



the
children's
hospital at Westmead



What about my emotional needs?

You are invited to participate in a research study on understanding the emotional needs of adolescents with cerebral palsy.

We want to better understand the emotional experience of adolescents with cerebral palsy, identify supports that may be helpful for adolescents, and explore different ways for adolescents and their families to learn about emotions and strategies. To do this, adolescents, parents and professionals are invited to attend a focus group where they can share their experiences and ideas. This important contribution of people with lived experience will shape adaptations to a program that teaches emotion skills to best suit the needs of adolescents and their families.

At the end of the focus group, if families wish, they can provide contact details to be considered for involvement a trial of the program in 2024. The focus group may assist in the trial of the program to achieve the best possible outcomes for adolescents with cerebral palsy.

To participate in the study, simply:

1. Click on the questionnaire link here: [Parent Information Sheet](#) or [Professional Information Sheet](#)
2. Read the Participant Information Sheet, Consent Form and click "Yes" in the consent questions in the questionnaire.
3. Provide your contact details (email and/or phone number) so that we can contact you regarding the next steps in the study.

The study is open to:

1. **Adolescents aged 12 to 17 years old with a diagnosis of cerebral palsy** (excluding adolescents with co-occurring moderate or below moderate intellectual disability) and their **parents / carers**.
2. Or **professionals** who have worked for at least 3 years in a role where they have supported adolescents with cerebral palsy.

Separate focus groups will be held for adolescents, their parents/carers and professionals. Focus groups will run for 60 to 90 minutes. Adolescent focus groups may be face to face or online. Parent/carer and professionals' groups will only be held online. All participants will be asked to complete a background questionnaire ahead of the focus group. In addition, before the focus group, families will each be asked to attend an individual online session with one of the research team.

The closing date for the focus group study is 31 May 2024.

For more information, contact:

Anita Gardner (Research Psychologist, The Children's Hospital at Westmead)

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The study is being run by Anita Gardner and Dr Michelle Wong, from The Children's Hospital at Westmead and has sponsorship support from the Sydney Children's Hospitals Network (SCHN) Governance.

The focus groups are part of a larger study titled "An explorative study of Digital Mental Health Program for Adolescents with Neurodevelopmental Conditions". It has been approved by the SCHN Human Research Ethics Committee; 2023/ETH01391.