



Invitation to Adolescents Grades 10 and 11 and Their Parents!

Adult Development and Health Lab at UBC

Capturing and Inspiring Growth ...



Who

All adolescents in grades 10 and 11 (aged approximately 15 to 17 years) and the parents they live with.

When

October, 2011 to June, 2012

Purpose of IDEA (Identity Development and Emotions in Adolescents and their families)-Project

This research project was designed by Drs. Christiane Hoppmann (UBC) and Carsten Wrosch (Concordia University) to better understand the identity development and daily emotional experiences of adolescents and their families.

Interested?

Please contact us under 604-822-3549, ideastudy@psych.ubc.ca, or visit us under <http://ideastudy.psych.ubc.ca/>

Goals - By asking family members to complete brief daily questionnaires on iPod Touches, we hope to get a detailed picture of how emotions change throughout the day, how emotions travel between family members, and finally, how daily emotional experiences are related to growth and development.

Time Commitment - Should you choose to participate in this study, you will be asked to complete some internet questionnaires where we will ask you questions about yourself, your relationships, your goals, and your well-being. We will then schedule a meeting where we will teach you how to use the i-Pod. Then, for one week, we will ask you to complete 5-minute questionnaires 4 times a day on the i-Pods that we will provide. The schedule of the questionnaires is flexible, to minimize any classroom disruption. At the end of the week we will meet with you to collect the study materials and ask you to complete some additional online questionnaires. At 6 and 12 months there will be a follow up session with some final online questionnaires. This study will take approximately 6-7 hours of your time in the first part, and approximately 1 hour at each follow up. For more information please see our website.

Incentives - To show our appreciation for your participation in this study, each family member will receive a gift card to a local retailer (of your choice) valued at \$75. This will be given at the end of the first study phase. For each completed follow-up assessment, we will send you \$20 gift cards. We also have lotteries of small gifts at regular intervals during the study. We will ask you at the end of the first study phase if you would like to enter your name for the lottery.