

April 9, 2020

Dear Parent/Guardian,

My name is Becky Parizek. You may recall from the letter that was sent on March 9, 2020 that I am pursuing a PhD in nursing from UW-Milwaukee (UWM). The purpose of my research is to explore relationships between adolescents' health literacy, or their ability to understand basic health information, and their alcohol-related behaviors. The purpose of this study is to identify actions that will delay and decrease teenage alcohol use to protect them from altered brain development, unintentional injury, and death.

In response to the COVID-19 pandemic, Mr. Rozanski and I decided to change the way I will do my PhD dissertation study. The study will now be an online survey. This letter will explain the changes, and how parents will now need to give the survey link and password to their children. Students should take the survey by themselves in a private setting.

Please read the information sheet attached to this letter which explains what will happen in this study. If you agree that your child(ren) can take part in my study, please forward them the link and password. It is the same 29-question survey, and will still take about 15 minutes to complete. Your decision for your child to take my survey (or not) will **not** impact their grades or relationship with Boylan.

I hope that you will agree to your child(ren) being involved in my research. If you have any further questions about this research, please contact me at: RParizek@UWM.edu. If you have any concerns about the research, please contact my supervisor, Jeanne Erickson, PhD, RN at: ericksoj@uwm.edu.

Yours sincerely,

A handwritten signature in cursive script that reads "Rebecca Parizek".

Rebecca Parizek, MSN, RN, CNL, and PhD candidate at UWM

INFORMATION SHEET

This information sheet explains why I am doing this research study and what it will involve. Please read this information sheet with your child. Children who are under the age of 18 years are considered minors. If you agree for your minor children to take my survey, please forward the link and password to them. Please forward the link and password to your children who are 18 years or older since they can make their own decision whether to participate or not. Please only forward the link to your children who are students at Boylan during the 2019-2020 academic school year. **Students should take the survey by themselves in a private setting.**

Link: https://milwaukee.qualtrics.com/jfe/form/SV_4Gcjh1zvtb6KzkN

Password: Boylan

What do I need to know as a parent?

- I am asking permission for your child to take part in a study exploring relationships between teenagers' ability to understand basic health information and their decisions about alcohol.
- I am asking your child to take part in this study because he/she is a high school student at Boylan.
- You can decide if your minor child will or will not take part in this study.
- You and your child have the right to drop out from the study at any time.
- Some of the questions are personal and sensitive, but students can skip any questions that they do not want to answer.

What will my child do?

- Your child(ren) will use the link to access the online survey with a password.
- The survey will still consist of primarily multiple choice with some fill-in the blank questions that will take about 15 minutes to complete.
- The questions will ask about themselves, their families, their alcohol use, and their ability to understand basic health information written on a food label.

How will you make sure that my child's answers are confidential and anonymous?

- Your child's name will **not** be used or connected to any of their answers.
- Your child's information will be anonymous, and their answers will **not** be linked to their name, student identification, IP address, or email address. The survey will be set up so that it does **not** collect IP addresses.
- Individual answers will **not** be seen by anyone at Boylan Catholic High School.
- Your child's answers will be combined with the answers from the other students.
- Combined answers will be used to answer my research questions and possibly other research questions.
- Information identifying students or the school will **not** be used in any articles or talks.

- I will share **summarized** results of this study with the school principal, and he will decide how the information will be shared with the participants.

Who can see the data?

- The data will be stored on a password protected computer for at least 3 years after the study is completed.
- The researchers (myself, Dr. Jeanne Erickson) need to see the data to conduct the study and analyze the data. The Institutional Review Board (IRB) at UWM and the Office for Human Research Protections or other federal agencies may see the data to make sure that we are following laws and ethical guidelines.
- I will **not** attempt to re-identify any student; however, there is a slight chance that students could be identified based on their demographic information or combination of responses.
- De-identified (all identifying information removed) data may be shared with other researchers but you won't be told specific details about these future research studies.

What are the benefits?

- This study may not help your child, but information from this study will improve the understanding of teenagers' ability to understand basic health information and their decisions about alcohol.

What are the risks and how will these risks be minimized?

- There is a slight risk that your children could be identified based on their demographic information or combination of responses. To minimize this risk, I will **not** attempt to re-identify any student.
- There is a risk that students may feel pressured to take the survey if their parents forward them the link. To minimize this risk, the assent/consent form that proceeds the survey will ask students to agree that they want to participate.
- There is a risk that students may share the link with individuals who are not students at Boylan Catholic High School. To minimize this risk, (1) students are asked not to share the link and password and (2) the assent/consent form that proceeds the survey will ask individuals to attest to being a student at Boylan Catholic High School.
- There is a risk that parents may share the link and password with individuals who are not students at Boylan Catholic High School. To minimize this risk, please only share the link and password with your own children.

What do I need to do if I agree that my child can take part in your study?

- The survey is open to the 750 students at Boylan Catholic High School but limited to (1) students whose parents forward them the survey link and password and to (2) students who want to participate.
- The survey will be open from approximately mid-April and close after May 31, 2020.
- If you agree that your child can take part in this study, then please forward this link:
https://milwaukee.qualtrics.com/jfe/form/SV_4Gcjh1zvtb6KzkN
- The password is: Boylan

I do not want my child to take part in your study, what do I need to do?

- If you do **not** want your minor child to take part in my study, then do not share the link and password with them.

What if I have questions about your study?

- Please contact me, Rebecca (Becky) Parizek, at RParizek@UWM.edu or 815-979-1269.
- For questions about your rights as a research participant, complaints, or problems: Contact the UWM IRB at 414-229-3173 / irbinfo@uwm.edu. The IRB approval number is #20.154; version #2 approved on 4/2/2020.

Thank you very much for your time!

Resources for Information on Alcohol & Other Drugs

- National Institute on Drug Abuse – <http://www.drugabuse.gov>
- Substance Abuse and Mental Health Services Administration – <http://www.samhsa.gov>

Alcohol & Other Drug Resources for Adolescents in Northern Illinois

- **KP Counseling.** KP Counseling offers outpatient treatment for adolescents with alcohol, other drug abuse, and related addictions in Northern Illinois.
Services: group therapy, outpatient treatment.
Contact: <https://www.kpcounseling.com>, <https://www.kpcounseling.com/treatment-path/adolescent>, 779-368-0060.
- **Mercy Health System.** Mercy Health System, a not-for-profit organization with multiple locations in northern Illinois, offers treatment for substance abuse and mental health disorders.
Services: inpatient medically managed detoxification care, day treatment, clinic-based counseling.
Contact: <https://mercyhealthsystem.org/service/addictions-care>, (800) 341-1450.
- **OSF Saint Anthony Medical Center.** OSF Saint Anthony Medical Center a not-for-profit organization with multiple locations in northern Illinois, offers treatment for substance abuse and mental health disorders.
Services: inpatient programs, outpatient, [online](#).
Contact: <https://www.osfhealthcare.org/mental-health>, (309) 624-9781, (815) 226-2000.
- **Rosecrance Teen Services.** Rosecrance, a not-for-profit organization with multiple locations in northern Illinois, offers treatment for substance abuse and mental health disorders.
Services: licensed teen detox facility, residential treatment, partial residential treatment, outpatient treatment.