opportunity to discuss some family matters to get a better insight. Additionally, the research can provide useful data that helps to improve support for families with different cultural backgrounds.

### **4. Participation in the study is voluntary.**

You decide whether you want to participate in the study. Participation is voluntary. If you decide not to participate, you do not need to do anything else. You don't have to sign anything, and you don't have to say why you don't want to participate. Although we would like you to not skip any questions and complete the questionnaire for better quality results, you can always change your mind and cancel your participation at any time, also while filling in the questionnaires by simply navigating away from the page.



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### 5. Who will see the results of the study?

The research is expected to be completed in 2020. You can indicate whether you wish to receive a newsletter after the end of the study, with the (provisional) results of the study.

The results of the research will also be published in scientific journals and possibly presented during scientific conferences or public lectures.

### 6. How will your data be handled?

This research meets the ethical requirements for scientific research from Bogazici University, Istanbul and Utrecht University. This means that your data is protected. All data is immediately made anonymous, so the answers you gave in the questionnaires are not linked to your personal information. Scientists other than researchers may be able to view the anonymized data, for example because they check whether the study has been carried out properly and reliably. This is only done with the permission of the researchers. You give permission for the use of your data for this study and related studies performed by or in collaboration with the main researchers. Your responses will be kept in a cloud storage at Utrecht University with a security key that only the main researchers will have access to.

### 7. Further information and complaints

If you have any questions about this study, you can contact Dr. Aysegul Metindogan (Turkish / English), e-mail: [ametindogan@boun.edu.tr](mailto:ametindogan@boun.edu.tr) or Dr. Kirsten Buist (Dutch / English), e-mail: [k.i.buist@uu.nl](mailto:k.i.buist@uu.nl). You can also report any complaints about the investigation to them. If you would rather not report this to the researchers, you can contact the Confidential Advisor for Scientific Integrity at Utrecht University, Prof. Dr. Liesbeth Woertman. Telephone: 030-2534521. Email: [Vertrouwensperson-wi@uu.nl](mailto:Vertrouwensperson-wi@uu.nl).

Once you participate in the research, you may feel you need extra help with some of the personal or the familial matters. Below are some of the serviced you may need to consider contacting.

If you feel like you need parenting advice about your children, you can go to the following national website:

<https://www.regelhulp.nl/ik-heb-hulp-nodig/ondersteuning-opvoeding>

If you feel like you need counseling yourself, you can go to the following national website:

<https://www.regelhulp.nl/ik-heb-hulp-nodig/toegang-tot-psychische-hulp>

In addition, you can also consider services in Utrecht:

Children and families: <https://www.jeugdengezinutrecht.nl>

Individual counseling: <https://www.ggzutrecht.nl>

Sincerely,

Dr. Aysegul Metindogan

Dr. Kirsten Buist