

## Participant Debrief

**[Project Title]:** How do socio-economic statuses and engagement in extra-curricular physical activities impact children's healthy eating behaviours?

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Thank you for taking part in this study. The purpose of this study was to see whether taking part in sports activities impacts the kinds of foods you eat and the kind of behaviours you carry out. I also wanted to compare if socio-economic position has an effect on these behaviours too. The research question for this study was: How does your socio-economic position and whether you take part in after school sports clubs, affect your health eating behaviours?

For more detailed explanations, or if you wish to know the results of the study, please contact the researcher using the contact details above.

Your answers will be kept confidential at all times, and complete anonymity will be maintained. This means that no one will know these are your answers. Raw data will be kept on password-protected computer, which will only be accessible to me and my supervisor. Raw data will be destroyed after ten years. In the case that a report is published based on this study, the fully anonymised data may be made available for the use of other researchers for an indefinite period. Otherwise, they will be kept by Staffordshire University until ten years after the article has been published, and then destroyed.

If you do not wish to submit your data, please press 'Don't Submit' at the bottom of the page. This will remove your data from the survey and your results will not count.

If you have been affected by any of the issues raised in this study, please see the Childline website for guidance: <https://www.childline.org.uk>

Lots of information about how much exercise and what kinds of foods you should aim to be eating can be found on the NHS website:

- Physical activity guidelines for children and young people: <https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-and-young-people/>
- How to eat a balanced diet: <https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/>

Thank you again for your participation.