

# Participate in Research

Left in the waiting room: A pilot study of a digital intervention for siblings of children with disabilities



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## TO ASK QUESTIONS OR TO SIGN UP, CONTACT

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## Do you have a sibling with special needs?

Consider participating in our research study and give us your feedback on a group-based peer support program for youth siblings of clients with special needs.

### What is this study about?

- I-SibworkS is an online peer support group program led by clinicians to serve the mental health needs of siblings of youth with special needs.

### Who can participate?

We are looking for:

- Youth between the ages of 6-16
- Siblings of youth with special needs
- Have no developmental disabilities themselves
- Willing to participate in weekly sessions
- Access to a reliable internet connection

### What's involved?

- Six weeks of intervention delivered online through the video conferencing platform *Zoom* with pre-post questionnaire completion.
- Participants will complete a questionnaire on social life and emotion, stress and behavior routine. Parents of participants will also be asked to complete questionnaires.
- Participants will be asked to share their feedback on the program through a semi-structured exit interview. Parents of participants will also be asked to participate in an exit interview.

### What are the benefits and risks of participating?

- This program may provide peer support and better mental health for siblings of youth with special needs.
- Some participants may feel uncomfortable being in a group setting or sharing their feedback in the exit interview.

Participants will receive a token of appreciation to thank them for their time. If requested we can also provide a letter for volunteer hours for the time spent taking part in the study.