

School of Psychology, Speech & Hearing
Phone: +64 3 369 1912
Email: kenny.ardouin@pg.canterbury.ac.nz
27 February 2023
HREC Ref: 2022/120

Cleft Clinic Information

Kia ora / Hello,

We want to know if you would like to take part in a study about your cleft treatment while you are here at the University. Your parent/guardian also knows we've asked you if you would like to take part, so you can talk to them about this study too.

This study is being conducted by a person called Kenny, who is a Speech Language Therapist and works at the University. Like you, Kenny was born with a cleft.

What is the study about?

Some people with cleft can feel sad, angry, worried or frustrated sometimes because of their cleft. You might feel or have felt some of these emotions too. People called Clinical Psychologists are able to help people feel happier about life and to think about their cleft less often. This study wants to know if seeing a Clinical Psychologist at the same time as a Speech Language Therapist is useful for people with cleft – people just like you! The information from the study will help to decide whether to use Clinical Psychologists regularly in cleft treatment. It also will help us to see where more support might be needed for other people similar to you.

Why am I being asked to take part?

You are invited to take part in this research because you are seeing a Speech Language Therapist for speech therapy at the University of Canterbury cleft clinic.

It is up to you if you want to take part (your choice). If you decide not to take part, that is fine and there will be no negative (bad) consequences for you.

What do I have to do?

If you choose to take part in this research, you will be asked to do a survey on an iPad (or your own phone if you prefer) in the waiting room at the University. The survey asks you to answer a few questions by choosing a multiple-choice answer. There are no right or wrong answers. The survey should only take around 5 minutes. You will do the same survey two more times when you come to see us, and one more time at home about 3 months after your last appointment here. It is okay if you give different answers each time. Your Speech Language Therapist and Clinical Psychologist at the University can see your survey answers and use them to help them to plan your cleft care. The research team can't see your individual answers or identify you in any way.

You also will be put randomly into one of two groups. If you are put into Group A, you will only see a Speech Language Therapist while you are here. If you are put into Group B, you will see both a Speech Language Therapist and Clinical Psychologist on your visits to the University. You will visit the clinic for 6 to 8 weeks and be here for 1-2 hours each time depending on whether you are in Group A (1 hour) or Group B (2 hours).

Don't worry – whichever group you are put into, the people looking after you are really nice, and no-one is going to do anything that will hurt you.

Do I get anything for doing the survey?

You won't be given anything specifically for doing the survey. But, if you do the survey, you are helping us make cleft care better for you, and people just like you.

What if I decide I don't want to do the survey?

That's fine. You don't have to do the survey. If you have already started, please just give the iPad back to the person who gave it to you. You can tell your parents or your Speech Language Therapist at any time if you don't want to do the survey or come to the clinic anymore.

What if I don't like the survey?

If you start to feel sad, annoyed or upset when doing the survey or during the clinic, please talk to your parent/guardian, your Speech Language Therapist (and/or Clinical Psychologist if you are in Group B). You also can talk to Cleft New Zealand or Youthline if you want to. Their phone numbers are here – it is free to phone these numbers and the people who work there are really friendly.

Cleft New Zealand

Phone: 0800 425 338, or www.cleft.org.nz

Youthline

Phone: 0800 376 633, free text 234, or www.youthline.org.nz

What if I have questions?

If you have questions about the clinic or the survey, you can ask Kenny (he has a lanyard with his name on it) or any of the other staff who are at the clinic today.

What would you like to do?

- ☐ I want to take part in the surveys.
- ☐ I do not want to take part in the surveys.

Your name:

Your Signature:

Please now give this piece of paper back to your parent/guardian, or your Speech Language Therapist.