Mental Toughness and Positive Youth Development in Youth Sport

Information Sheet – Footballer

**Purpose of the Study:** To explore developments in mental toughness among youth Australian footballers and its links with positive youth development.

**Procedure:** You are invited to complete a survey that will ask you about your experiences in Australian football. Some questions will ask you how you typically think, feel and behave, whereas others are about those experiences created by your coach. The survey should take approximately 30 – 40 mins to complete. You have two options for completing the survey: (i) complete a hardcopy (obtained from Dr Daniel Gucciardi) or (ii) go to the web address below:

[www.surveymonkey.com/s/CMMTPZJ](http://www.surveymonkey.com/s/CMMTPZJ)

As we are interested in examining changes over a 3 year period, you are also invited to participate in future survey collections. However, you may decline future invitations without prejudice or negative treatment.

**Confidentiality:** Survey responses will be stored in a locked office on a password-locked computer accessible only by Dr Gucciardi. The results of the study may be published in academic journals and presented at conferences in which case your identity will be protected. If you provide your name and contact details, we will substitute these details with codes so that your responses and personal information cannot be linked.

**Risks and Benefits:** Although there are no known physical, psychological, economic, or social risks associated with participation in this study, appropriate support (e.g., counselling) will be offered should you experience any unusual discomforts. All participants will be provided with a summary of the study’s results upon request.

**Consent:** You are free to withdraw your consent at any time for any reason, and you do not need to justify your decision. Refusal to participate or withdrawal from this study will in no way affect participants’ treatment on their team or within their sport organisation. Your participation in the study is voluntary and does not prejudice any right to compensation.

**Further Information:** This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council’s guidelines. You are of course free to discuss your participation in this study with Dr Daniel Gucciardi (07 3346 9996). If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 07 3365 3924.

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Purpose of the Study: To explore developments in mental toughness among youth Australian footballers and its links with positive youth development.

Procedure: As a participant, your child is invited to complete a survey containing questionnaires that assess mental toughness, youth experiences, motivational climate, and emotional states. There will be specific instructions for completed each section of the survey, and we ask that your child completes these items as honestly as possible. The survey should take approximately 30 – 40 mins to complete. Please ensure that your child allows enough time to complete the survey in one sitting. Your child has two options for completing the survey: (i) complete a hardcopy (obtained from Dr Daniel Gucciardi) or (ii) go to the web address below:

www.surveymonkey.com/s/CMMTPZJ

Your child is also invited to participant in future assessments over a 3 year period (2010-2012) in which s/he will complete the current survey at the beginning and end of the competitive season; however, your child may decline future invitations without prejudice or negative treatment.

Confidentiality: Any information about your child that is obtained in connection with this study will remain confidential and will be disclosed only with his/her written permission. However, the results of the study may be published or revealed to other people in a way that will not identify your child. Completed surveys will be used for data analysis then safely and securely stored at the School of Human Movement Studies in a locked office and password only accessible computer. The research seeks to include participant’s data in a database that will ensure both confidentiality and anonymity. Only individuals volunteering to participate in follow-up surveys will provide their name and email address or phone number; however, identifiable information will be substituted with codes during data entry so that your child’s responses and personal information cannot be linked.

Risks and Benefits: Although there are no known (physical, psychological, economic, or social) risks associated with participation in this study, appropriate support (e.g., counselling) will be offered should any unusual discomforts arise. All participants will be provided with a summary of the study’s results upon request.

Consent: The study will be carried out in a manner conforming to the principles set out by the National Health and Medical Research Council. Your child is free to withdraw his/her consent and discontinue with his/her participation at any time for any reason and s/he does not need to justify his/her decision. Refusal to participate or withdrawal from this study at any time will in no way affect participants’ treatment on their team or within their sport organisation. Your child’s participation in the study is voluntary and does not prejudice any right to compensation.

Further Information: This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council’s guidelines. You are of course free to discuss your participation in this study with Dr Daniel Gucciardi (07 3346 9996). If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 07 3365 3924.

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Consent Form

I have read the information provided concerning this study, and any questions I have asked have been answered to my satisfaction. I agree to participate in this activity, realising that I may withdraw at any time without reason and without prejudice.

I understand that all information provided will be treated as strictly confidential, and will not be released by the investigator unless this is required by law. I have been advised as to what data are being collected, what the purpose is, and what will be done with the data upon completion of the research.

I agree that research data gathered for the study may be published provided that neither my name, nor other identifying information, is used.

Name: __________________________________________

Signed: __________________________________________

I have read the information provided concerning this study, and any questions I have asked have been answered to my satisfaction. I agree to allow my child to participate in this activity, realising that s/he may withdraw at any time without reason and without prejudice.

Parent Name: __________________________________________

Signed: __________________________________________

Date: __________________________________________