



KEEPING IN TOUCH

If at any time you have any questions the STARS team can be contacted in the following ways

Phone: 0477 247 361

Email: STARS@thekids.org.au

If you or anyone in your family has been affected by the information contained in this brochure, please feel free to contact the STARS Team or www.blackdoginstitute.org.au for support.

ANY CONCERNS?

The conduct of this study at Joondalup Health Campus and The Kids Research Institute Australia has been approved by the Ramsay Health Care WA|SA Human Research Ethics Committee (RHC WA|SA HREC).

If you have any concerns or complaints about the ethical aspects of your participation in this study, please contact the RHC WA|SA HREC Executive Officer on (02) 9433 3854, or email: RamsayHREC.WA-SA@ramsayhealth.com.au and quote project number 2025/ETH/0002. Any complaint you make will be treated in confidence, investigated by an independent party, and you will be informed of the outcome.

BACKGROUND TO STARS

This project has received government funding to conduct this research through the MRFF Chronic Neurological Conditions grant.



CHIEF INVESTIGATOR in WA:

Professor Desiree Silva
Paediatrician

- Joondalup Health Campus
- The Kids Research Institute Australia
- The University of Western Australia



**Strengths-based, Tiered, Accessible,
Resources and Supports for Kids.**

Participant Information BROCHURE



THE AIM OF THE STARS STUDY

The STARS study is designed to support child development, parental mental health, and psychosocial needs in families with children aged 6 months to 3 years through:

- Early identification of need for support for parents/carers and children.
- Help with identifying and accessing services if needed.

Your participation will help us understand what is good about the current support systems and what can be improved to help families with young children thrive and reach their full potential.

We will also be doing an economic evaluation of the STARS model to compare the costs and benefits, ensuring funding goes towards programs that make the biggest positive impact for families.

WHO CAN BE INVOLVED?

Anyone fitting the below criteria:

1. Families living in the City of Wanneroo, with a child aged 6 months to 3 years old.
2. Parents/carers aged over 18 years.
3. Ability to understand and provide informed consent to the study.

WHAT DOES PARTICIPATION INVOLVE?

If you are interested in the study and have read the Participant Information Brochure, we will ask you to sign a consent form to agree to participate.



If you agree to participate, you will be asked to complete a set of questionnaires which takes approximately 20 minutes. A similar questionnaire set repeats every 6 months for 2 years.

There are 2 participation groups, and you will be randomly selected for either:

- **Enhanced Usual Care Group:** In this group your completed questionnaires are stored by our team and we provide assistance for families in the form of infographics with general advice.
- **STARS Intervention Group:** In this group your completed questionnaires will be reviewed by our team of researchers and allied health professionals to understand how your child is developing and whether your family might benefit from additional support. If any challenges are identified, our team will help find pathways and services to support your family.

Other opportunities you may be asked to participate in:

- As part of the study, if your child is identified as having difficulties with emotional self-regulation, you may be invited to complete additional questionnaires and will receive access to a specialised parenting video program.

- A limited number of participants and service providers will be invited to complete a recorded online interview with a researcher to review their experiences with the STARS for Kids program at the 12- and 24-month time points. Information will be deidentified and once the interview has been transcribed the recording will be deleted. Parents/carers will be paid for participation in the interviews.

PARTICIPATION IS VOLUNTARY

Participation in STARS is voluntary. If you do not wish to take part, you do not have to. If you decide to take part and later change your mind, you are free to withdraw at any time.

WHAT ARE THE BENEFITS OF PARTICIPATING?

The information and assistance you receive from the STARS study is designed to benefit your family's health and wellbeing and may provide access to support and services that are otherwise hard to find or engage with.



As a thank you for your participation, we will send you a \$20 Coles gift voucher every timepoint you complete your questionnaire set.

HOW TO PARTICIPATE

Scan the QR code below to submit your expression of interest:



WHERE WILL MY DATA BE STORED?

Data will be stored on secure servers at **The Kids Research Institute Australia**. The servers are in a secure building and access is restricted to a few named individuals. Your identifiable data are accessible only to specified members of the data management team.

CONFIDENTIALITY

All information obtained in this study will be confidential. However, please note that researchers may disclose information to relevant personnel if a risk of harm is identified.

Your information will be used to inform health-related research, prepare research articles and reports for our research group. The study will be conducted in accordance with Good Clinical Practice (ICH-GCP) guidelines and all staff completed and signed confidentiality agreements.

WITHDRAWAL

If you withdraw from the study, we will keep your information unless you request your records to be destroyed. Your signed consent and withdrawal forms will be kept as a record of your wishes. Destruction of records will prevent any further use, but your data cannot be removed from analysis that has already been completed.

