

Dear families,

We would like to bring to your attention a new research project that is being conducted at the School of Psychology in the University of Birmingham. The **Stay Calm** project is being led by Justin Chung, under the supervision of Dr Kate Woodcock.

This project aims to develop and evaluate an informant-report questionnaire, which will be used to assess the characteristics of emotional outbursts in more detail compared to existing measures. This will be a valuable tool for researchers and clinicians in future. It will allow valuable information to be obtained quickly, which may contribute to our understanding of the cognitive and emotional underpinnings of emotional outbursts and be particularly important when developing new treatment strategies.

We are specifically looking for parents and caregivers of individuals **between the age of 6 years old to 25 years old, who have emotional outbursts at least once a month.**

The questionnaire has now been finalised, so we are interested in obtaining anonymous responses online or via post from a large sample. We anticipate that the questionnaire will take no more than 1 hour to complete (most likely around 30 minutes).

### ***How to get involved***

If you are interested in taking part in the study, please complete the questionnaire via the link below:

[https://bhampsihology.eu.qualtrics.com/jfe/form/SV\\_25dCk3mw4PS3Q8t](https://bhampsihology.eu.qualtrics.com/jfe/form/SV_25dCk3mw4PS3Q8t)

If you would prefer a paper copy of the questionnaire, please get in touch with us and include your address, so that we can post it to you.

### ***Benefits and drawbacks***

There are no direct benefits for participants of this study, as this is not an intervention study. However, we hope that this study will help future studies looking at emotional outbursts.

The nature of some questions within the questionnaire may cause emotional distress. If you feel that additional support may be beneficial for you, please get in touch with the Challenging Behaviour Foundation.

Website: [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

Email: [support@theCBF.org.uk](mailto:support@theCBF.org.uk)

Telephone: 0300 666 0126

### ***Withdrawal***

Even after consenting to participate in the study, you are free to stop and withdraw from the study at any time. However, please note that once you have submitted your questionnaire responses to us, we will not be able to identify and delete your responses from the database as they are anonymous and cannot be

traced back to you. Partaking in or withdrawing from the study will not affect your child's rights to treatments.

We hope that you will be able to support our research. If you have any queries or concerns, please let us know.

Yours sincerely,



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