



The Feelings Program for Adolescents

Are you the parent of an adolescent aged 10-16 years with cerebral palsy?

Would you like to develop skills to better support your child's emotional well-being and mental health?

We have developed a digital mental health program designed to help parents support their adolescent's emotional well-being and mental health. We are conducting a research project to evaluate whether the program may support adolescents' well-being and mental health, and to understand how helpful and feasible parents find the program.

Who can take part?

Parents of adolescents aged 10-16 years with a diagnosis of cerebral palsy. Parents must also live in Australia, be able to speak English, and have a computer/device so they can access online resources and online parent sessions. The program is not a mental health treatment program and will require parents to be willing and able to actively engage in the program, therefore the study may not be suitable for parents and adolescents with significant mental health concerns.

What is involved?

You will get access to:

- ✓ 12 months access to online resources for parents and adolescents
- ✓ Six online small group parent sessions
- ✓ One booster parent session in 2027

We will ask you to:

- Complete a background questionnaire and an online assessment
- Attend a 30-minute online goal setting interview with a researcher
- Participate in The Feelings Program in 2026

How to find out more or get involved?

To participate in the study, simply:

1. Click on the QR code or questionnaire link: [Parent Information Sheet](#)
2. Read the Participant Information Sheet, Consent Form and click "Yes" in the consent questions in the questionnaire.
3. Provide your contact details (email and/or phone number) so that we can contact you regarding the next steps in the study.



The closing date for the study is 20 April 2026.

For more information, **contact Anita Gardner: Anita.Gardner@health.nsw.gov.au**
(Research Psychologist, The Children's Hospital at Westmead).

The study is being run by Anita Gardner and Dr Michelle Wong, from The Children's Hospital at Westmead and has sponsorship support from the Sydney Children's Hospitals Network (SCHN) Governance. The Feelings Program is part of a larger study titled "An explorative study of Digital Mental Health Program for Adolescents with Neurodevelopmental Conditions". It has been approved by the SCHN Human Research Ethics Committee; 2023/ETH01391, and CPA Research Governance.