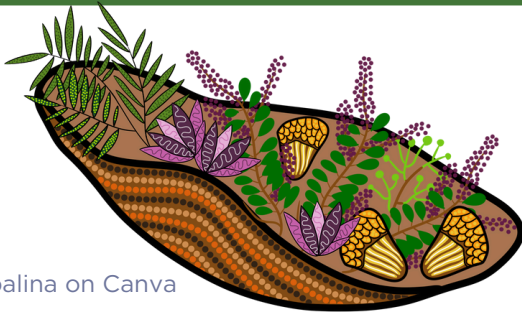


Aboriginal and Torres Strait Islander Complex Trauma and Strengths Questionnaire



Artwork by Mardijbalina on Canva

PARENT

INFORMATION

Why are we doing this research?

Becoming a parent is exciting but it can be **hard**. Especially for people who have experienced bad or hurtful things.

Our Aboriginal-led team aims to improve care for Aboriginal and Torres Strait Islander parents.

One of the ways we hope to improve care is by creating a culturally appropriate tool to assess trauma and **recognise strengths**. The tool we have created is called the Aboriginal and Torres Strait Islander Complex Trauma and Strengths Questionnaire (ACTSQ).

Why was the ACTSQ created?

There are ways to check for trauma but none are made for Aboriginal and Torres Strait Islander peoples.

We want to make sure things like:

- **Country**
- **Community**
- **Spirituality**
- **Strengths**

are included when talking about the hard stuff.

The ACTSQ isn't meant to judge parents.

The Aboriginal-led research team have put together a list of questions that might help parents to understand if they are experiencing hurt from their past, and to decide if they would like some support

Why have I been invited?

We are looking for Aboriginal and Torres Strait Islander parents to complete the ACTSQ to help us work out which questions are best, and if the tool is culturally appropriate.

This project is about helping Aboriginal and Torres Strait Islander parents who may be feeling hurt from things that have happened in the past, to help them heal and raise strong happy kids.

You can take part in the study

if you:

- ✓ Identify as an Aboriginal and/or Torres Strait Islander person and,
- ✓ Are 16 years old or older and,
- ✓ Are pregnant or a parent and,
- ✓ Are legally able to provide informed consent for self (i.e. no serious mental illness/ impairment) and,
- ✓ Are able to speak and understand English, or modified English

As a thank you, you will receive **\$100 worth of gift cards** (up to 3 \$50 gift cards for some parents) + a **small gift** + a **First Nations children's book**

Do I have to do this?

Joining is completely **up to you**. If you do not want to take part, you do not have to.

This means you can say no.

If you decide to join but change your mind later, that's okay too—you can stop anytime.

What will I be asked to do?

Most parents will be asked to complete 2 questionnaires. At random, we will ask some parents to complete 3 questionnaires.

We expect it to take 30 minutes - 1 hour per questionnaire. So in total the questionnaires can take up to 2 hours to complete, over 2 - 3 sessions. We will also ask you some questions about who you are (e.g., age).

You can choose to complete the questionnaires on the phone, or face-to-face.

How will this study affect me?

We cannot promise that you will personally benefit from this research. However, we hope your participation will help to improve the care Aboriginal and Torres Strait Islander parents receive in the future.

We will **not** be asking you any questions about your **specific** personal experiences of being around violence, trauma or hurt, but we will ask about being around bad or hurtful things generally.

Even though we aren't asking direct questions about your experiences, **it is possible that some questions may 'trigger' some of your own memories and that this could be upsetting**. Our interviewers are trained to support you if this happens and we can link you to someone to talk to after if you need.

What will happen to my information?

All information that you provide is confidential (kept private). Your answers to the questions (data) will be stored securely in a research office, and disposed of 7 years after the results are published. Paper data will be shredded and digital files will be deleted from all computers, and servers.


Who are we?

Provide your contact details here, so the research team can contact you

We are a team of Indigenous and non-Indigenous researchers in the Indigenous Health Equity Unit, at the University of Melbourne.

Any questions? Contact our team

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