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Re: Research Study: Impairment Measure for Parental Food Allergy-Associated Anxiety and Coping Tool (IMPAACT) Clinical Validation Study

You are receiving this letter because you received care, treatment, or services at BC Children's Hospital (BCCH). Provincial Health Services Authority (PHSA) conducts and supports world-class research as part of its mandate to improve the health system and the health of British Columbians. PHSA collects, uses, and shares your information in accordance with *British Columbia's Freedom of Information and Protection of Privacy Act*. Only authorized people are permitted to access your information using carefully designed internal processes.

We are writing to advise you of a study that may be of interest to you, involving validation of a new screening questionnaire for food allergy-associated anxiety at BCCH Allergy Clinic. You have been invited to be a part of this study because you are a parent or caregiver of a child or teenager with a food allergy. We know that living with and caring for a family member with a diagnosis of food allergy can be associated with unique challenges and concerns in day-to-day life. Because of this, a new program called the Thriving Families Program (TFP) has been created by Allergist, Dr. Edmond Chan, and family physician, Dr. Jennifer Tong, to address the unique psychological needs of families affected by food allergy by providing supportive education and skills-building therapy to families interested in gaining help with managing life with allergies. All families of the BCCH Allergy Clinic will be offered an appointment with the TFP during the beginning phase of this program. This TFP appointment is optional, as is this associated research study. You can consent to one or both of these optional opportunities.

For those who are interested in the TFP, we are also offering the chance to be a part of this optional study which will validate a clinical tool that physicians and other healthcare professionals working in the field of allergy can use to identify families with food allergy-related anxiety requiring further support. This will lead to more opportunities for empowerment that we hope will decrease stress and restrictions associated with food allergies, and overall, improve quality of life for families.

The Principal Investigator of the research study, Dr. Edmond Chan, is a Clinical Allergist at the BCCH Allergy Clinic. Dr. Edmond Chan is also an affiliated investigator and researcher at the University of British Columbia. The research team is trying to validate a new screening questionnaire for food allergy-associated anxiety within a clinical context.

For more information about the study, contact the research study team at allergyresearch@bcchr.ca. Alternatively, you may visit the study website at <https://www.bcchr.ca/foodallergy/resources/thriving-families-program>. You can also learn more about how we invite people to participate in research here: <https://bcchr.ca/participate-research>.

If you would like to take part in this optional research study, please complete the electronic consent form before your first TFP virtual appointment and you will automatically be taken to the confidential questionnaires to complete. In order to alert the TFP Physician (Dr. Jennifer Tong) of your participation, you

will be asked to enter your child's/teen's first and last initial, and month and year of birth. This will be followed-up by a virtual intake appointment with Dr. Jennifer Tong in the TFP, which will provide access to skills-building resources. Please speak with your allergist or call the clinic at 604-875-2118 if you would like to participate in this study but have not yet booked a TFP intake appointment.

If you wish to participate in this research study, please click here to be taken to the electronic consent form: <https://rc.bcchr.ca/redcap/surveys/?s=CDA7CW3TJJNY3A4J>

Participation in this study is **voluntary**. If you choose not to participate, your care will not be affected in any way. If you choose to participate, you are also free to withdraw from the study at any time without any negative impact on your care at the BCCH Allergy Clinic or TFP.

If you do not want any further contact by PHSA regarding this study, please contact the research study team at allergyresearch@bcchr.ca.

Efforts have been made to ensure this notification does not reach the families of patients who have passed away. If a grieving family member receives this letter, please accept our heartfelt condolences and our sincere apology.

Thank you for considering your participation in this study.

Sincerely,

Dr. Edmond Chan, Pediatric Allergist and Head of the Division of Allergy, UBC Pediatrics

Dr. Jennifer Tong, Family Physician and Clinical Instructor, UBC Family Practice

Dr. Lianne Soller, PhD, Allergy Research Manager for the Division of Allergy, UBC Pediatrics