Child Study Lab / Courtney A. Lewis
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Dear Potential Research Participant,

Thank you for your interest in this research study. This project is studying a brief format of Parent Child Interaction Therapy or PCIT. PCIT has been used for over 20 years and is a well established treatment for parents with young children who display problem behaviors such as aggression, disobedience, and hyperactivity. Traditionally parents work with their PCIT therapist for an average of 15 weeks. This study is examining a shorter version of PCIT.

Parents who participate will be involved in the project for approximately 3 months. Below are brief descriptions of the screening, treatment, and follow-up phases included in this project.

Screening Phase: The screening phase is a one week period where we collect information from you to see if our program would be a good fit for your family. During this phase you will answer questions about your child's behavior, observe your child's behavior at home, and come to the Child Study Lab located at UF/Shands for a 1.5 hour assessment. During this appointment you will review and complete a full informed consent.

Treatment Phase: The treatment phase is divided into two parts. During the first part you and your child will attend five, two- hour therapy sessions. These will occur during a week-long period. During these sessions you will learn and practice skills to help playtime with your child be more calm and fun. We also will teach you effective discipline strategies. After this week of treatment you will receive three weekly phone calls from your therapist. He or she will check in to see how things are going at home and answer any questions you might have. Treatment officially concludes one month following your intensive therapy week with a one-hour booster session.

Follow-Up Phase: The follow-up phase occurs during the month following your booster session. During this time we would like to keep collecting information from you about your child's behavior. This will involve you observing your child's behavior each day and filling out a questionnaire about your child's behavior each week. All of this information can be collected through a password secure website or on the telephone. The study concludes with a one hour assessment in our lab space at the end of this follow-up month.

Possible discomforts and risks associated with participation include:

- Feeling uncomfortable during sessions when practicing new skills with your child or answering questions about your child's or your own feelings or behaviors.
- Because of the study's research design, the time between the screening evaluation and the start of treatment could be as short as 1 week or as long as 10 weeks.
- This intensive and abbreviated format of PCIT has not been previously researched and may not be as effective as the traditional PCIT format.

Potential benefits to you for taking part in this research study:

- You will receive treatment for your child's behavior problems, which may benefit your child and family, although this cannot be guaranteed.

You have the right to withdraw from participation at any time and will not be penalized in any way. There will be no cost to you or your family for participating in this study. Every participant will receive a $3 parking pass at each of their assessment and treatment appointments.

If you agree to participate in this study the Principal Investigator will create, collect, and use private information about you and your health. This information is called protected health information or PHI. Your PHI may be collected, used, and shared with others to determine if you can participate in the study, and then as part of your participation in the study. Specifically, the following information may be collected, used, and shared with others:

- Information related to treatment of a mental health condition

- Questionnaires about you and your child as completed during the phone screener, pretreatment assessment, and post treatment assessments

- Videotaped interactions between you and your child

- Videotaped treatment and assessment sessions

- Records regarding study treatment received

If you have any questions or concerns regarding participation in this study please contact the Principal Investigator, Courtney A. Lewis via email ingalls@phhp.ufl.edu or telephone (352) 273 – 5238.

If you have any questions regarding your rights as a research subject, please call the Institutional Review Board (IRB) office at (352) 846 -1494

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Courtney A. Lewis, M.S.
Principal Investigator