



**Letter for Youth: 15-24**  
**What is this study all about?**  
**Is this study for you?**  
**Please read this to find out.**

**Title of Study:** Assessment Experiences of Indigenous Youth and Families

**Study Leaders:** Elizabeth Carlson, psychology student, under the supervision of Dr. Jacqueline Pei, Department of Educational Psychology, University of Alberta

**What is this letter about?** You are being asked to be in this research study because we are trying to learn more about your experience as an Indigenous youth who has had a psychological assessment. Psychological assessment means that you saw a psychologist and they did some tests with you – I shorten this to be called assessment below. We want to learn from you about your assessment experiences to better understand how to support Indigenous teens, young adults, and families when they get an assessment. **You do not need to be in this research study if you do not want to be.**

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**If you join the study what will you be asked to do?**

- You will be asked to do an interview with me, Elizabeth Carlson, by phone or video. In-person interviews may only occur if COVID-19 safety rules allow and can be followed. I will ask you questions about your experience of and thoughts about assessment. The interview will take about one hour.
- Your real name will not be used in anything after we talk, so no one will be able to link your answers to your real name.
- You do not have to answer questions you do not want to answer. You decide what you want to share with me and what you do not want to share. You can also choose to stop talking with me at any time.
- After you share your information, you can tell me if you change your mind and you do not want me to use it up until one month after our interview. Please know that the data for the study, in other words the things we talk about without naming you, will be stored for at least five years.
- To thank you for being in the study, I will give you a gift card.



**UNIVERSITY OF ALBERTA**  
Ethics ID number Pro00096621



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**Who is Elizabeth and why is she doing this study?** My name is Elizabeth Carlson and I am a woman of Indigenous and European ancestry who was raised non-traditionally in rural British Columbia. I recently became a grandma and will soon be welcoming a niece to this world. Much of my work in psychology has been with people who have faced a lot of hard times in their lives and who continue to be strong. Because of my work and the things that parents and youth have told me about assessment, I really want to understand what makes assessment helpful, useful, and safe for youth and families. Another reason I think this study is important is that psychologists have made a promise to do their work in a good way with Indigenous peoples, and this is one step forward toward change. I want to use this knowledge to lead to action and change.

**Will the study help you and/or others?** Sharing your experiences will help make assessment better. It will help psychologists know what they are doing well and how they can be better. You will also help other youth and families who are thinking about getting an assessment by teaching them about what they can ask for and what they might want to avoid, and also how assessment might help them or what they need to think about before getting an assessment. We will come up with ideas together about how to share this knowledge with youth and families. This study will also help us understand how to best support youth and families as they decide whether to get an assessment.

**How will the information be shared?** A summary of the knowledge made by everyone in this study will be shared. Your name will not be in any of the information. The information collected about you during this study will be kept safely locked up. Nobody will know it except the people doing the research. During this study we will talk about how best to share knowledge about assessment with youth and families, and I will share this information with youth and families in some of the ways you tell me. This information will be shared with psychologists and researchers so they can learn more about and improve assessment services. This summary may also be shared with other researchers, your community, and in presentations.

**Do you have to be in the study?** You do *not* have to be in the study. It will *not* affect your involvement with any services at any place. You can change your mind and stop being part of the study at any time. All you have to do is tell us.





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**What if you have questions?** If you have any questions or would like to be in the study, you can call Elizabeth Carlson at (587) 598-4261 or email her at [emcarlso@ualberta.ca](mailto:emcarlso@ualberta.ca). You may also contact her supervisor, Dr Jacqueline Pei, at (780) 248-1167 or email her at [jpei@ualberta.ca](mailto:jpei@ualberta.ca)

