Submission Date: June 1, 2017

Tri Council Policy Statement (TCPS 2) Tutorial Date: September 23, 2016

Most recent review of REB FAQs Date: May 30, 2017

1. RESEARCH TEAM

1.1 Research Title

CHILD AND YOUTH GENDER HEALTH PROGRAM THREE-TIER MODEL EVALUATION

1.2 Applicant (Student Researcher or Principle Researcher)

Name: Steph Drake, Student Researcher
Phone: XXX-XXX-XXXX
Email: ----------

- Note: The Student Researcher uses they/them/their pronouns throughout this proposal to reflect their affirmed gender.

Program: Doctor of Psychology in Clinical Psychology (Psy.D.) (current student)

1.3 Co-Principal Researcher(s) or Faculty Supervisor (Supervising Researcher)

Name: Dr. Vaneeta Sandhu, Supervising Researcher
Email: ----------

1.4 Research Team Members (Investigators/Second Reader/Committee Members/Consultants)

Name: Dr. Cindy Weisbart, Second Reader
Email: ----------
Affiliation: Program Director and Core Faculty, Adler University

Name: Dr. Wallace Wong, Consultant
Email: ----------
Affiliation: Psychologist, Child and Youth Gender Health Program

1.5 Research Team Experience

APPLICANT:

- The Student Researcher holds a Bachelor of Arts Honours degree in Psychology from Kwantlen Polytechnic University. Their Honours thesis was a cross-cultural study within the transgender community in Canada and Thailand in 2010, titled Transsexualism: A Cross-Cultural Comparison of Mental Distress.
- The Student Researcher has experience coding qualitative research as a research assistant for Dr. Rajiv Jhangiani from 2007-2009. Additionally, they have experience designing and

conducting a program evaluation for the BC Centre of Excellence for Women's Health IMPART Program in 2011.

- Currently at Adler University, the Student Researcher is completing their doctorate degree in Clinical Psychology. The Student Researcher has completed the Psy.D. 510 Research and Psychometric Theory class, the Psy.D. 515 Applied Research Design in Clinical Psychology class, and the Psy.D. 550 Statistics class. They have also completed a community service practicum, and a clinical assessment practicum, are in the process of completing a clinical intervention practicum, and will be completing the remainder of their coursework between September 2016-July 2017.
- The Student Researcher has experience working with transgender and other vulnerable youth in clinical, practicum, and residential settings. Additionally, the Student Researcher is an active member within the LGBT community, engaging in community events in Vancouver, B.C., and contributing to discussions on health policy changes for the transgender community.

RESEARCH TEAM:

Dr. Vaneeta Sandhu is a Registered Psychologist (CPBC #2120), holds a Psy.D. in Clinical Psychology, and is a core faculty member and training coordinator of the Doctor of Psychology (Psy.D.) program at Adler University. She has experience supervising doctoral-level dissertations and has supervised research using qualitative methodology.

Dr. Cindy Weisbart is a Registered Psychologist (CPBC #1899), holds a Psy.D. in Clinical Psychology, and is a core faculty member and program director of the Doctor of Psychology (Psy.D.) program at Adler University. She has experience supervising doctoral-level dissertations and has supervised research using qualitative methodology.

Dr. Wallace Wong is a Registered Psychologist (CPBC # 01636), holds a Psy.D. in Clinical Psychology, and is the Psychologist of the Child and Youth Gender Health Program and has worked with the transgender population in mental health for 20 years.

1.6 Research Support Members (if applicable)

The Research Assistant will be recruited from the Masters of Counselling Psychology program at Adler University. Preference will be given to a candidate with previous research experience in qualitative research and familiarity with the transgender youth community. This individual will act as a second coder to data that has already been examined and de-identified by the Student Researcher.

Statistical Support, to be determined (TBD).

2. SUMMARY OF STUDY AND RECRUITMENT

2.1 A. **Overview of Research Study (Maximum 300 words)**

Purpose

The proposed research is an evaluation of the Three-Tier Model of services utilized by the Child and Youth Gender Health Program (CYGHP) to provide mental health and transition support services to transgender youth.

Research Questions
How well does the CYGHP Three-Tier Model of services address the needs of transgender youth accessing services?

Sub questions:
1) how well have participants benefited from the services of the program?
2) what barriers to accessing services exist?
3) what additional services would be helpful to meet program participants needs?

Rationale
Transgender individuals often experience gender dysphoria (GD), or the strong, persistent distress that may accompany an incongruence between expressed or experienced gender and sex assigned at birth (American Psychiatric Association, 2013). Most transgender people recognize gender incongruity before or during puberty (Bauer & Scheim, 2015). Research indicates that transgender folk who have access to transition services and a supportive family or community have better health outcomes and mental health outcomes (Bauer, Scheim, Pyne, Travers, & Hammond, 2015; Heylens, Verroken, De Cock, T'Sjoen, & De Cuypere, 2013). Thus, preventative support services for transgender youth can greatly reduce the current rate of suicide attempts (43%) for transgender folk (Bauer, Pyne, Francino, & Hammond, 2013). Few resources exist to support mental wellness and transition support services for transgender youth and a research gap exists for approach to treatment for transgender youth. Currently, one resource for these services is the CYGHP at the Ministry of Child and Family Development - Child and Youth Mental Health (MCFD CYMH) in Newton, B.C, Canada. This pilot program operates on the Three-Tier Model of services, which includes a primary mental health clinician, assessing clinician for transition readiness, and support groups. This program has not yet been formally evaluated.

Objectives
The study will identify limitations of the Three-Tier Model and service delivery by identifying and examining unmet needs and barriers to accessing services.

2.1 B. **Summary of Research Procedures (Maximum 500 words***)*
Describe in a step-by-step manner the research procedures. The description should include the research methodology (e.g., ethnography, action, narrative, survey), rationale for utilizing this methodology, population, sampling method (e.g. convenience, key informant, snowball), group assignment strategies (e.g., random, by education level, geographic location, age), type of research methodology (e.g., ethnography, action, narrative, survey), analytic strategies, dissemination strategies.

Research Methodology & Rationale
A community-informed program-based research (CIPBR) design will be used to identify themes of personal experiences of the benefits and shortcomings of the CYGHP addressing the needs of transgender youth accessing services. With no pre-existing program evaluation of mental health and

transition support service provision for transgender youth, a qualitative study would provide a depth of exploration, providing rich information to inform future research (Canadian Institutes of Health Research (CIHR), Natural Sciences and Engineering Research Council of Canada, & Social Sciences and Humanities Research Council of Canada, 2014). A CIPBR design was chosen because it reflects the values of community-based research in that it has an orientation of inquiry that yields concrete knowledge for addressing health and social issues, enables community empowerment and capacity building, reduces power in the research process, and leads to structural transformation (Boyd, 2014; Flicker, Savan, Kolenda, & Mildenberger, 2008). This advocacy stance of the research design aims to help improve the quality of life of a marginalized community (Creswell, Hanson, Plano Clark, & Morales, 2007).

Population

Transgender youth aged 15-19 years accessing services at the CGYHP will be invited to fill out an online survey of open ended questions.

Sampling Method

Participants will be purposefully recruited through convenience and snowball sampling from within the CYGHP. Inclusion criteria are outlined to maintain typical sampling (see section 2.3).

Procedures

The Student Researcher will create a survey with Fluid Surveys and a poster with the survey link with instructions to protect confidentiality (see Appendix B and C). The poster will be shared in the youth support group and a youth from the group will upload a copy of the poster to the youth-facilitated Facebook group. The Facebook group has a private status so only youth who access the program will see the poster. A poster will be shared with primary clinicians who have transgender clients (see Appendix D). Consequently, the Student Researcher will not know who has participated in the study.

The Fluid Survey link will direct participants to a process to ensure participants meet inclusion criteria (see Appendix F). Individuals who pass the inclusion criteria check will be directed to the informed consent page (see Appendix G). Participants who agree to participate will be asked a series of questions about demographics, program involvement, about identities, and about their experiences in the program (Appendix I & J).

Analytic Strategies

After data saturation from 30-40 surveys, data will be reviewed by the Student Researcher, de-identified and transferred to a password protected Excel document. Demographic information is collected to describe the sample and qualify the experiences of participants with intersections of identities. Responses to survey questions will be coded by the Student Researcher and a Research Assistant using Atlas.ti software. A thematic analysis will be accomplished using Braun and Clarke's (2006) guidelines of six phases of coding.

Dissemination Strategies

A summary of findings will be presented to the CYMH Program Director to demarcate program success and needs for funding and additional resources upon completion of a dissertation draft. The study design and projected findings will be presented in poster format at the Canadian Professional

Association of Transgender Health in October, 2017. Full results will be submitted for oral presentation at the World Professional Association of Transgender Health in 2018 and for publication in the International Journal of Transgenderism. This study may be presented in other venues, including workshops, conferences, and lectures, as well.

2.2 References

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2.3 Inclusion Criteria

Individuals invited to participate in the study are asked if they:

- Are a transgender-identified youth between the ages of 15 and 19 years?
- Obtained an assessment with the Child and Youth Gender Health Program?
- Have an assigned primary clinician at CYMH?
- Are attending appointments with the primary clinician at CYMH?
- Are able to read and understand English?
- Are not currently experiencing a mental health crisis?
- Have access to computer or personal device and internet?

These inclusion criteria were selected because:

- A transgender-identified youth between the ages of 15 and 19 years?

Transgender youth between the ages of 15-19 years are of an age when most likely to begin medical transition and have higher engagement with multiple aspects of program services.

- Obtained an assessment with the Child and Youth Gender Health Program?
- Have an assigned primary clinician at CYMH?

Youth who meet these criteria are *current* and active members of the Child and Youth Gender Health Program. These minimums will ensure that participants will have engaged in multiple program services (i.e., contact with at least two of the three tiers within the Three-Tier Model). Participants are not required to be attending youth group so that they will not be withheld from inclusion in the study due to barriers to participation, such as geographic distance or comorbid social anxiety.

- Attending appointments with the primary clinician at CYMH?

Youth with access to a primary clinician have readily accessible mental health support.

- Able to read and understand English?

This criterion is consistent with program inclusion, as all program services are offered in English. The English reading and speaking requirement will ensure that participants can thoroughly understand the informed consent and answer the research questions. Unfortunately, it will not be possible to provide the study materials in any other languages, and so this exclusion criterion is required.

- Not currently experiencing a mental health crisis?

This criterion is meant be protective of the wellbeing of participants. Mental health crisis may include intense feelings of distress that cause a potential participant increased discomfort in their lives, recent distressing thoughts of suicide. Potential participants are asked the following question: have you felt recent distressing thoughts about suicide in the past month? (If no, continue. If yes, direct the person to contact their primary clinician, thanked for their time, and not permitted to participate).

- Have access to computer or personal device and internet?

Participants will need to access to a computer or personal device and the internet to participate so that confidentiality protected. This is not discriminatory because most Canadians have access to the internet, either in their own homes and/or in public spaces.

2.4 Exclusion Criteria

There are no exclusion criteria for this study.

2.5 Recruitment

Participants will be recruited through dissemination of a poster detailing the research and a link to the questionnaire. The poster will be offered to the youth group by the group facilitator, Dr. Wallace Wong, a registered psychologist (see Appendix B and C). The poster will be given to a youth administrator running the associated youth-facilitated private Facebook group for posting within the Facebook group (Appendix B). The poster will clearly ask individuals to not share the name any person who they are suggesting the study to or reply to the post to protect their privacy. It will also clearly ask individuals to not let the Student Researcher or anyone else know to whom they have passed the study link along to protect their privacy. The poster will also be sent by email to the CYMH clinicians for dissemination to transgender clients who may be potential participants with scripted instructions for maintaining confidentiality (see Appendix D). If anyone asks about the study, the Student Researcher will respond with the script in Appendix E.

The poster will contain the link for the Fluid Survey for those who choose to participate. Clicking on the link will direct participants to the Fluid Survey inclusion criteria check (Appendix F) where they will be thanked for their interest in the study. The research eligibility questionnaire asks participants "yes" or "no" inclusion criteria questions about whether they are between 15-19 years, whether they have an assigned clinician and are attending appointments, whether they are obtained an assessment with the Child and Youth Gender Health Program, whether they have a comorbid cognitive disability diagnosis, and whether they have recent distressing thoughts about suicide. If the participant answers "YES" to the first four questions and "NO" to the last two questions, they will be directed to the informed consent page (Appendix G). If the participant answers "NO" to any of the first four questions or "YES" to either of the last two questions, they will be advised that the study is not a good fit for them, and then thanked for their time, suggest they talk to their clinician about other ways to share their thoughts about the program, as well as offered to leave their email addresses for information about the results of the study (Appendix H).

After participants read over the informed consent, they will be asked to indicate whether they either agree or do not agree to participate. If they click "I AGREE" they will be directed to the demographics and program involvement questionnaire and survey questions (Appendix I and J) and their participation will begin. If they click "I DO NOT AGREE", they will be given the decline script and list of resources (see Appendix H).

2.6 Access to Records for Recruitment

Are you accessing records to identify potential participants?

Yes ___ No _X_

2.7 External Approvals

Outline how you will contact and then obtain external approval from institutions or organizations, including Aboriginal communities or international sites. Although approvals do not need to be included with your Application, the REB has an obligation to conduct ongoing ethical review. You may be asked to produce copies of all external approvals during the period in which you are conducting research.

- The Child and Youth Gender Health Program operates through Child and Youth Mental Health (CYMH) under the jurisdiction of the Ministry of Child and Family Services (MCFD). Permission to conduct the study has been granted by the Psychologist of the program, Dr. Wallace Wong. Additional research ethics approval may be required by MCFD to contact clinicians with transgender clients and inform them of the study. The Student Researcher will submit the approved research proposal and Adler REB application to the research approval coordinator with MCFD for review to determine whether an internal research approval and ethics process is required.

2.8 Number of Participants

How many participants do you anticipate recruiting for your Research?

- The sample size is for this research will depend on the point of data saturation (Fusch & Ness, 2015). The Student Researcher aims to include between 30-40 participants, a common mean for qualitative research and qualitative evaluation (Mason, 2010).

If part of a larger study, how many participants will be recruited overall?

- N/A

2.9 Deception:

Is deception being used in this research?

Yes ___ No _X_

3. FUNDING INFORMATION & CONFLICT OF INTEREST

3.1 Source of Funding

N/A

3.2 Restrictions on Information Disclosures

N/A

3.3 Actual or Perceived Conflict of Interest

- Do any Research Team Members or their immediate family members have past or current affiliation with an agency, institution, community, or individual that will provide assistance with recruiting sources or participants, data collection sites, participant populations or follow-up assistance for this research? This includes workplaces, volunteer organizations, practicum sites, and community-based groups.

Yes _X_ No ___

The Student Researcher is a current therapy practicum student with CYMH, and has been working with the Child and Youth Gender Health Program since May 2016, providing individual therapy, completing assessments, and facilitating groups for gender creative children, transgender youth, and their parents. Because of over 750 hours of work with this practicum site, the Student Researcher has built relationships of some degree of trust and rapport in the community – an asset in community-informed research. While they maintain duality in their role, the Student Researcher's multiple roles strengthens their background knowledge of the community and supports access to the community of interest. The Student Researcher will be maintaining their role with the CYMH and the CYGHP during the research study because stepping down from this role will have a negative impact on the community. As no student is available to replace the Student Researcher, stepping down from involvement in the CYGPH result in increased wait times for assessment and disrupted therapy and support group services for transgender youth. The Student Researcher has consulted with REB on this concern and received confirmation on May 29, 2017 that this is an appropriate choice.

If yes, please explain the relationships between Research Team Members and the agency, institution, community, or individual in question and indicate how you plan to mitigate actual or perceived conflicts of interest or dual-relationships:

The Student Researcher plans to mitigate their dual role by:

- using a confidential online survey to collect data as recommended through REB consultation on May 29, 2017.
- not discussing the research study with participants during their work as a student therapist at CYMH
- not identifying or discussing patient participation in the study with any staff, including the Psychologist who acts as Consultant for the study. If anyone asks about the study, the Student Researcher will respond with the script in Appendix E.
- keeping the study focused on the evaluation of CYGHP Three-Tier Model, using a confidential online survey to collect data.
- including in consent procedures that participants can contact the Supervising Faculty for any questions or concerns, if they are uncomfortable talking to the Student Researcher directly.
- emphasizing that participation is voluntary in the informed consent and that participants only need to share what they are comfortable sharing (see Appendix G). Incomplete surveys will still be utilized in final data analysis.
- including in consent procedures that the Student Researcher has a dual role, and will not be approaching or acknowledging the participation in the research to protect client confidentiality (see Appendix G)

- Do any Research Team Members or their immediate family members receive personal benefits (e.g. salary, overtime hours, consultant fees, or other financial gain) about this research over and above the direct cost of conducting this study?

Yes _X_ No ___

Dr. Wallace Wong, the Psychologist for the Child and Youth Gender Health Program is currently employed by MCFD for the CYMH team.

If yes, please explain and indicate how you plan to mitigate actual or perceived conflicts of interest:

The Student Researcher plans to mitigate this conflict of interest by:

- clarifying the role of this individual as a consultant to provide information on the purpose and structure of the program
- not identifying or discussing client participation in the study with this individual nor allowing this individual to view raw participant data.

4. RISK LEVEL and RISK MANAGEMENT

4.1 Determining Level of Risk

Minimal Moderate X High

Rationale: This study includes participants from two different intersections of vulnerability, in that they are legal minors and that they are transgender. Research involving minors is often considered at least moderate risk, the literature suggests that involving youth in social sciences research can be done with minimal risk and with a waiving of parental consent if the advantages of the research are warranted and ethical precautions and procedures are considered and adhered to (Stablein & Jacobs, 2011). However, given that many transgender individuals within CYGHP who are potential participants for this study also have autism spectrum disorder, the risk for this study is moderate.

Participation in this research study is meant to give voice to experiences of transgender youth within the program and empower participants to improve conditions in their lives. It is important within the context a community-informed program-based research design to incorporate principles of collaboration, power sharing, and social justice orientation to provide access to the study to all interested participants. Participants will come from a community population and will self-select based on their interest in participation. All participants, including those with autism spectrum disorder, are already participating in CYGHP services on under own consent. Furthermore, the Student Researcher has worked with the participants for the one year and has strong relationships within the program that will help reduce risk of harm to the participants. Overall, the risk of harm for participating is no greater than that encountered in aspects of the transgender youth's everyday life. While participants may be inconvenienced at filling out the survey, participation is voluntary, and they can stop participating at any time during the survey. Nevertheless, there is a possibility that some participants experience distress because of discussing these personal experiences. Strategies for managing this risk are detailed in the following section.

4.2 Description and Management of Risks

Describe what is known about the risks (harm) of participating in the proposed research and any possible vulnerability that needs to be considered. Indicate how you will address these risks. Include literature related to the risks and the management of risks if relevant. Include any information about discomfort or incapacity that the participants are likely to experience because of the research.

- Risks to participants

Participants are asked to describe a positive and negative experience within the Child and Youth Gender Health Program. In doing so, participants may experience negative feelings related to increased reflection and self-awareness or related to thoughts of mental health challenges.

- Management of risks

The Student Researcher will manage these risks with the following strategies:

- Ensuring confidentiality so that participants' reactions and responses to the study will not leave them feeling exposed and isolated should negative feelings arise due to personal experience with aspects of the survey.
- Asking potential participants about their mental health status and contact with mental health clinician to protect participants who may be particularly vulnerable to experiencing distress during participation. Potential participants are checked twice: first on the poster inviting participants to the study and second on the research eligibility questionnaire prior to consenting to the study.
- Potential participants with high vulnerability will be thanked and declined participation in the study. All participants, and those who are not invited to participate due to concerns about their mental health, will be encouraged to speak to their mental health clinicians and provided with a list of local resources for mental health support outside of the CGYHP (see Appendix H).
- The informed consent form (Appendix G) also advises participants of the types of information they will encounter in the study ahead of time. The informed consent advises participants that they only need to share what they feel comfortable with. Incomplete surveys will still be utilized for data analysis. The informed consent form also suggests that if the participant chooses to participate, and begins to experience negative feelings, they may take a break from answering questions and come back to the study, or they may withdraw their participation with no consequences.
- Participants will be given the option to waive their right to confidentiality by completing the survey with a trusted support. Some participants who chose to participate may have comorbid mental health diagnoses, such as depression, anxiety, or autism spectrum disorder. These individuals may have increased vulnerability to experiencing negative feelings, due to having experienced negative social interactions related to mental health status or due to lower coping skills for negative feelings. Thus, participants are reminded of the option to have a trusted support present while they complete the survey if they choose in order to help the participant to understand questions and support the participant cope with any potential negative feelings that may arise.

- Participants will be specifically reminded in the informed consent process and at the end of their participation that they can withdraw at any point before submitting their responses.
- Participants who complete the survey will be given a list of resources information and encouraged to talk to their mental health clinician if they feel distressed because of participation in the study (see Appendix L).

4.3 Anonymity and Confidentiality

If you indicate that you are collecting anonymous or anonymized data online, how you are ensuring the anonymity of participants?

N/A

Are you collecting information or data that can reasonably be expected to identify participants? If so, how will you protect participants' confidentiality both during (collection and use of information) and after (dissemination of results) the research study?

The following are processes for ensuring confidentiality of participants using the online survey:

- The online survey format (Fluid Surveys) does not collect IP addresses or email addresses of participants in surveys hosted on their website. Additionally, all data is stored on a Canadian server. Once participants submit their responses, the data cannot be retrieved.
- Recruitment will take place via poster which contains the link to the Fluid Survey so that no one, including the Student Researcher, will know who accesses the link and participates in the survey. Individuals passing on the poster are asked not to inform the Student Researcher of who is receiving the poster. Interested participants are asked to not tag or share the name anyone in response to the link, and are asked to not respond to the post at all.
- Participants are informed that they may be identifiable by the Student Researcher due to the information they place on the survey, but that the Student Researcher will protect the confidentiality of the participants by not speaking to anyone or sharing results in a manner that would identify the participants. Participants given the option to opt out of having their survey responses included in quotation in the final research write up to further protect confidentiality, if desired.
- All interested individuals are offered to submit their email to the researcher to receive a summary of the results of the survey on a page separate from all other aspects of the survey. Both participants and nonparticipants, or those interested individuals who do not meet inclusion criteria and are declined participation in the study, or do not give consent to participate on the consent form, submit their email addresses in the same place so the researcher cannot readily identify who has or has not participated in the study. All individuals are informed that email addresses are not connected to responses in the survey in the consent form and on the email submission page.
- Participants are advised that the Student Researcher may recognize the participants from what they write, but that the Student Researcher will keep their identity confidential.
- Participants will be advised that the researchers may know they have participated in the study if they contact any of the researchers via email, however their contact info will be

separate from their submitted data. They will also be advised that their contact information will be kept confidential.

How will you ensure that participants cannot be identified or re-identified through demographic data and/or direct quotes and/or participant descriptions (e.g. job description) in any dissemination of your research (including thesis or dissertation)?

- The Student Researcher will review and de-identify responses before they are seen by the remainder to the research team. De-identification means removing any names or titles that would identify the participant or other individuals within the program.
- The Research Assistant will only see responses to the survey questionnaire and will not see responses to the demographic questions.
- Demographic questions are utilized to separate youth responses and examine the research questions in terms of intersectional identities. Reporting of results will only be in a general format and in aggregate. Any direct quotes will be selected only if they do not contain specific information that would identify a participant.
- Participants given the option to opt out of having their survey responses included in quotation in the final research write up to further protect confidentiality, if desired.

What, if any, limits to confidentiality are considerations in your research, what is your rationale for including them, and how will they be communicated to participants?

- The transgender population is such a small population that any information being collected may potentially identify individual participants (http://www.universityaffairs.ca/news/news-article/another-case-involving-research-data-confidentiality-hits-courts/).
- Participants will be advised that specific and unique information about their transition or experiences in the program may make them identifiable to program members. Participants are advised in the consent form that the Student Researcher may recognize them based on their responses, but will keep confidential that they have been involved in the study.
- Participants will be advised that the researchers may know they have participated in the study if they contact any of the researchers via email, however their identity will be kept confidential. Furthermore, their contact info will be separate from their responses on the survey. They will also be advised that their contact information will be kept confidential.
- Participants will be given the option to opt out of having their survey responses included as quotations in the final research write up to further protect confidentiality, if desired.

4.4 Benefits

The benefits to participation include:

- Having an opportunity to evaluate services: A survey gives participants the opportunity to express their views and indicate their level of satisfaction with services provided by the CYGHP.

- Making changes to the program: By participating in the study, participants can provide suggestions for improvements to the program. By evaluating the results of the study, the

program director and administrators can make decisions around programmatic needs and allocation of resources to improve the quality and efficiency of care for transgender youth. Participant views may inform potential changes made to the CYGHP. The program director may also make informed decisions around clinical interventions with program participants, based on participant responses.

- Advancing research to improve services for transgender youth: The results of this study will contribute to the very limited existing literature mental health and transition support service provision for transgender youth. The literature will enhance the field and help professionals provide improved services to transgender youth in other areas of Canada by highlighting the importance of preventative services rather than crisis management for transgender youth, providing a model of services for similar programs, and revealing best practices for supporting transition for transgender youth in a Canadian context. It will justify future funding support for this program to increase program resources, reduce wait times, and expand the program service area so more transgender youth can access these services. It can also provide a foundation for future quantitative outcomes for transgender youth and their families in transition and inform a future client satisfaction survey.

4.5 Peer Review

N/A

5. PARTICIPANT INFORMATION AND CONSENT PROCESS

5.1 Sites for Study

- Participation in the study will take place entirely online, wherever participants choose.

5.2 Time Requested of Participants

How much time will each participant be asked to dedicate to the research study?

- The amount of time all participants will be asked to dedicate to this research study is approximately 15-20 minutes in total, which includes reading and responding to all study materials.

5.3 Reimbursements and Incentives for Participation

N/A

5.4 Assessment of Capacity

A. **Initial assessment of capacity for the purposes of informed consent**
Will every participant have the capacity to give fully informed consent on his/her own behalf?

Yes _X_ No ___

Rationale:

According the Canadian Tri-Council Policy Statement (2nd Edition), individuals who can understand the information presented and appreciate the potential consequences are able to participate in the research (CIHR, 2014). Youth who are participants in the program have been determined by an intake clinician to have the capacity to understand the risks and benefits of services and the limits of confidentiality, so CYMH does not legally require their parents' permission for service (Ministry of Children and Family Development, n.d.). Consequently, youth who are involved in the program have already been be deemed to have to capacity to consent on their own behalf for health purposes and can be considered eligible to consent to participate in the study as a mature minor (Infant's Act, 1996).

Regarding seeking parental consent as an authorized third party for vulnerable prospective participants, Clark and colleagues state that "this requirement is a barrier to many youth who have parental/guardian relationships that are strained, non existent or abusive and exploitive" (Clark, Hunt, Jules, & Good, 2010, p. 249). Some transgender youth under the legal age of majority might live in circumstances where parental knowledge of their transgender identity could pose potential risks. For others, strained family relations may mean that the very task of obtaining parental consent could be a barrier to their participation. In the case of the proposed research population, the use of parental/guardian consent may pose a barrier to participation. This would be particularly salient for transgender youth who do not have positive relationships with their parents and transgender youth who do not live at home or live in government care. Including these voices is essential, as a transgender youth with negative parental relationships may illuminate unique transition and support-related needs and experiences. In addition, they may have more to benefit from a consciousness-raising, community-based study on a topic that impacts them.

Proposed participants are between 15 and 19 years of age (Grades 9 through 12). This study would seek to obtain informed consent directly from these youth survey respondents (see Appendix G). Precedent exists for this in a Canadian research context. In 2015, a large-scale study collected web-based surveys from youth between the ages of 14-25 years obtaining direct consent (i.e. without parental consent) (Veale et al., 2016). This study explored a topic similarly sensitive to that in the proposed study: the health context, challenges, and resiliencies of transgender youth in Canada. It received approval from University Research Ethics Boards from University of British Columbia, University of Winnipeg, and Dalhousie University. In the United States involving transgender youth aged 14-22 years, utilized surveys and focus groups for examining barriers for gender-affirming treatments in multi-disciplinary gender clinics (Gridley, et al., 2016).

In addition to the above-mentioned precedent, further reasoning supports obtaining direct consent from minors above the age of 14 years. First, the data collection method of an online survey will maximize participant privacy and confidentiality. These will be furthered by completing the survey in a private place, such as on a home or personal computer, or smart phone. Additionally, while the information presented in the survey is sensitive, it is unlikely to be outside of the everyday experiences of transgender youth. When working in the CYGHP, the Student Researcher found it common for transgender youths as young as 12 years old to discuss their experiences in youth

spaces, schools, and within the program. Lastly, the age group encompasses Piaget's final stage of cognitive development, the formal operational stage (1964; 1981), characterized by the adolescent's capacity for abstract reasoning and other executive functioning. Consequently, we may assume that these youths have the capacity to judge the risks and benefits of participation in the online survey, and make an informed decision.

This study seeks to recruit transgender youth ages 15 to 19 years old. By these ages (and often at younger ages), most youth are making autonomous decisions in many aspects of their lives. Most transgender youth in secondary school are autonomous with their school and/or community activities; they participate in classroom and extracurricular activities of their own choosing, such as attending workshops or activities offered to youth at the teen centre, finishing school work, or spending time with friends. This autonomy suggests a level of competence necessary to understand risks and benefits, and to make the choice of whether to participate based on the information present, as well as their feelings of interest and safety. Given this, the proposed survey will not require parental consent, as the researcher will assess the youth's competence to (1) understand the research based on the recruitment and informed consent materials and (2) voluntarily agree to participate. Appendix G entails the Informed Consent Form for the study.

B. **Ongoing assessment of capacity**
How will capacity be assessed throughout the research if the participants' involvement goes beyond a single interview or completion of a questionnaire?

- Assessment of capacity will take place in through three steps: first, on the recruitment poster, and second, in the research eligibility questionnaire, and third, in the informed consent. The recruitment poster will identify inclusion criteria that indicates an individual's age as appropriate to consent as a mature minor. The research eligibility questionnaire will further identify whether the individual has the mental capacity and mental wellbeing to participate. The informed consent will elaborate on the participant's ability to withdraw from the study if the content may induce distress. The survey will be completed entirely online, and thus it will not be possible to assess participant capacity after the point at which they read the informed consent and agree to participate.

5.5 Explanation of Consent Forms to Potential Participants

- How will the Informed Consent Form be reviewed?

After participants complete the inclusion criteria check and are deemed appropriate to participate,, they will be directed to the informed consent page (Appendix G). The informed consent includes information about how to contact the researchers; the purpose of the study; the study procedure; the voluntary nature of the study; confidentiality; data storage; availability of study results; and risks and benefits to participating. At the end of this information, the participant is reminded that their consent is voluntary, and they can withdraw at any time with no negative consequences, that consenting does not mean they are waiving their legal rights, and that their data cannot be removed once it is submitted at the end of the survey. They are then given the option to click either "I AGREE" or "I DO NOT AGREE".

- How much time will the participants have to review the Informed Consent Form?

The participants will be able to stay on the consent form page indefinitely before moving on to the next page (demographic information).

5.6 Explanation of Assent Forms to Potential Participants

Will you be using Assent Forms in your research?

Yes ___ No _X_

If yes, explain your process for presenting and completing the Assent Form, including who will be involved in each step: general process for assent:

5.7 Assistance with Consent

N/A

5.8 Translation

Will any of your recruitment, consent or other documents be available in a language other than English?

Yes ___ No _X_

Will interactions with participants be taking place in any language other than English?

Yes ___ No _X_

If Yes to either or both questions, provide information regarding the translation process.

5.9 Withdrawal of Data

How will participants be informed of their right to request their data be withdrawn from the study and how will you remove the data?

- Participants will be informed of their right to withdraw their data from the study while reading the recruitment poster, reading the informed consent completing demographic and survey questions, and prior to completion. When participants have completed the study, they will be shown a data submission page reiterating the researcher's contact information and confidentiality information, and at the end of that page, they will be given the option to remove their data from the study. If participants do not select the option to remove their data and select the submit button at the bottom of the page, their data can no longer be removed from study. All participant responses are confidential and there will be no way to differentiate their data from the other data in the pool of responses without identifying the participant. Participants will be informed of the inability to remove their data once their participation is complete in the informed consent and in the data submission page.

- On the data submission page, participants are also given the option to withdraw consent for use of quotations from their responses. If participants select "Please do NOT quote any of my answers word for word", then the Student Researcher will not use any quotation from the participant's responses in the final write-up, presentations, or publications.

5.10 Summary of Results to Participants

How will you provide a summary of results to participants – including strategies for maintaining anonymity if that has been included in informed consent process?

- On both the decline script and the submission form, participants will be shown given a link that will lead to a separate email submission page (see Appendix M).
- The email submission page gives participants the option to leave their email with the researcher and receive a summary of the final results of the study.
- All individuals who are interested in receiving a summary of the results, including those declined participation in the study, submit their emails on the same page.
- Individuals are informed that the email address is confidential information and kept separate from the survey responses. They are also informed that the email addresses will be deleted after five years.

6. SECURITY OF INFORMATION AND DATA

6.1 Access to Information or Data by Persons within Adler University – Vancouver Campus

During data collection and analysis, who will have access to information collected or data related to your research study?

- Student Researcher: Stephanie Drake
- Supervising Faculty: Dr. Vaneeta Sandhu
- Second Reader: Dr. Cindy Weisbart
- Research Assistant: to be determined
    - Note: The Research Assistant will not be viewing the demographic information from respondents and will only access the data following de-identification by the Student Researcher.

How will all of those who have access to that information or data be made aware of their responsibilities to protect confidentiality?

- The Student Researcher, Supervising Faculty, and Second Reader are all aware of the rules and regulations surrounding privacy and confidentiality. The Student Researcher assumes responsibility for maintaining the confidentiality of the data. All members of the research team have completed doctoral level ethics courses and have completed the TCPS-2 tutorial, and are therefore extensively aware of research ethics and related protocol.
- The Research Assistant will sign a confidentiality agreement (see Appendix N)

Please describe in detail what information or data will be transferred among researchers (including research team and transcription services etc.) during data collection and analysis?

- The Student Researcher will transfer data to the Second Coder as part of data analysis. The data transferred as password protected documents on an encrypted USB drive. The Research Assistant will have access only to the survey responses for the duration of their participation in coding the data and will return the data to the Student Researcher on completion.

How will you maintain confidentiality concerning participants' identities and how will you communicate this to participants?

- Participants will be asked to answer demographic information, but will not be asked to provide any their name or contact information on the consent form or questionnaire, and this will be communicated to participants in the recruitment poster, and in the informed consent.
- Participants will be made aware in the informed consent that the Student Researcher may recognize them based on their responses but will not speak to the participants or anyone else in a way that will reveal they have been involved in the study.
- Participants will be made aware in the informed consent that the Student Researcher will not discuss the research to anyone in the program prior to the results being shared.
- Participants will also be made aware in the informed consent that if they choose to email any member of the research team, that researchers may know they were involved in the study, however their responses will still not be linked in any way to their email. Participants will be made aware in the informed consent process that data collected for this study will be collected through Fluid Survey, and this company does not record any personal identifiers (e.g. email or IP addresses) of any kind.

6.2 Access to Information or Data by Persons Outside of Adler University – Vancouver Campus

Will any information collected during or raw data relating to your research study be available to persons or agencies outside of Adler University-Vancouver Campus?

Yes ___ No _X_

If yes, describe in detail what information or data will be available, how it will be transferred and stored, how participants' identities will be protected, and how you are communicating this to participants.

N/A

6.3 Post- Study Storage and Security of Data

During your research, how will data be secured (original and back-ups)? Please include information on storage and deletion of participant's contact information, where applicable, as well as data collected during research.

After research (collection, use, dissemination) has been completed, how will different forms of data (original and back-ups) be stored and how will you maintain storage security for 5 years? If data will be kept on the Web, what precautions have been taken to keep it secure?

- All data and contact information from this study will be stored on an encrypted, password protected USB stick. Only the Student Researcher, the Supervising Faculty, and Second Reader will have access to this data. The Research Assistant will have access for the duration of their participation in coding the data and will return the data to the Student Researcher on completion. The USB stick containing the study data will be stored in a locked cabinet at the home office of the Student Researcher. When the study is complete, the data will continue to be stored on the same password protected encrypted USB stick for a five-year period. After the five-year period, the data will be permanently deleted from the USB.

6.4 **Future Use of Data**

- The data collected for this study will be used for the Student Researcher's doctoral dissertation and in potential publications and presentations relating to this.
- A summary of results will be provided to the program to inform future decisions for program, including funding and program changes.
- Further analysis may be completed within the next five years for the benefit of transgender youth.
- Participants are advised about the future use of the research data within the informed consent.

7. APPLICATION SUBMISSION

7.1 **Process for Submitting REB Application**

7.2 **Appendices**

Appendices must be included for all verbal or written communication with external institutions or agencies (including collaborators), key informants or other recruitment sources, potential participants and participants. They must be included in the chronological order they will be used during your research. The labelling (Appendix A; Appendix B; and so on) must match the labelling in your Application.

Appendices include, but are not limited to:

- Initial contact with external institutions or agencies.
- Letters of support from collaborating or supporting agencies or institutions.
- Recruitment materials, including verbal scripts, e-mails, internet messages, etc.
- Scripts or e-mails for initial contact with participants, including acceptance or refusal
- Informed Consent Forms or verbal scripts.
- Assent Forms.
- Data collection instruments, guides, questionnaires, etc., including preliminary scripts.

- For on-line research, information concerning the software platform you will be using (e.g. HostedInCanada; Fluid Surveys) including information concerning issues such as privacy, future storage of data, randomization of participants. See FAQs for all questions concerning using on-line data collection methods.
- Deception Forms and any scripts for debriefing.
- Peer review reports if required.
- Confidentiality agreements for research team members and/or staff.
- E-mails from translation research assistants including qualifications and availability.

Please list all Appendices below:

Appendix A: Letter of Support
Appendix B: Facebook Recruitment Poster
Appendix C: Recruitment Poster
Appendix D: Script for Email
Appendix E: Verbal Response Script
Appendix F: Research Eligibility Questionnaire
Appendix G: Informed Consent
Appendix H: Decline Script and Resource List
Appendix I: Demographics and Program Involvement Questionnaire
Appendix J: Survey Questionnaire
Appendix K: Submission Form
Appendix L: Closing Statement
Appendix M: Email Submission Page
Appendix N: Confidentiality and Anonymity Agreement for Research Assistant

ADLER UNIVERSITY
1090 West Georgia Street, Suite 1200
Vancouver, BC V6E 3V7 Canada
tel 604.482.5510
fax 604.874.4634

Appendix A: Letter of Support
(select image or link below to read)

May 29, 2017

To: Adler University Research Ethics Board
RE: Steph Drake

Child and Youth Gender Health Program endorses the community-based research project proposed by Doctoral student in Clinical Psychology, Steph Drake, titled *Child and Youth Gender Health Program Three Tier Model Evaluation*.

Child and Youth Gender Health Program is a specialized program that offers support groups, individual counselling, and transition support services such as assessment and outreach for children and youth with gender dysphoria. This program is operating within Child and Youth Mental Health in Newton, B.C. Child and Youth Mental Health is community agency providing free and voluntary mental health services as part of the provincial government's Ministry of Children and Family Development.

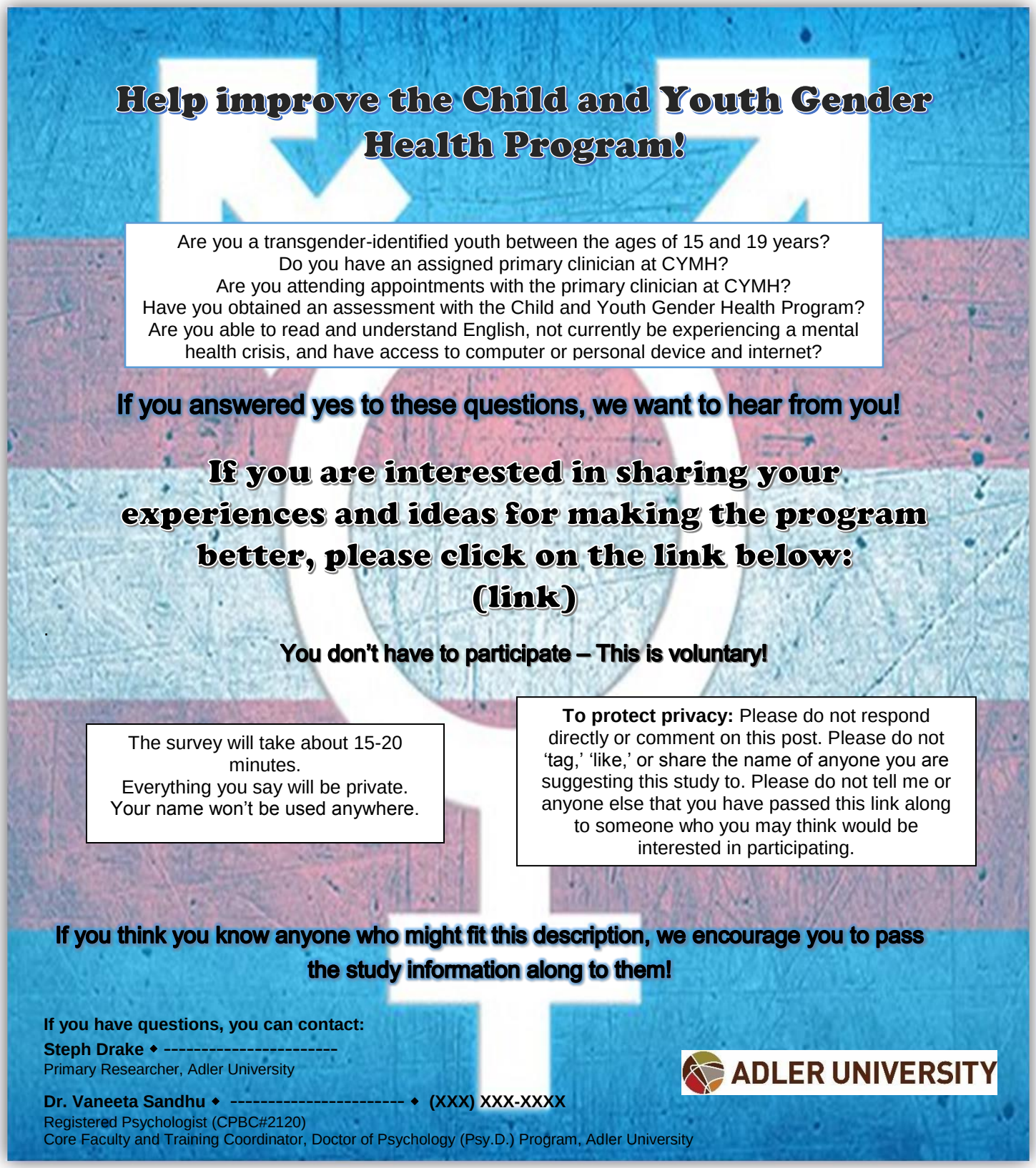
Steph Drake has worked with the Child and Youth Gender Health Program for the last year as part of their clinical therapy practicum. They have developed relationships with youth participants and others in our community, and are a thoughtful and competent community practitioner. I have read their proposal and support this project moving forward with the Child and Youth Gender Health Program. I agree to advertise the study to recruit participants, including sharing the research study poster in the youth group. I also agree to provide consultation throughout the data collection and analysis phases of the research regarding interpretation of themes and presentation of results. Upon completion of this study, I permit Steph to summarize the results obtained from this evaluation in their doctoral dissertation. I have been informed that Adler University doctoral dissertations are published on ProQuest.

Sincerely,

Dr. Wallace Wong, R. Psych #01636
Psychologist, Child and Youth Gender Health Program

SDrake Letter of Support.pdf
(select to view)

Appendix B: Facebook Recruitment Poster



Appendix C: Recruitment Poster

Help improve the Child and Youth Gender Health Program!

Are you a transgender-identified youth between the ages of 15 and 19 years?
Do you have an assigned primary clinician at CYMH?
Are you attending appointments with the primary clinician at CYMH?
Have you obtained an assessment with the Child and Youth Gender Health Program?
Are you able to read and understand English, not currently be experiencing a mental health crisis, and have access to computer or personal device and internet?

If you answered yes to these questions, we want to hear from you!

If you are interested in sharing your experiences and ideas for making the program better, please click on the link below: (link)

You don't have to participate – This is voluntary!

The survey will take about 15-20 minutes.
Everything you say will be private.
Your name won't be used anywhere.

To protect privacy: Please do not respond directly or comment on this post. Please do not 'tag,' 'like,' or share the name of anyone you are suggesting this study to. Please do not tell me or anyone else that you have passed this link along to someone who you may think would be interested in participating.

If you think you know anyone who might fit this description, we encourage you to pass the study information along to them!

If you have questions, you can contact:

Steph Drake ◆ ----------
Primary Researcher, Adler University

Dr. Vaneeta Sandhu ◆ ----------) ◆ **(XXX) XXX-XXXX**
Registered Psychologist (CPBC#2120)
Core Faculty and Training Coordinator, Doctor of Psychology (Psy.D.) Program, Adler University

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ADLER UNIVERSITY
1090 West Georgia Street, Suite 1200
Vancouver, BC V6E 3V7 Canada
tel 604.482.5510
fax 604.874.4634

Appendix D: Script for Email

Dear Colleagues,

Hello, my name is Steph Drake and I am a doctoral clinical psychology Student Researcher at Adler University. As part of my doctoral dissertation research at Adler University I am conducting a study evaluating the Child and Youth Gender Health Program from the perspective of transgender youth. Please pass on the attached poster to any client that you think might be interested in getting involved. Please be mindful of your organization's email protocols.

Please remember that this is meant to be a confidential study. **To protect privacy**, please do not publicly share the name of anyone you think might be interested in this study. Also, please do not tell me or anyone else that you have passed this poster along to someone who you may think would be interested in participating.

Please be aware that your clients may be involved in the study and may contact you to discuss their involvement. All participants are instructed to contact their primary clinicians if they have any negative feelings arise while participating.

Thank you very much for your support in this project!

Sincerely,

Steph Drake

1090 West Georgia Street, Suite 1200
Vancouver, BC V6E 3V7 Canada
tel 604.482.5510
fax 604.874.4634

Appendix E: Verbal Response Script

"I am really glad you are interested in the study. To protect everyone's confidentiality, I can't talk to you about it. Here is the link if you or someone you know wants to participate in the study."

Appendix F: Research Eligibility Questionnaire

This is a confidential survey and I want to protect your confidentiality. But, if you want to do this survey with someone you trust who can support you, I encourage you to do so.

Are you a transgender youth between the ages of 15 and 19?
- ☐ YES
- ☐ NO

Do you have an assigned clinician at CYMH?
- ☐ YES
- ☐ NO

Are you attending appointments with your clinician?
- ☐ YES
- ☐ NO

Have you obtained an assessment with the Child and Youth Gender Health Program?
- ☐ YES
- ☐ NO

Have you felt recent distressing thoughts about suicide in the past month?
- ☐ YES
- ☐ NO

(If a participant answered "YES" to the first four of the questions and "NO" to the last two questions, they will be directed to the informed consent page – see Appendix G.)

(If a participant answered "NO" to any of the first four of the questions or "YES" to the last two questions, they will be directed to the decline script – see Appendix H.)

Appendix G: Informed Consent

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Child and Youth Gender Health Program Three-Tier Model Evaluation

The Researchers

My name is Steph Drake. I am doing this research as part of my Doctoral Degree in the Clinical Psychology Program at Adler University (Vancouver Campus).

You may also know me as a clinician with the Gender Health Program and a facilitator for the youth group in Newton, B.C. on Mondays. I won't ask you any questions about the research when I work as a clinician. This is to protect your privacy.

There are other people on my research team. They are:

- Dr. Vaneeta Sandhu, who is a registered psychologist and professor at Adler University;
- Dr. Cindy Weisbart, who is a registered psychologist and professor at Adler University;

People from this program who have approved this study are:

- Dr. Wallace Wong, who you know from the Gender Health Program.

If you have any questions about the research, you can contact me or my advisor at:

Student Researcher:	Steph Drake E-mail: ----------	Program: Clinical Psychology
Research Advisor:	Dr. Vaneeta Sandhu Phone # (XXX)XXX-XXXX	Program: Clinical Psychology E-mail: ----------

The research has been approved by the Adler University (Vancouver Campus) Research Ethics Board (REB).

This Research

The research focuses on how well the Child and Youth Gender Health Program meets your needs as a transgender youth. It is also about what challenges you have faced accessing services and ways you think the program can improve its services.

You are being asked to participate because you can say yes to the following questions:

Are you a transgender-identified youth between the ages of 15 and 19 years?
Do you have an assigned primary clinician at CYMH?
Are you attending appointments with the primary clinician at CYMH?
Have you obtained an assessment with the Child and Youth Gender Health Program?

You also have not been diagnosed with a comorbid mental health diagnoses and are not currently in emotional or mental distress.

The program is interested in knowing what you think. You only need to share what you are comfortable sharing. Your opinions might help the program make changes to the Child and Youth Gender Health Program, and might even be able to provide you with better services.

As part of the research, you are asked to do the following:

- Complete a short 7-question survey about your experiences within the Child and Youth Gender Health Program.

There are also some questions about yourself – for example,

- Your age, gender, sexual orientation, cultural origins, length of time involved in the program, which program services you have or would like receive, and other services you are receiving.

You are being asked this information so that the program can understand how things about you are related to your experiences within the Child and Youth Gender Health Program

You will be asked to spend **15 - 20 minutes or less of your time in total.**

It is preferred that you fill out the survey after participating in one or more youth group sessions. But, you can fill it out even if you have not come to group.

You only need to do this survey once. Please do not fill in the survey if you have already completed it once.

This is a confidential survey, and protecting your confidentiality is important. Please fill out this survey on a private computer and in a private location to protect your privacy. *If you want to do this with someone who you would consider a trusted support, feel free to do so.*

The Research is Voluntary

You can decide if you want to participate in the research. There will be no problem if you say "no." You may decide not to answer any question. You may also stop answering questions and close the survey without completing it at any time for any reason.

Once you've submitted the survey, your answers cannot be given back to you or taken out of the study because you do not provide your name.

The Research is Confidential

All the information you give in the study will be confidential. To protect your privacy, you will not be asked to give us your name. Only me, my research assistant, and my professors – Dr.

Sandhu and Dr. Weisbart – from my school will see this information. My research team may be looking at the results of the study in a general way. The team won't know which answers you make because your name will not be anywhere.

The student researcher, Steph Drake has gotten to know many people in the Child and Youth Gender Health Program so they might recognize you if you put very specific information that is unique to you in your answers. If they recognize you, they will not speak to you or anyone in a way that indicates you were part of the study. They will not talk about the research with anyone at the Child and Youth Gender Health Program until they have finished looking at all the data. Then, they will talk to the research team about the data in a general way.

All information is going to be stored on a password protected and encrypted USB device that is stored securely in a locked cabinet. Your information may be used for future studies, within 5 years of this study. After 5 years, all information will be shredded or destroyed.

Limits to what is Confidential

Your information will be confidential, unless you identify yourself on any forms (like your name) AND there is anything written or said about:

- a child or vulnerable adult who is at risk of abuse or neglect and unable to seek help, or needs protection;
- you or another person being at clear risk of immediate harm; &/or,
- the researchers being required to obey a legal order.

Protecting Personal Information

The study uses an online program called Fluid Surveys. The researchers are not responsible for any identifying information that may be collected by Fluid Surveys. If you have questions or concerns about how Fluid Surveys protects information, please see http://fluidsurveys.com/about/privacy or contact Fluid Surveys directly. If you have concerns, you can choose to not participate in the study.

Answers to the survey questions are kept on a server in Canada and no IP addresses are collected. If you choose to email me and ask me a question about the study or let me know that you have participated, they will then know that you might have participated in the study.. If you choose to contact me about this study, your contact will be kept confidential.

The Results of the Research

The results will be published in the student researcher's dissertation. The student researcher may also write or speak about the research in the future. Your name or any other information that might identify you will not be put in any writing or presentation. Direct quotes of what you have said will only be used if you consent to that at the end of the survey.

If you want to see the results of the study, you can leave me your email at the end of the study. You can also email me for more information or if you want a summary of the results. Your responses in the survey cannot be linked with your personal information (e.g., email). **If you email me or the research team, we may know that you took part in the study but we will not know which answers were yours. Your email address is not connected to your answers on the survey.**

The Risks and Benefits

Risks: You might feel a bit upset about answering these questions. If you feel more upset than you like:

- You don't have to answer any questions that you don't want to
- You can take a break any time you want
- You can answer the questions with someone who you trust and can support you
- You can stop being part of this research at any time
- You can contact your primary clinician to talk about what is upsetting you
- You can call the Kids Help Phone (310-1234) and speak to someone anonymously about what is upsetting you

Benefits: You get to voice your opinions about the Child and Youth Gender Health Program. Your views may also help us to make changes to the program. Your participation will help advance a field of research that needs more attention. This research might help improve other programs for transgender youth.

If you have any concerns about your treatment as a participant, you may contact the Chair of the Research Ethics Board. Her contact information is below:

REB Chair: Debbie Clelland PhD (XXX) XXX-XXXX
E-mail: ----------

Consent for this Research:

- You understand your participation in this research is voluntary.
- You know you can refuse to answer any question.
- You know you can leave the research at any time.
- You know that the information you give will be kept confidential.
- You know that what you write will be used as quotes in a publication or presentation unless you say no.
- Your name will NOT be used and any information that will identify you will be removed.
-
- You understand that your data can't be taken out of the study after you complete the survey because you did not give your name.
- You know that you have not given up any legal rights concerning this research even though you have signed this form.
- You are giving your consent to participate in this study.

After you have read this consent form, clicking "I Agree" below, this indicates you consent to participate in this study.

- ☐ **I AGREE**
- ☐ **I DO NOT AGREE**

(If the participant clicks "I AGREE" – they will be directed to the demographic and program involvement questionnaire page – Appendix I)

(If the participant clicks "I DO NOT AGREE" – they will see Appendix H)

Appendix H: Decline Script and Resource List

Thank you for your interest! Answering the questions in this study does not seem to be a good fit for you right now. You can talk to your clinician about other ways to share your thoughts about the program. If you want to see the results of the study when it is finished, please click the following link and leave me your email address.

[Link]

If you felt upset or any negative emotions, and need some immediate support please contact one of the resources listed below.

Hotlines and Online Resources:

Greater Vancouver	604-872-3311
Toll Free – Howe Sound and Sunshine Coast	1-866-661-3311
TTY	1-866-872-0113
BC-wide	1-800-SUICIDE (784-2433)
Online Service for Youth	www.YouthInBC.com
Help Line for Children (BC-wide)	310-1234

Trans Lifeline:

Trans Lifeline is a non-profit dedicated to the well-being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.
https://www.translifeline.org/

If you are not in crisis but would like someone to talk to, please contact your primary clinician.

Appendix I: Demographics and Program Involvement Questionnaire

Age: _____
Ethnicity/Cultural Background: _____
Sexual Orientation: _____
Gender Identity: _____
Do you have an autism spectrum disorder diagnosis?

- ☐ YES
- ☐ NO

Contact with program:
Length of involvement in program? _____
Which services have you taken part in? (select all that apply)

- ☐ Individual therapy
- ☐ Family therapy
- ☐ Assessment services
  - Describe: _____
- ☐ Sexual minorities youth group
- ☐ Parents of transgender children and youth support group
- ☐ Transition support outreach meeting with school

What services do you hope to take part in? (select all that apply)

- ☐ Individual therapy
- ☐ Family therapy
- ☐ Assessment services
  - Describe: _____
- ☐ Sexual minorities youth group
- ☐ Parents of transgender children and youth support group
- ☐ Transition support outreach meeting with school

What other transgender related services are you taking part in outside of the Gender Health Program? _____

Appendix J: Survey Questionnaire

Gender journey:
Tell us a bit about your transition. What has been your gender journey so far?

General experiences:
Tell us about your experiences, good or bad, accessing the Child and Youth Gender Health Program related to your gender identity. These experiences might include the intake process, referral to the program, obtaining information about program services, and experiences within individual therapy, youth group, or assessments.

General barriers:
What challenges have you experienced, related to your gender identity, when it comes to accessing or participating in program services at the Child and Youth Gender Health Program?

Provider experiences:
Think of an individual in MCFD who did a good job providing care for you related to your gender identity. Without using a name, what about this person created a positive experience for you? You can give more than one example.

Think of an experience that was *not* positive. What about it was negative and how could it have been improved?

Recommendations:
In your opinion, what needs have not been addressed by the Child and Youth Gender Health Program?

What changes need to be made to Child and Youth Gender Health Program's current services to improve the care and support it provides for transgender youth and families?

Appendix K: Submission Form

You have completed all survey questions.

You can now choose to either add your data to the study, or take your data out of the study. After you choose to add your data, you cannot take it out after this point. If you would like to have your data taken out of the study, please click the box below.

☐ REMOVE MY DATA

Please select from the following options:

☐ **I give you permission to use direct quotes from my answers in publications or presentations of study results**

☐ **Please do NOT quote any of my answers word for word**

If you want to know the results of this study, please click the following link and leave me your email address.

[Link] *(see Appendix M)*

☐ SUBMIT DATA

(All responses will link participants to the Closing Statement page – see Appendix J.)

Appendix L: Closing Statement

Thank you for participating! This study was designed to help us learn more about how well the Child and Youth Gender Health Program meets your needs as a transgender youth. It is also about what challenges you have faced accessing services and ways you think the program can improve its services. The survey questions were designed to get this information. The demographics and program involvement questionnaire will help us learn about how your identities might impact your experience. Your opinions might help us make changes to the Child and Youth Gender Health Program. We might also be able to provide you with better services.

If you have any questions or would like more information about this study, please email Steph Drake at ---------- or their supervising researcher, Dr. Vaneeta Sandhu at ----------. If you have any questions or concerns about how you have been treated while doing this study, you may email Dr. Debbie Clelland, Chair of the Adler Research Ethics Board, at ----------.

Your information is totally confidential. However, if you choose to email me and ask me a question about the study or let me know that you have participated, I might know that you have participated in the study.. If you choose to contact me about this study, your identity and the fact that you contacted me will be kept confidential.

If you felt any distress or other negative emotions while participating in this study, and need some immediate support please contact one of the resources listed below.

Hotlines and Online Resources:

Greater Vancouver	604-872-3311
Toll Free – Howe Sound and Sunshine Coast	1-866-661-3311
TTY	1-866-872-0113
BC-wide	1-800-SUICIDE (784-2433)
Online Service for Youth	www.YouthInBC.com
Help Line for Children (BC-wide)	310-1234

Trans Lifeline:
Trans Lifeline is a non-profit dedicated to the well-being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.
https://www.translifeline.org/

If you are not in crisis but would like someone to talk to, please contact your primary clinician.

Once again, thank you for your participation - it is greatly appreciated!

Appendix M: Email Submission Page

If you would like to receive a summary of the results of this research, please give me your email address. Your email address is kept separate from the rest of the survey and is not connected to the responses on the survey. Your email address is confidential. I will keep your email address until I give you a summary of the results and then I will delete it.

Email address:

ADLER UNIVERSITY
1090 West Georgia Street, Suite 1200
Vancouver, BC V6E 3V7 Canada
tel 604.482.5510
fax 604.874.4634

Appendix N: Confidentiality Agreement for Research Assistant

Child and Youth Gender Health Program Three-Tier Model Evaluation

Researcher: Steph Drake

Supervisor OR Coinvestigator: Dr. Vaneeta Sandhu, R. Psych.

CONFIDENTIALITY AGREEMENT

Through my work with Adler University as a _____, I understand my responsibilities concerning the confidentiality of any research data collected by myself or by others.

As part of my orientation and training for this project, I have reviewed the relevant parts of the Research Ethics Board submission and discussed the measures for safeguarding data for the duration of the project with the Researcher or Supervisor. I understand that I must maintain confidentiality regarding research participants' participation in the research project (what participants write in the surveys) and protect their confidentiality as participants.

I also understand that the research process and findings may be discussed among other research team members who have signed confidentiality agreements.

A copy of this Agreement has been given to me for my records.

_____	_____	_____
Name	**Signature**	**Date**

Student Researcher: Steph Drake Program: Clinical Psychology
E-mail: ----------

Research Advisor: Dr. Vaneeta Sandhu Program: Clinical Psychology
Phone # (XXX)XXX-XXXX E-mail: ----------