



JYVÄSKYLÄN YLIOPISTO

PSYKOLOGIAN LAITOS

6.8.2026

RESEARCH NOTIFICATION (PARENTS PARTICIPATING IN THE SURVEY)

The *Vanhemmuuden Navigaattori* study and invitation to participate in the study

You are invited to participate in the Vanhemmuuden Navigaattori study, where you will participate in an electronic survey regarding your needs and support received by parents of children with special needs.

You are invited to participate in the study because you belong to the target group of the study and meet the research criteria.

The criteria for participating in the survey are:

- you are the parent of a child aged 0–17 who receives special support,
- you experience stress, depression or other burden in everyday life (feelings of inadequacy, low mood, difficulties in meeting expectations and demands or conflicts with the child or the environment,

This information describes the study and participation in it. The appendix contains information about the processing of your personal data.

Approximately 300 Finnish parents of children with special needs will participate in this study.

2. Voluntariness

Participation in this study is voluntary. You can refuse to participate in the study, discontinue participation or withdraw your consent without giving a reason at any time during the study. If you wish, you can also continue the ongoing remote rehabilitation until the end, even if you wish to interrupt the study yourself. This will not have any negative consequences for you.

If you interrupt your participation in the study or withdraw your consent, the personal data and other information collected about you up to that point will be used as part of the research material when necessary to ensure the research results.

3. Progress of the study

A total of approximately Finnish 300 parents will be recruited for the survey. Parents will participate in an electronic survey during the autumn of 2026.

Background information and surveys will be collected from you using electronic questionnaires, to which you will receive a link.

In the surveys, you will answer questions about your background (age, gender, background, education, working status, number of children receiving special support, possible health problems, support, leisure time) as well as questions about your needs, experiences and well-being as a parent.

4. Possible benefits of the study

You can contribute to research that benefits parents of special needs children and increase awareness of their situation.

5. Possible risks, harms and and inconvenience caused by the study as well as preparing for these

The study will not cause you any physical or psychological harm or risks. However, questions or topics may appear in surveys that may cause uncomfortable feelings from time to time, but they will pass. Participating in the study will not negatively affect your daily life.

6. Study-related costs and compensations to the subject as well as research funding

No remuneration will be paid for participation in the study.

The study has not yet been funded. If the research is funded, the sponsor will not participate in conducting the research and will not receive detailed, individualized information about any of the research subjects.

7. Informing about research results and research outcomes

The research will result in scientific publications and conference and seminar presentations. A manual for working with parents of children receiving special support will also be prepared based on the research.

If you wish, you have the opportunity to receive information about the final result of the research and other research results.

The research material to be collected will be used for research purposes only. The research data will be processed using identification codes so that at no stage of the research the information and responses of individual research subjects will become visible to researchers other than those working on the project. The material will also be analyzed so that individual participants cannot be identified from the reported results. After the research, research material containing personal data will be securely destroyed. Any written material will be delivered to the locked security trash bins of the JYU registry. Files saved on a network drive or in REDCap will be deleted.

8. Insurance coverage for research subjects

The operations of the University of Jyväskylä and the research subjects are insured.

In remotely conducted studies, the University of Jyväskylä's insurance only covers damages that are directly related to the assigned research task and that have occurred during the actual instructed research task. The insurance does not cover damage that occurs during breaks. The

University of Jyväskylä's insurance is not valid in remotely conducted studies if the subject's municipality of residence is not in Finland.

The insurance includes patient insurance, professional liability insurance and voluntary accident insurance. In studies, research subjects (test subjects) are insured against accidents, damages and injuries caused by external causes during the study. Accident insurance is valid during measurements and on trips directly related to them.

9. Contact person for further information

Person responsible for the study

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