

# INFORMATION SHEET

## **Purpose of the study**

The purpose of this study is to examine the sleep patterns of adolescents with Asperger's Syndrome or High Functioning Autism.

## **Description of the study and procedures**

Three questionnaires will be filled out during the first meeting. These ask questions mainly about factors related to adolescent sleep, health and lifestyle habits, but also contains some questions about medication and drug use and the adolescent's experience of negative feelings in the last two weeks. During this time, parents/guardians can fill out the two parent questionnaires or they may prefer to fill them out over the following week. After filling out the questionnaires, adolescents will be given a folder containing one 8-day Sleep diary, and an activity monitor. The Sleep diary will need to be filled out every day, and should take no longer than 5 minutes. It requests information about activity, sleep, food and caffeine intake and medication use. The activity monitor is a small device that is worn like a wrist watch. It records movement and is used to confirm sleep and wake times. It will be worn during the same 8 day period that the Sleep diary is filled out. At the end of this period the activity monitor and the Sleep diary will be collected by the researcher.

All participants will be reimbursed for their time with a Gift Voucher with a value of \$40.

## **Voluntary participation**

Your participation in this study is entirely voluntary. At any time during the study you can choose to stop participation. You do not have to say why. This will not result in any penalty to you in any way.

## **Potential risks and discomforts**

There are no known negative effects associated with any part of this project. Although it is unlikely, if any part of the study raises any issues that you would like to discuss with someone, you could contact your doctor or the free and confidential Health and Counselling Service at Flinders University. The counselling service can be contacted on (08) 8201 2117 or via email on [health.counsel@flinders.edu.au](mailto:health.counsel@flinders.edu.au). You could also speak to your doctor or call the free service at Kids Helpline on 1800 551 800. Their internet address is [www.kidshelp.com.au](http://www.kidshelp.com.au).

## **Research ethics**

This project has been given ethics approval from the Flinders University Social and Behavioural Research Ethics Committee and LaTrobe University

Ethics Committee. Information will be shared between researchers at Flinders and LaTrobe Universities after all identifying information has been removed. If you have any questions about this study, please feel free to contact Michelle Short by telephone on 8201 2349, mobile 0419 834 340 or email on [michelle.short@flinders.edu.au](mailto:michelle.short@flinders.edu.au). Should you wish to discuss the study with someone not directly involved, in particular in relation to matters concerning policies, information about the conduct of the study, or your rights as a participant, you may contact Sandy Huxtable by telephone on 8201 5962 or by email [sandy.huxtable@flinders.edu.au](mailto:sandy.huxtable@flinders.edu.au).

**THANK YOU FOR CONSIDERING THIS STUDY**