

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

**QUT Ethics Approval Number 1600001217**

### **RESEARCH TEAM**

Principal Researcher:	Margot Brereton	Principal Supervisor
Associate Researchers:	Diego Munoz	PhD student
	Bernd Ploderer	Associate Supervisor
	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 your last child has left home in the last 12 months, or you have left home in the last 12 months.

### **PARTICIPATION**

Your participation will involve three parts:

#### **1. First Interview for parent**

This part consists on an audio recorded interview at your home or other agreed location that will take approximately 1 hour of your time.

Questions will include:

1. How do you feel about “emptying” the nest?
2. What are your expectations in relation to being in touch with your child?
3. How do you see yourself making friends?

#### **2. First Interview for child**

This part consists on an audio recorded interview at your home or other agreed location that will take approximately 1 hour of your time.

Questions will include:

1. How do you feel about leaving home?
2. What are your expectations in relation to being in touch with your parent?
3. What activities did you do with your parents?

### **3. Diary Study for parent**

In this study in which you will be asked to perform different activities and log your thoughts and impressions in a diary. Activities will be selected based on the preliminary results from the interview mentioned above.

Potential activities include:

1. Review your family photos and select between 5 and 10 photos that are the most important for you.
2. Join a Meetup.com group of your interest and attend a meeting.

### **4. Follow-up Interview for parent**

After the diary study, there will be a follow-up interview to clarify some answers. It will take approximately 1 hour of your time.

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 study. 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 \$50 Essentials Woolworths Gift Card.

### **RISKS**

The research team believes that the only risks for you would be to feel uncomfortable or embarrassed during the interviews or the field study, because you would have to share personal information or perform an activity related to your personal life. However, your participation is completely voluntary, you will be informed of the topics that will be discussed during the study. If you feel uncomfortable with the study at any time, you can withdraw from participating.

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.

## **PRIVACY AND CONFIDENTIALITY**

All comments and responses will be treated confidentially unless required by law.

As the project involves an audio recording:

- You will have the opportunity to verify your comments and responses prior to final inclusion.
- The audio recording will be destroyed 5 years after the last publication.
- The audio recording will not be used for any other purpose.
- Only the named researchers will have access to the audio recording.

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 (enclosed) 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 researchers listed below.

Professor 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
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## **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.**