

Information Sheet and Consent Form

(please read and keep this document)

Québec Longitudinal Study of Child Development

2021 Special Round - Personality, lifestyle habits and mental health

About the research project - 2021 Special Round

A special *I am, I'll be* data collection round entitled *Personality, lifestyle habits and mental health* is carried out this winter among all study respondents. This special round is being funded by the Canadian Institutes of Health Research through a grant awarded to two doctors, Marie-Claude Geoffroy and Natalie Castellanos Ryan; professors at McGill University and at Université de Montréal and members of the Research unit on children's psychosocial maladjustment. In addition to Ms. Geoffroy and Ms. Castellanos Ryan, 17 co-researchers are collaborating on this study; you will find the complete list at the end of this form.

Invitation to participate in this research project

The *2021 Special Round - Personality, lifestyle habits and mental health* aims to gather information on the life experiences, identity, psychological health and well-being, and cannabis consumption of young people like you. These data will be compared with those collected in earlier rounds in order to gain a better understanding of the factors that contribute to the overall well-being of young adults in Québec.

How the project will unfold

If you agree to participate in this round of the study, we will ask you to fill out a **15-minute online questionnaire**.

Advantages and benefits

You will not receive any particular benefits from participating in this round, apart from knowing that you have contributed to improving knowledge about the development of young adults.

Disadvantages and risks

Participating in this round **does not carry any direct risks**. However, we are aware that some of the themes covered in our questionnaire are sensitive. Certain questions that we ask may feel personal and could remind you of difficult situations, past or present, that you may have faced in your life. If you feel uncomfortable while responding to the questionnaire or afterwards, we invite you to contact one of the organizations whose contact information is provided in the questionnaire. You may also leave a message to the study coordinator in the voicemail at 514-873-4749 ext. 6126 so she can direct you to the appropriate resources. If you prefer to speak with a psychologist related to this research project, you can also leave a message and ask that Dr. Marie-Claude Geoffroy to return your call. Dr. Geoffroy is a clinical psychologist and the mental health expert for QLSCD data collections since 2016. She will respond within 24 hours and can direct you to the appropriate resources. (For message left during the weekend, calls will be returned the next business day.) Of course, at any time, you can choose not to answer one or more questions, and you can also choose to put an end to your participation without having to justify your decision.

Data confidentiality

As with the previous rounds, your answers to the questions will be kept confidential, in keeping with Statistique Québec confidentiality standards. However, as provided by the law, if some of your answers or comments reveal that you are in serious and imminent danger, we will take the necessary steps to help you. Some of your identifying information could then be shared with the appropriate resources.

Your questionnaire will be identified with a code rather than your name, and only authorized persons at Statistique Québec will have access to the list used to match your number with your personal information (name, address, telephone number, email address).

Your online questionnaire will be hosted on a secure Statistique Québec server and will be protected by a password that only you know.

To ensure data confidentiality, you must be alone when filling out your questionnaire and do so in a location where no one can disturb you.

Dissemination of the results

This round's results could be the subject of scientific publications or be communicated in scientific conferences, but no personal identifying information will be released.

Data bank

The data collected will be placed in a databank that could be matched with the rest of your data collected in the general study project of the Québec Longitudinal Study of Child Development (QLSCD), always in a coded form (i.e. without any personal information). This databank will be kept on the premises of the Université de Montréal, McGill University and Statistique Québec. Statistique Québec will be responsible for the management of the databank, and will provide a copy of it to the Université de Montréal and to McGill University once the lead researcher has committed to respecting data confidentiality and security standards.

The databank could be used for other psychosocial research projects. All researchers authorized by Statistique Québec to use these data, including those from the Université de Montréal and McGill University, will have to sign a confidentiality agreement before the data are made available to them. By signing that form, the researchers will commit to respecting the security and confidentiality standards of Statistique Québec and its ethics committee. In any event, without exception, no personal data (name, address, telephone number, email address) will be provided.

Researcher responsibility

By agreeing to participate in this round of the study, you do not waive your rights set out in the law. You also do not release the researchers from their legal and professional responsibilities in the event of a situation that causes you harm.

Compensation offered

To thank you for taking the time to answer our questions, we will send you a \$35 cheque, which you will receive from four to six weeks after filling out the questionnaire. You will also be eligible to win one of 10 prizes valued at \$250 each that will be drawn in June 2021.

Freedom to choose to participate or not

Your participation in this round of the study is completely voluntary. This means that you are entirely free to accept or refuse to participate without any negative impact to yourself if you refuse. You can also withdraw your consent and end your participation at any time without any prejudice to yourself. If you choose to do so, you will not have to explain or justify your decision. Statistique Québec will contact you in future years to offer you to participate in later rounds of the study.

Supplementary information and resource persons

It is important that you fully understand the information in this document before selecting your answer, since you must provide your informed consent. This means that if you still have questions that remain unanswered after reading this form (about the study, how it will unfold, what will be done with your answers, or general questions about the implications of your participation in the project), please feel free to contact us. We will be happy to answer your questions about the study and discuss any points that are important to you. To do so, you can contact **Nancy Illick**, coordinator of the *I am, I'll be* study at Statistique Québec (nancy.illick@stat.gouv.qc.ca) or leave a message at 514-873-4749 ext. 6126. For any information about your rights as a participant in this research project, you can contact the local complaints and quality services ombudsman of the CHU Sainte-Justine at 514-345-4749 or the Montreal West Island IUHSSC at 1 844 630-5125 or by email at commissariat.plaintes.comtl@ssss.gouv.qc.ca.

Monitoring of research project ethics

The ethics committee of Statistique Québec and the research ethics committees of the CHU Sainte-Justine's and the Montreal West Island IUHSSC have issued a favourable recommendation for this research project and are in charge of its monitoring. For the purposes of verifying that sound research management practices are used, a delegate from the research ethics committee or the granting agency may view the data collected in the secured environment of the Institut de la statistique du Québec. All of these people and organizations adhere to a strict confidentiality policy.

The monitoring of the ethics committee of the Montreal West Island IUHSSC is limited to the work carried out from the project data file that will be delivered to Dr. Geoffroy's research team (i.e. de-identified data). The identification, collection and management of personal information will remain the responsibility of the Institut de la statistique du Québec and will be governed by the applicable legal framework.

CONSENT

Below, you will find the *Consent Form* for the 2021 Special Round – Personality, lifestyle habits and mental health, which you should read and keep for your files. Do not return it to us. Only make your choice when you fill out your questionnaire online or over the telephone with an interviewer.

1. **I understand that:**

- 1.1 This form pertains to the *2021 Special Round – Personality, lifestyle habits and mental health of the I am, I'll be* study by Statistique Québec, which aims to gather data that will help gain a better understanding of the life experiences of young adults in Québec and document the factors that contribute to their psychological and overall well-being;
- 1.2 The data I provide will be considered CONFIDENTIAL, in accordance with the *Act respecting the Institut de la statistique du Québec* (RLRQ, chapter I-13.011) and the *Act respecting Access to documents held by public bodies and the Protection of personal information*;
- 1.3 My participation in this study is VOLUNTARY. I can choose not to answer certain questions or not to take part in this round without any prejudice to myself;
- 1.4 I am free to withdraw from the study at any time, without harm or prejudice;
- 1.5 The answers I provide will be matched with all the other information about me collected as part of the general study project.

2. **I acknowledge that** some of the questions asked in the questionnaire could remind me of difficult situations, past or present, that I have faced in my life and may cause me emotional distress when answering them. I also understand that I will be provided in the questionnaire the contact information for organizations that can help me if I feel the need. I understand that I can also contact the project coordinator, Nancy Illick during regular business hours, and she will direct me to the appropriate resources. Ms. Illick or Dr. Geoffroy (if I wish to speak with her) will return my call within 24 hours. I understand that messages left during the weekend will be follow-up on the next day of business.

3. **I authorize Statistique Québec** to communicate coded data gathered about me over the course of this study (excluding my name, address, telephone number and email address) to the researchers responsible for the project and their students and co-researchers whose home institution is McGill University or the University of Montreal, as well as to the financial partners and researchers affiliated with the QLSCD study, who have agreed to respect Statistics Quebec standards for information security and confidentiality. The list of financial partners and researchers affiliated with the study can be provided to me on request and can be found on the study website.

4. **I hereby certify that I have read and understood this consent form and have been given enough time to make my own decision. Consequently, I consent to take part in this round of the study under the terms and conditions set out in this form.**

Please mark your answer:

Yes

No

If you have any questions, you can contact us by email (iam_illbe@stat.gouv.qc.ca).

You do not have to return this information and consent form to us. However, please keep it for your files.

List of co-researchers

The co-researchers associated with this specific round are: Michel Boivin, Ph. D., Université Laval; Sylvana Côté, Ph. D., Université de Montréal; Isabelle. Daigneault, Ph. D., Université de Montréal; Jean-Sébastien Fallu, Ph. D., Université de Montréal; Jean-Philippe Gouin, Ph. D., Université Concordia; Kira London-Nadeau, Université de Montréal, M. Sc.; Xiangfei Meng, Ph. D., Université McGill; Tina Montreuil, Ph. D., Université McGill; Massimiliano Orri, Ph. D., Institut Douglas; Isabelle Ouellet-Morin, Ph. D., Université de Montréal; Sophie Parent, Ph. D., Université de Montréal; Frederick Philippe, Ph. D., Université du Québec à Montréal; Johanne Renaud, Ph. D., Université McGill; Jean R. Séguin, Ph. D., Université de Montréal; Richard Tremblay, Ph. D., Université de Montréal; Gustavo Turecki, Ph. D., Université McGill; Frank Vitaro, Ph. D., Université de Montréal.