

Dartmouth College Online Teen Focus Group

Hello, my name is XXX. I am research psychologist at XXX, and I primarily work with teens.

I am developing an online tool to help kids with anxiety and stress. As part of that development process, I am asking teens to give their input and ideas on the tool through an online focus group. Having this feedback from teens will greatly increase our chance of making a helpful tool.

Your child expressed interest in this online focus group and we would love their help, but they need your permission to participate.

Participation in this focus group will involve three online sessions that will take approximately 60 minutes each, and a short exit survey. The first session will involve 20 teens getting online at the same time. They will all respond to questions that I ask using an anonymous username - this means they will not provide their names or share them with the others. I will moderate the discussion. Here are a few examples of the types of questions I will ask:

“How would you describe stress? What does the word stress mean to you?”

“What are your favorite parts of online programs (or mobile apps) that educate or give information about a specific topic?”

For the other two sessions, your teen will be online just with me, one-on-one, to try out the first prototype of the tool. This will involve listening to educational information on anxiety or stress, and then doing a task that involves matching words and sentences that describe what types of feelings teens have when they are anxious and what they think about those feelings. The exit survey will ask questions about their experience and what we can do to improve our online tool.

Teens will earn a total of \$XX in Amazon gift cards if all three sessions (\$XX each session) and the exit survey (\$XX) are completed.

If your child remains interested in helping us with this project, and you are willing to have him or her participate, simply reply to this email (your response will be delivered to me). Unfortunately, spaces are limited, and we cannot guarantee that everyone who is interested will be included in the focus group. Upon your response, I will provide more information about the project, answer any questions, and discuss if spaces are still available via email, or if willing, over the phone (please provide the best contact number to reach you).

Thank you for your interest in our research. We look forward to hearing from you!

Thanks kindly,
XXX