

## **Exploring the Experiences of Parents as they Empty the Nest**

**QUT Ethics Approval Number 1600001217**

### **RESEARCH TEAM**

Principal Researcher:	Professor Margot Brereton	Principal Supervisor
Associate Researchers:	Mr Diego Munoz	PhD student
	Dr Bernd Ploderer	Associate Supervisor
	Professor Paul Roe	Associate Supervisor

**Science and Engineering Faculty**  
**Queensland University of Technology (QUT)**

### **DESCRIPTION**

This project is being undertaken as part of a PhD study for Diego Munoz.

The purpose of this project is to enrich the experiences of parents while emptying the nest, by identifying how technology can help in adapting the relationship with their children and adopting an active role in this new context.

You are invited to participate in this project because you are either a parent and one of your children has left home, or all your children have already left home within the last 8 years, or you have left home within the last 8 years.

### **PARTICIPATION**

Your participation will involve a video recorded design workshop at QUT, a community centre or in other agreed location with all participants that will take approximately 3 hours of your time.

Activities will include:

1. Brainstorm ideas for technologies to support parents in the empty nest transition.
2. Think of a technology design with other people.
3. Discuss ideas and designs with other groups.

Please note that if you arrive late it may not be possible for you to participate.

Your participation in this project is entirely voluntary. If you do agree to participate you can withdraw from the project without comment or penalty. You can withdraw anytime during the design workshop. If you withdraw within two weeks after your interview, any identifiable information already obtained from you will be destroyed on request. Your decision to participate or not participate will in no way impact upon your current or future relationship with QUT.

### **EXPECTED BENEFITS**

It is expected that this project will not benefit you directly. However, the activities in which you will participate can provide insights and reflection about your own experiences, and the outcomes of this research will benefit other parents that will live this transition in the future.

To recognise your contribution should you choose to participate, the research team is offering an incentive that consists of a \$15 Essentials Woolworths Gift Card.

## RISKS

The research team believes that the only risks may be that you feel anxious or uncomfortable when sharing ideas or talking about personal and emotional topics with other participants. However, if you feel uncomfortable you can withdraw anytime during the workshop.

QUT provides for limited free psychology, family therapy or counselling services (face-to-face only) for research participants of QUT projects who may experience discomfort or distress as a result of their participation in the research. Should you wish to access this service please call the Clinic Receptionist on **07 3138 0999** (Monday–Friday only 9am–5pm), QUT Psychology and Counselling Clinic, 44 Musk Avenue, Kelvin Grove, and indicate that you are a research participant.

Alternatively, Lifeline provides access to online, phone or face-to-face support, call **13 11 14** for 24-hour telephone crisis support. For young people aged between 5 and 25, you can also call the Kids Helpline on **1800 551 800**.

## PRIVACY AND CONFIDENTIALITY

All comments and responses will be treated confidentially unless required by law. The names of individual persons are not required in any of the responses.

As the project involves a video recording:

- You will have the opportunity to verify your comments and responses prior to final inclusion.
- The video recording will be destroyed 5 years after the last publication.
- The video recording will not be used for any other purpose.
- Only the named researchers will have access to the video recording.
- It is not possible to participate in the project without being video recorded.

Any data collected as part of this project will be stored securely as per QUT's Management of research data policy.

## CONSENT TO PARTICIPATE

We would like to ask you to sign a written consent form to confirm your agreement to participate.

## QUESTIONS / FURTHER INFORMATION ABOUT THE PROJECT

If you have any questions or require further information, please contact one of the listed researchers.

Prof. Margot Brereton	<a href="mailto:m.brereton@qut.edu.au">m.brereton@qut.edu.au</a>	07 3138 8365
Mr Diego Munoz	<a href="mailto:diego.munoz@hdr.qut.edu.au">diego.munoz@hdr.qut.edu.au</a>	0422 879 050
Dr Bernd Ploderer	<a href="mailto:b.ploderer@qut.edu.au">b.ploderer@qut.edu.au</a>	07 3138 4927
Prof. Paul Roe	<a href="mailto:p.roe@qut.edu.au">p.roe@qut.edu.au</a>	07 3138 9323

## CONCERNS / COMPLAINTS REGARDING THE CONDUCT OF THE PROJECT

QUT is committed to research integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the QUT Research Ethics Advisory Team on 07 3138 5123 or email [humanethics@qut.edu.au](mailto:humanethics@qut.edu.au). The QUT Research Ethics Advisory Team is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

**THANK YOU FOR HELPING WITH THIS RESEARCH PROJECT.  
PLEASE KEEP THIS SHEET FOR YOUR INFORMATION.**