

Information Letter (Parents)

Adolescent athletes' emotion regulation

Investigators:

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Study Overview:

Your child(ren) is(are) being asked to take part in a research study about their emotion regulation in sport. The purpose of this study is to explore youth athletes' use of two common emotion regulation strategies: cognitive reappraisal (i.e., changing the way they think about a situation) and emotional suppression (i.e., refraining from expressing emotions), and how these may influence their sport experiences. We are aiming to recruit approximately 600 youth athletes (aged 10-18 years old) who are participating in a competitive sport.

What is involved?

If your child(ren) participate(s), they will be asked to fill out an online survey that will take approximately 15-20 minutes. The survey will ask questions about their demographics (e.g., age, gender, ethnicity), use of emotion regulation strategies, and various indicators of positive sport experiences including positive and negative emotions felt, performance satisfaction, enjoyment, intentions to return, loneliness, and confidence.

What are the benefits?

The results from this research can be used to provide useful information for athletes, parents, coaches, and sport organizations about what emotion regulation strategies are more beneficial for youth athletes. In addition, the results will be used to make an important contribution to the field of sport psychology, as the researchers will communicate the results in scientific journals and conferences.

Is there any compensation?

At the end of the survey, the participant will have an option to enter their email address into a draw for a chance to win 1 of 15 Amazon electronic gift cards (\$50 each). Given our target is 600 athletes, the chance of winning is 1 in 40.

Are there any risks?

There are no known physical risks associated with this study. Though they are not considered likely/serious, there are possible psychological risks such as feeling uncomfortable when answering questions regarding negative emotions or loneliness. In case they wish to talk about their feelings after the study, we will provide a list of services they can contact freely without giving their names (e.g., Kids Help Phone) in the information letter that they will be asked to read.

Please note that participation in this study is completely voluntary and you are free to decline to allow your child(ren) to participate. Even if you do allow your child(ren) to participate, they are free to decline to participate. If your child(ren) participate(s), they can skip any question on the survey and can stop participating at any point. If they stop in the middle of the survey, they will not have the option to enter the prize draw.

What will happen with my child(ren)'s information?

All responses on the survey will be confidential; the survey will not ask for personal information such as their name or the name of the sport organization. The email addresses the participants provide for entering the prize draw will be stored separately and will not be associated with the survey responses. All data from the surveys will be stored within the University of Toronto's secure RedCap server during the study, and the downloaded survey files will be stored on a password-protected computer. The anonymous survey data will be stored indefinitely on an online database for future research analysis. There will be no way to link the responses to your child(ren) as the dataset will not include any information that can be used to identify them (e.g., names, name of sport organization).

When the study is finished, the researchers will present the results at a conference and may publish a paper in an academic journal. No participant will be identified in these reports. A summary of the results and copies of any publications will be given to you if you ask for them. If you would like a summary of the results or a copy of the final paper, please ask Dr. Jeemin Kim (jmin.kim@utoronto.ca), who can send them to you.

Because the survey does not collect personal information, you will not be able to request us to remove your child(ren)'s responses (partial or full) after participating because we will have no way of identifying which survey responses in the dataset are from your child(ren).

If you have questions about this study, you may contact the listed researchers (Dr. Jeemin Kim at jmin.kim@utoronto.ca or Dr. Katherine Tamminen at katherine.tamminen@utoronto.ca). You may also contact the Research Oversight and Compliance Office – Human Research Ethics Program at ethics.review@utoronto.ca or 416-946-3273 if you have questions about the rights as a participant in this study. This research study may be reviewed for quality assurance to make sure that the required laws and guidelines are being followed. If chosen, (a) representative(s) of the Human Research Ethics Program (HREP) may access study-related data and/or consent materials as part of the review. All information accessed by the HREP will be upheld to the same level of confidentiality that has been stated by the research team.

Parent Consent

If you agree to allow your child(ren) to participate, please share the study link provided at the bottom of this letter with your child(ren). Once they click or copy/paste the link, they will be directed to the study information letter that they will be asked to read. If they indicate their assent to participate at the end of the letter, they will be directed to the online survey.

By sharing the study link with your child(ren), you are agreeing to the following:

1. I understand that my child(ren) has(have) been asked to complete an online survey for a research study about youth athletes' emotion regulation.
2. I understand that my child(ren)'s responses on the survey will be used for research purposes.
3. I have read and received a copy of the information letter (for your record, we recommend that you save a copy of the information letter above).
4. I understand that my child(ren) can freely refuse to participate.
5. I understand the information regarding confidentiality, and who has access to study data.
6. I understand that my child(ren) or I will not be able to withdraw my child(ren)'s survey responses after participation because there is no way to identify the responses.

Thank you.

Study link: <https://redcap.utoronto.ca/surveys/?s=PFKDXWYFKT>