



**UNIVERSITÄT
BIELEFELD**



Faculty of Psychology
and Sports Science



**UNIVERSITY OF
GREENWICH**

*Institute for Lifecourse
Development*

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Cover letter to the parents

**AE03 – Developmental Psychology and
Developmental Psychopathology**

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London, 12/02/2024

Information in participation in a research project

EMCORES – Emotional Competencies and Resources in Childhood and Adolescence

Dear Parents,

With the support of the school principal, we are allowed to conduct a scientific survey in your child's school in the coming weeks. With this letter, we would like to provide you with information about this research project of Bielefeld University, for which we were able to recruit several schools. In addition, we would like to ask for your permission for your child to take part in the survey.

What is it about?

This study investigates which emotion regulation strategies children and adolescents use and to what extent these are related to resources (e.g. parental home, optimism, self-efficacy), emotional problems, behavioural problems, prosocial behaviour, well-being, and emotional awareness (including recognising and naming one's own feelings). The study is being conducted in parallel in Germany and in the United Kingdom in order to be able to make comparisons between adolescents in these two countries.

Who is responsible?

The study "Emotional Competencies and Resources in Childhood and Adolescence" is conducted by Bielefeld University, Faculty of Psychology and Sports Sciences, working group on Developmental Psychology and Developmental Psychopathology by Lena Maas, Prof. Dr. Arnold Lohaus and Dr. Jana-Elisa Rüth. The University of Greenwich, United Kingdom, is a cooperating partner in this project.

How will the survey be conducted?

This study involves a one-time survey of students in grades 7 to 11, conducted by trained test administrators, and takes about one school hour. The participating children and adolescents are surveyed within the framework of a school lesson. The questionnaire contains questions about emotion regulation, resources, emotional problems, behavioural problems, prosocial behaviour, well-being, and emotional awareness. We also collect demographic information (age, gender, country of origin). Due to the size of the sample and the selected survey categories and response options, the survey is anonymous and the data cannot be assigned to a specific person at any time.

Voluntariness, anonymity and data protection

Participation in the study is voluntary. You can terminate your participation in this study at any time without giving any reason and without any disadvantage. Children and young people who do not participate in the survey will be assigned alternative work tasks during the survey.

The data collected in this study will be treated confidentially. The study results will be published in summary form, e.g. in scientific journals, lectures or courses. After completion of the study, the collected research data will be made publicly accessible in anonymised form via a suitable data archive. The purpose, type and scope of potential subsequent use are not yet foreseeable. The data will only be published in a form that does not allow conclusions to be drawn about individuals or specific persons at any time. With this procedure, the study follows the recommendations of the German Research Foundation for the quality assurance of research.

Benefits and risks

With your participation, your child contributes to the knowledge about the handling of emotions in childhood and adolescence and thus to the state of knowledge of research. For each participating class, regardless of how many children in the class actually participate in the study, the school will receive 40 pounds as vouchers. Answering questions about social resources may cause mild discomfort in certain cases. Your child has the option of cancelling the assessment at any time or contacting the contact persons listed above. We will also provide further information in class about possible support services, which you can also view using the QR code below. The examination does not involve any further risks or negative consequences for your child. In addition, we will be happy to send you a short report with the results of the study after the evaluation of the data. Simply send us a short request with the subject "EMCORES research project: results report" to lena.maas@uni-bielefeld.de.

Contact details

We hope that we have provided you with all the important information in this letter. The study was reviewed and approved in advance by the ethics committee of Bielefeld University. If you have any questions about participation, voluntariness and data use, as well as for further information about the project, please contact the person responsible for the project: Lena Maas, lena.maas@uni-bielefeld.de

We would be pleased if you would allow your child to participate in the study. In order for your child to be allowed to participate in the survey, we need the **completed consent form**, which you will find at the end of this letter. Ideally, give this to your child to take back to school tomorrow, where everything will be collected.

Yours sincerely

Lena Maas

Prof. Dr. Arnold
Lohaus

Dr. Jana-Elisa R uth

Prof. Dr. Claire P.
Monks

Declaration of consent

Research project EMCORES

I have received, read and understood the information about the research project *EMCORES - Emotional Competencies and Resources in Childhood and Adolescence*. If I had any questions about this study, they were answered completely and to my satisfaction on site, by e-mail or by telephone.

I am aware that participation in the study is voluntary and that I or my child will not suffer any disadvantages if I refuse to give my consent.

I hereby declare to give consent on behalf of both legal guardians.

I have received or downloaded a copy of the information leaflet and this consent form (available through the QR code in the information leaflet). **I have taken note of the information provided therein and hereby consent to my child's participation in the study.**

My son / daughter

_____ *(please insert name in print letters)*

is allowed to participate in the **research project EMCORES**.

Your Name

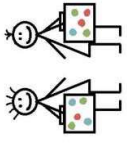
_____ *(please insert name in print letters)*

Place, Date

Signature of one parent

Please hand this sheet back to the head teacher of the class!

COUNSELLING SERVICES FOR YOUNG PEOPLE



EMCORES

YOU CAN CONTACT THESE SERVICES IF YOU
SOMETIMES FEEL UNWELL AND WOULD LIKE TO TALK
TO SOMEONE ABOUT IT:

Counselling via phone:

Hopeline UK:
0800 068 4141



Counselling via text:

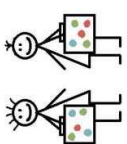
Shout crisis text service:
text "SHOUT" to 85258

Other helpful resources:

- a trusted teacher
- a school nurse
- a youth or social worker
- a children's doctor



COUNSELLING SERVICES FOR PARENTS



EMCORES

YOU CAN CONTACT THESE SERVICES IF YOU THINK
THAT YOUR CHILD IS OFTEN UNWELL AND YOU
WOULD LIKE TO TALK TO SOMEONE ABOUT IT:

Counselling via phone:

Young minds:
0808 802 5544
(Monday – Friday, 9:30am – 4:00pm)



Counselling online:

Action for Children:
<https://parents.actionforchildren.org.uk/mental-health-wellbeing/>

Other helpful resources:

- your child's paediatrician or GP
- for more information, visit
<https://www.youngminds.org.uk/>

