



Invitation for high schools with support classes for students with an intellectual disability to participate in well-being research.

The School-Link team at The Children's Hospital at Westmead would like to invite your school to participate in an upcoming research project. Our research called "WellSEQ-English Version Project" aims to research the translation and feasibility of an English version of the Well-being in Special Education Questionnaire (WellSEQ), a self-report tool for adolescents with intellectual and developmental disability. This project has been approved by Sydney Children's Hospitals Network Human Research Ethics Committee approval # HREC/18/SCHN/549 and the State Education Research Approval Process (SERAP) #2019081.

Background

Children and adolescents with intellectual and developmental disabilities (IDD) experience higher rates of mental health problems than their typically developing peers. Although parent/carer reports are useful in helping describe behaviours, they are unable to report on a young person's internal thoughts and feelings. Self-report questionnaires on mental health are already available for typically developing adolescents; however these existing formats are not suitable for a person with an intellectual disability.

Well-being in Special Education

The School-Link team have located a psychological health questionnaire developed especially for adolescents with an intellectual or developmental disability in Sweden called the Wellbeing in Special Education Questionnaire (WellSEQ). Currently, it is the only published self-report measure of well-being available for adolescents with intellectual or developmental disabilities. CHW School-Link is currently collaborating with the Swedish researchers to make a non-commercial English version available for use.

We have completed a thorough translation process of the questionnaire from Swedish to English, but would like to test the feasibility of the questionnaire with students who:

- have a confirmed mild to moderate intellectual disability
- are enrolled in support classes for students with either a mild intellectual disability (IM) or moderate intellectual disability (IO)
- are aged between 12-16 years of age.

We are looking for schools to participate in one of two ways;

1. To provide 6-10 students aged between 12-16 years who are enrolled in an IM or IO support class to participate in a group workshop at your school. This will help us to help determine if key terms used in the questionnaire are understood. The 1x workshop will last up to 60

mins, in duration. One teacher or support staff member will need to be available during the workshop. At least 2 observations of students in their classrooms, lasting approximately 40 minutes each will be conducted by the researchers. A teacher and school counsellor will be required to complete a chart on each of the students taking part.

or

2. To provide 6-10 students aged between 12-16 years who are enrolled in an IM or IO support class to complete the well-being questionnaire on an ipad or tablet at your school, with the support of one of our researchers. This will be followed by a brief semi structured interview. This process will last between 15-30 minutes per student and will need to be completed in an open space in view of school staff. At least 2 observations of students in their classrooms, lasting approximately 40 minutes each will be conducted by the researchers. A teacher and school counsellor will be required to complete a chart on each of the students taking part.

If your school is interested in helping to develop this school well-being questionnaire for adolescents with an intellectual or developmental disability then please complete the following *Expression of Interest form* located online <https://www.surveymonkey.com/r/VMJVFZH> by Monday 17/06/19. Once we receive your form we will then forward you more details.

Kind Regards,

CHW School-Link

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