



March 2<sup>nd</sup>, 2020

**Subject: Parental consent – Participation in the COMPASS-Québec study**

---

Dear parent,  
Dear guardian,

Your child's school, **Riverside Regional School**, has been chosen to take part in the 2019-2020 COMPASS Survey. COMPASS is a study targeting high school youth across Canada (Quebec, Ontario, Alberta, British Columbia, Northwest Territories, Yukon and Nunavut) that will be repeated annually for several years to come. The Public Health Authorities of the Capitale-Nationale, in collaboration with researchers from Université Laval, will therefore ask students to complete a questionnaire about health and health-related practices. Participation in the study is voluntary. The questionnaire covers several health-related themes such as physical activity, diet, smoking, mental health, alcohol and drug use and bullying. Youth ages 14 and older are also invited to answer questions about sexual health.

The data collected will provide a better understanding of the health needs of youth of the school and in the region. The questionnaires are anonymous and the answers provided are confidential. Students will return their completed questionnaire in a sealed envelope. Only researchers will have access to the data. Both the school board and the school administration have approved the study within your child's school.

**Please read the details below and decide if you want YOUR CHILD to take part.**

**Project Details**

- The COMPASS study will help the Public Health Authorities, the school and the researchers develop programs and activities to improve the health of young people and reduce health risks.
- The study will contribute to a better understanding of the elements that foster a healthy and active school environment. This understanding will benefit students directly.
- Your child's school will receive, in the weeks following the survey, feedback in the form of a comprehensive report on the health and health-related practices of the school's students. The report will include suggestions for promoting the health of students in the school.
- Your child will not receive direct benefits for participating in the study
- **The questionnaire will be completed in class on March 31<sup>st</sup> 2020.** The time required to complete the questionnaire is approximately 45 minutes.

- To our knowledge, there is no risk associated with a participation in this study. A contact person, identified by the school's management, will be able to receive your child if he feels discomfort after participating in the study or if he feels questioned by certain questions.
- To learn more about the study or to obtain an electronic version of the questionnaire, please contact Ms. Anne Avril, Research Agent of the study in Quebec ([anne.avril.ciusscn@ssss.gouv.qc.ca](mailto:anne.avril.ciusscn@ssss.gouv.qc.ca)).
- For more information on the COMPASS study, you may also visit the study website [www.compass.uwaterloo.ca](http://www.compass.uwaterloo.ca).

## **Confidentiality**

Your child's name will not appear on the questionnaire at any time. The answers are therefore entirely confidential and private. Neither the school nor the Public Health Authorities nor the researchers have personal information on the children answering the questionnaire. The results of the study will only be reported globally for a given group. We will provide your child's school with a report that will include details on the health of students in the school, in Quebec and in Canada.

Only authorized persons, members of the research team, will have access to the questionnaires. The answers will be digitized and the data entered electronically. Electronic data containing no personal identifiers will be stored for a minimum of 7 years in secure computer servers. The original questionnaires will be kept for 7 years at the University of Waterloo, which is leading the COMPASS project.

## **Consent - Assent**

You may refuse your child's participation in the study without prejudice. A student will not participate in the study if his parent or guardian decides so. The classroom teacher will only provide the questionnaire to students who have permission. Students that do not have permission will work silently on other work decided on by their teacher. Your child may also refuse to participate in the study without prejudice. A student may decide not to participate in the study despite parental permission. Finally, each student is free to withdraw from the study at any time and is not required to answer questions if he or she does not wish to.

If you do **NOT** want your son/daughter to take part or if you have any questions about the survey, please contact Anne Avril by e-mail at [anne.avril.ciusscn@ssss.gouv.qc.ca](mailto:anne.avril.ciusscn@ssss.gouv.qc.ca). Please include:

- Your name;
- Your child's name;
- The name of your child's school, and;
- Your child's grade (Secondary 1, Secondary 2, etc.).

## **Contacts**

If you experience a problem which you believe is related to your child's participation in the study, you can contact the principal investigators, Dr Slim Haddad, or their team members at the following telephone number: 418 661-5666, extension 5157.

If you have any complaints or comments, you can contact the Service Quality and Complaints Commissioner of the *Centre intégré universitaire de santé et des services sociaux (CIUSSS) de la Capitale-Nationale* :

2915, avenue du Bourg-Royal, Québec (Québec) G1C 3S2  
Telephone : 418 691-0762 : Toll Free : 1 844 691-0762  
Fax : 418 643-1611  
E-mail : [commissaire.plaintes.ciusscn@ssss.gouv.qc.ca](mailto:commissaire.plaintes.ciusscn@ssss.gouv.qc.ca)

### Monitoring of ethical aspects

The *Comité d'éthique de la recherche sectoriel en santé des populations et première ligne du CIUSSS de la Capitale-Nationale* approved this study and ensures its annual follow-up. In addition, it will approve, in advance, any revisions or modifications to this document and the research protocol.

If you have any questions about ethics, your rights or the conditions under which your child is involved in this study, you may contact the Research Ethics Board Coordinator at 418-821-1746 (Project : 2016-2017-24-MP).

Thank you for reading this information. If you would like more information about this study, please contact Anne Avril, Research Agent of the COMPASS Study in Quebec, by e-mail, at [anne.avril.ciusscn@ssss.gouv.qc.ca](mailto:anne.avril.ciusscn@ssss.gouv.qc.ca), or visit the website [www.compass.uwaterloo.ca](http://www.compass.uwaterloo.ca).

Please accept our best regards,



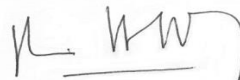
---

Anne Avril  
Research Agent  
COMPASS-Québec



---

François Desbiens  
Director of Public  
Health



---

Slim Haddad  
Principal Investigator



---

Richard Bélanger  
Principal Investigator