

## Summary of key information

We would like to ask you to let us contact you to tell you about a research study called E-SEE. This leaflet gives you some more information about the research and what it would mean for you.

If you agree to give us your contact details you are not signing up to anything. You will be given lots more information and have the chance to ask questions before we ask you to join the research project.

At this time we are only asking if we can contact you to tell you about the research project.

**THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION AND FOR CONSIDERING TAKING PART IN THE E-SEE STUDY**



## Who can I contact if I want to discuss the project or have a question?

Please feel free to contact any of the people listed below if you would like to find out more or discuss the E-SEE study:

Nicole Gridley (Trial Co-ordinator):  
Tel (01904) 328152

Sarah Blower (Trial Manager):  
Tel (01904) 328107

Email: [e-see@york.ac.uk](mailto:e-see@york.ac.uk)

**Visit our project website:**

<http://e-see-trial.org/>

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**Enhancing Social-Emotional Health and Wellbeing in the Early Years**  
**(The E-SEE Project)**

**Are you a parent or co-parent of a baby less than two months old?**

**Would you like to take part in a study that will shed light on the best ways to help support families and to give babies the best possible start in life?**

**If so, you could take part in the Enhancing Wellbeing (E-SEE) study.**

**Please read this information leaflet to find out more.**



**National Institute for Health Research**

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## What is the E-SEE project?

The E-SEE study will find out if a new form of support for parents called the Incredible Years programme benefits the wellbeing of parents and their babies. We are interested in finding out whether this new programme is more helpful than services that are already available to families in your area.

To find out if it does make a difference we will look at the progress of families who receive Incredible Years and compare that to the progress of families who receive the usual care available to them in their local area.

The study will look at whether there are benefits for both parents and their babies but we are especially interested in whether the new programmes have a positive influence on social and emotional aspects of child development - that's why we called it the 'E-SEE' study (Enhancing Social and Emotional health and wellbeing in the Early years).

We hope that findings from the E-SEE study will be used to make sure that the right kind of help is available to families in order to support parents and to give children the best start in life.

## What will happen now?

If you agree to sharing your contact details or are interested in hearing more about the study please complete the invitation form and return to the research team. After this a researcher will telephone you within a week to make an appointment to come and talk to you about the study and answer any questions you may have. At this point you are not signing up to be in the study - just agreeing for someone to tell you more about it. After this talk you can decide if you want to be part of the study.

## What would I have to do?

If you join the study, whether or not you receive the Incredible Years support, we would like to visit you and your child at home (or somewhere else if you prefer) four times between now and your baby's second birthday. Each time we visit we will ask you to complete some questionnaires and may film you playing with your baby for 3 minutes. We will also ask the person with main parental responsibility if we can look at their and their baby's medical records - this is optional and does not affect whether you will be able to take part in the research.

If you are in the group that is offered Incredible Years you will receive:

- A copy of the *Incredible Years Babies Book: A Guide and Journal of your Baby's First Year*.

You may also be offered a place in one or both of the following parenting support groups:

- *The Incredible Years Parents and Babies programme*
- *The Incredible Years Parents and Toddlers programme*.

Some families will not be offered Incredible Years and will instead carry on as normal using services available to them locally. The reason for this is because we do not know whether or not these new Incredible Years programmes are any more beneficial for parents and babies than these existing services. If you are in the group that does not receive Incredible Years you will still play a very important role in the study. It is important that you understand that you will not be able to choose which group you will be in.

## What are the good things about taking part?

Through taking part in the E-SEE study you might learn new parenting skills, which could in turn improve the future health and wellbeing of your child. Even if you don't receive the Incredible Years programme you will be helping us to answer an important question about whether or not it has any benefits over and above existing local services. The results of this research may also help to improve family and children's services for other families like yours both in your area and across the country.

## Will my taking part in this study be kept confidential?

Yes. All of the researchers involved in this study have a duty of confidentiality to you and we are not allowed to tell people who are not involved in the research about you and your family. Your personal contact details (i.e. your name, address, telephone numbers) will be kept separately from other information we collect.

## Expenses and payments

The families who take part in our study are hugely important to us and we are very grateful for their help. As a thank-you for completing questionnaires, you will be offered vouchers to spend on you or your baby in high-street shops:

- A £10 voucher when you complete the first set of questionnaires
- £15 at the second visit
- £20 at the third visit
- £25 at the fourth and final visit.