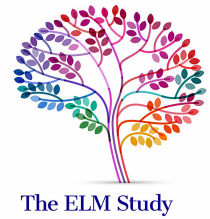


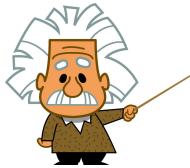
Information Statement for children

Introduction

Thank you for your interest in participating in the ELM Study!



In these pages we will provide you with some information about what ELM is about.



Remember, your participation is completely voluntary! You can stop participating at any time, or take a break.

What is the ELM Study about?

ELM stands for Emotional Learning and Memory.

The ELM Study aims to understand the relationship between **anxiety** and the **brain**, in children, teenagers and grown-ups.



Anxiety is another word for feeling worried or nervous. We are pretty sure that the brain has something to do with it, and we want to understand more about that. We also want to look at how this changes at different stages of life, such as in kids and adults.

HAVE YOU EVER HAD A FLUTTERY FEELING IN YOUR TUMMY, OR FELT SICK WHEN YOU WERE WORRIED?



THAT'S WORRYPUFFS ARRIVING. SMALL AND FLUFFY, THEY'RE MADE UP OF ALL THE THINGS THAT MAKE YOU FEEL WORRIED OR ANXIOUS.



EVERYONE FEELS WORRIED SOMETIMES. BIG THINGS, LITTLE THINGS... SOMETIMES WE DON'T EVEN KNOW WHY WE'RE WORRIED!



Image adapted from Happyful Kids

What will I be doing if I participate in ELM?

ELM is made up of two visits with us, and a task to do at home with your parent. The first visit is at the University of Melbourne, and the second is at the Royal Children's Hospital.

Before the visit

We would like you to provide some of your saliva (this means spit!) for us! We can get some very important information from saliva, in particular about **hormones**. Hormones are special chemicals that help our bodies work, including growing up.

We will send you all of the supplies to do this, such as test tubes like the one pictured.

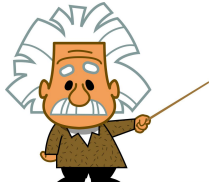
We would like you to provide 3 (for boys) or 5 samples (for girls), in the morning (at home), before your first visit.

A parent can help with this!



First Visit (University of Melbourne)

This visit is pretty busy! First of all, we will explain what we are going to do during the day, and we will answer any questions you may have. We will also ask you if you are happy to participate.

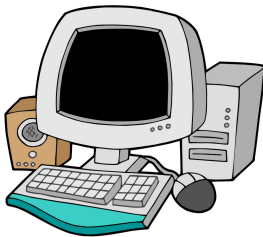


Remember, your participation is completely voluntary! You can decide at any time that you do not want to participate anymore.

Also, you can skip any question you do not want to answer.

Then we will ask you to do:

- A task at the computer



During this task you will see some faces with different expressions and sometimes you will hear a short (1 second) scream sound. Below you can see an example of faces:

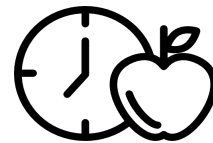


The task will take about 20 minutes, with a break in the middle.

- During the task we will attach some wires to your fingers, to record your *skin conductance*.

You know how sometimes your hands get sweaty when you are nervous?

Well, skin conductance measures how sweaty your hands get, even if the change is tiny and not noticeable. We measure this by putting velcro straps around two of your fingers. This doesn't hurt at all!

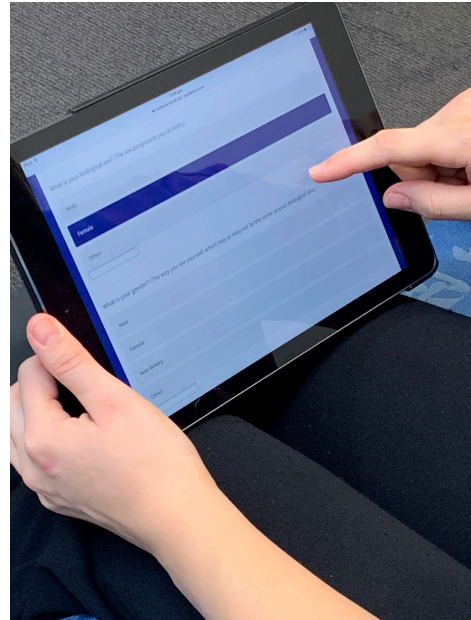


After the task, you can have a break (snack time)!

- After this, we would like to measure your height and weight, and collect a small sample of your hair, lighter than a small feather! Like saliva, hair contain **hormones**.



- Finally, we will ask you to complete some questionnaires about some of your feelings and your relationships.



Thank you, that is all for the first visit! The researcher who is with you will check how you are feeling and will any questions.

Second Visit (Royal Children's Hospital)

- During this visit, we would like to take some pictures of your brain! We do this with a **magnetic resonance imaging** (MRI) scan of your **brain** while you are lying down.
- Before the actual scan, we will do a practice with a pretend "mock" scan, so you can see what it is like.



The MRI is like a big magnet, that can take pictures of your brain.

Sometimes it makes funny noises that can get pretty loud, but we will give you headphones to help with this.

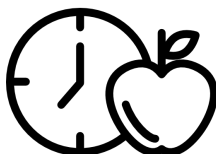
The scan takes about 30 minutes.

You can watch a short video about having an MRI scan. Ask a parent to show you this, as we sent it to them in a link.

Some kids think that the MRI looks like a big donut (yummy!)....



After the MRI, you can have a



break (snack time)!

- Finally, we will ask you to complete some more questionnaires.



And that is all for the Study! Do you have any questions? Do let us know, or ask one of your parents.

Important things to remember



- You can decide at any time that you do not want to participate anymore.
- You can skip any question or task you do not want to complete.
- If you have any questions or something is not clear, please ask us!

What if I am feeling upset?

- During the day, the researcher who is with you will check in regularly to make sure that you are doing okay. If at any point you feel upset, please let us know. We can stop so that you can have a break, or you can finish taking part.
- We will also give you a "stop card" that you can simply use to let us know that you would like to stop - without having to say anything.



Your privacy

- If you would like, you don't have to show your parent your answers to the questions.

However, if your parent wants to, or there is something in your answers that worries us (for example, you let us know that something in your life is really upsetting you), we may ask your permission to talk about it with your parent.

- If we are worried, we may have to share your answer with your parent.

