

THE TEAM BEHIND IT

ABCD is a project undertaken by the **Human Lab research group** of the UAB with the collaboration of professionals from the Child and Adolescent Mental Health Area of Hospital Parc Taulí and the Territorial and Educational Services of Vallès Occidental.

The Human Lab team is made up of teachers in the field of psychology with **more than 20 years' experience** in research and outreach on temperament and behavior in childhood and adolescence.



Civic organizations supporting the project



CHARACTERISTICS

- **First study** in Spain that aims to **analyze** the development of **prosocial behavior and disruptive behavior** throughout the various stages of compulsory education.
- **Aimed at all girls and boys** attending **first year primary school** in Sabadell in the 2022-23 school year.
- Participation is **voluntary and anonymous** with the collaboration of schools, families and school tutors, and the necessary authorization from families.
- Different temperamental, cognitive, emotional and endocrine **risk and protective factors** that may be related to prosocial and disruptive behavior will be studied.
- **The greater the participation, the more powerful the conclusions** of the study will be.

Information on Data Protection can be found in the Families tab of the ABCD Study website.

PARTICIPATION IN THE STUDY IS RISK-FREE

HOW can you participate

The family member (**primary caregiver**) who fills out the information can choose between **two options**:

1. A **virtual portal** where you will be able to answer the questionnaires in an "online" format after scanning the **QR code** that appears in this document. Thus, from your computer, tablet or cell phone you can easily access the questionnaires and answer them comfortably and securely, using a personal and non-transferable password.
2. **Directly answer the paper questionnaires** that you have received. In this case, you must **return them to the school** in a sealed envelope following the instructions that you will find in the questionnaires themselves. There will be **two types of envelopes** (a **WHITE** one for the **consent form and contact information** and a **BROWN** one for the **questionnaires**).

WHAT TO DO to participate

If you have received this information sheet through your child's school, it means that the **school administration** has already given its consent to **participate in the study** and that the tutor or the person designated by the school administration has also given his/her approval to participate.

If you **AGREE** to participate:

1. We will:

- a) ask you to provide us with your **contact information** (with prior authorization to contact you in later phases of the study), and
- b) request that only one person per family, who in the last 6 months has been the **child's main caregiver**, fill out the questionnaires about aspects of his or her character and behavior (15 minutes).

2. You must **authorize the participation of your child's school tutor**. Only if you authorize this will we contact him/her to fill out the online questionnaires about your child's behavior in the school environment (10 minutes).

3. You must **agree** to the Department of Education of the Generalitat de Catalunya **giving us the results of official tests** and exams carried out during the primary education stage.

If we detect that your child **needs a complete psychological evaluation**, according to the information provided by the family in one of the evaluation tests used, we also request your **authorization for data to be transferred to the Counseling and Psychopedagogical Guidance Team** linked to the school.

BENEFICIOS de la participación

FAMILIES

All participating families will receive a **brief report** on mental health, and whenever possible problems related to some of the evaluated aspects are detected, a referral to the professional of reference will be recommended.

We will be posting **updates through** the studio's website and our social networks.

SCHOOLS

In the short term, specific **training** on neurodevelopment and individual differences will be offered to teachers.

In the short term, the school management team will receive an **overall results map** on condition that, to ensure representativeness and anonymity, a minimum of 50% participation from each classroom is achieved.

SOCIETY

In the short term, **thanks to this joint effort**, on the part of families and teachers in particular, Sabadell will have a **socio-emotional health map for schools, by districts and for the town as a whole**, of children in the first year of primary school.

In the medium and long term, the results will allow us:

- a) to **characterize**, from a gender perspective, the **trajectories and heterogeneity** of prosocial and disruptive behaviors between 6 and 16 years old;
- b) to **understand** the temperamental, cognitive, emotional and endocrine **characteristics of these behaviors**.

All of this will make it possible to **design prevention and intervention programs** adapted to the needs of children and adolescents in Sabadell that will bring us closer to a more inclusive school system and society.

Sabadell is a child-friendly town.

ABCD must become a town project.

We need the participation of **ALL FAMILIES** with children in first grade in the town's schools.

THANK YOU VERY MUCH!

PARTICIPATE!



CONTACT INFORMATION

-  <https://webs.uab.cat/estudiabcd>
-  gr.abcd@uab.cat
-  650 03 50 01

ABCD STUDY - PHASE 1

- A** ADAPTATION
- B** WELL-BEING
- C** COEXISTENCE
- D** DEVELOPMENT



ABCD

A study that will make it possible to identify **behaviors that facilitate or hinder the socioemotional well-being and coexistence** of girls and boys starting primary education. A follow-up until the end of compulsory school education is foreseen, which will help understand the **development trajectories** of these behaviors and allow us to elaborate **proposals to prevent problems and promote mental health**.

It has received **funding** from the **Ministry of Science and Innovation** and the **TV3 Marathon**, and has authorization from the Department of Education of the Generalitat de Catalunya and the approval of the Ethics Committee of the Universitat Autònoma de Barcelona.

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