

Informed Consent Form (ICF)

Last update: 01/15/2024

Approval by the human subject's protection review board (Research Ethics Committee):  
04/24/2024

## FREE AND INFORMED CONSENT FORM

Please, after reading this Consent Form, click on “I AGREE to participate in the survey” to continue. If you do not wish to continue participating, click on “I DO NOT agree to participate in the survey”.

We invite you to participate in the research study “Evaluation of an online intervention to promote parental well-being and child development,” led by researcher Dr. Patrícia Alvarenga. The specific objective of this study is to evaluate the effects of an online intervention to promote parental well-being, parenting practices, and child development in families with children aged 3 to 6 years. Your participation is voluntary. Parents will be randomly divided into two groups. Parents in the first group will participate in weekly online activities, each lasting 45 minutes, for 10 weeks. Parents in the second group will participate in weekly online activities, each lasting 45 minutes, for 10 weeks and will also have a weekly videocall with a psychologist, each lasting 30 minutes. The third group will wait until the research is completed to begin participating in the weekly online activities. The objective will be to discuss some issues that may influence the well-being and parenting practices of mothers and fathers of children aged three to six years. Parents will also participate in two individual interview sessions, before and after the online sessions, which will be scheduled with the researcher and will last approximately 2 hours. Parents in the third group will have the first interview after accepting taking part in the study and again three months after the first interview. The risk associated with participating in the research relates to the possibility of experiencing psychological discomfort (sadness or distress) if any topic discussed in the online session, video call, or interview evokes negative memories. If this occurs, the participant may discontinue their participation in the research and may be referred for psychological support at free psychology services in the city of Salvador-BA. If these services are unavailable, the researchers commit to providing psychological care for the participant through the psychologists of PARAPAS: Research Group on Socio-Emotional Development in Childhood Parenting, via the extension project Behavioral and Cognitive Psychotherapy for Adults and Children, coordinated by Professor Dr. Patrícia Alvarenga, at the Institute of Psychology and Social Services (IPS) of the Federal University of Bahia (UFBA). Another risk associated with participating in the research concerns limitations regarding the use of a virtual environment. Regarding the benefits, this study will allow for the

evaluation of an online intervention to promote the well-being of parents of children aged three to six years. The results of the evaluation will serve as a basis for the implementation of the intervention in future studies and/or new contexts. Furthermore, it is expected that the mothers and fathers who participate in the study will show higher levels of well-being and parenting practices that favor the development of their children. Your participation is of interest to the research because, as a parent of a child aged between three and six years, you can help identify factors that influence the well-being and parenting practices of parents of children aged three to six years. Therefore, your participation is of great importance to the development of the research. If you agree to participate, you will contribute to the evaluation of the effects of an online psychological intervention to improve the subjective well-being and parenting practices of mothers and fathers of children aged three to six years. If, after consenting to your participation, you decide to withdraw your consent, you have the right and freedom to do so at any stage of the research, whether before or after data collection, regardless of the reason. If you decide to withdraw from the research, simply send a text message or call (71) 99289-4437 stating that you have decided to withdraw. You will receive a message confirming your withdrawal from the research. In case of withdrawal, there will be no prejudice to the participant. You will not incur any expenses nor receive any remuneration for participating in the study. Upon completion of the research, the researcher undertakes to deliver a copy of the study to the Municipal Health Department and participating public schools in the city of Salvador and to present the research results in these locations. After completion by the participants, the researcher will download the research data and instruments used, which will be stored on an external hard drive by Prof. Dr. Patrícia Alvarenga for a period of five years. After storage on the hard drive, any records on the internet will be discarded. After 5 years, the hard drive recordings will also be destroyed. The data may be published in scientific papers, but your identity will not be disclosed and will remain confidential.

For any further information, you may contact the researchers by telephone (71) 3283-6433 and, if you prefer, you may contact the Research Ethics Committee of the Institute of Psychology (CEP-IPS) of the Federal University of Bahia (UFBA), at Rua Aristides Novis, 197, Estrada de São Lázaro, CEP 40210-730, [Salvador](#) -BA , telephone (71) 3283-6437, via email [cepips@ufba.br](mailto:cepips@ufba.br). In case of doubts regarding the ethical aspects of this study, you may consult the RESEARCHER: Prof. Dr. Patrícia Alvarenga, ADDRESS:

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SECTOR: Superintendence of Institutional Evaluation and Development (SUPAD),  
PHONE: (71) 3283-6433 / E-MAIL: [palvarenga66@gmail.com](mailto:palvarenga66@gmail.com); Research Ethics  
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POST-INFORMATION CONSENT: I have been informed about what the researcher  
wants to do and why they need my collaboration, and I understand the explanation.  
Therefore, I agree to participate in the project, knowing that I will not be remunerated for  
my participation and that I can leave whenever I want. This document is issued in  
duplicate, with one copy for each of us.

☐ I AGREE to participate in the survey.

☐ I do NOT agree to participate in the survey.