

INFORMATION SHEET



[Project Title]: The effect of pupil characteristics, engagement in extra-curricular physical activity and healthy eating behaviours amongst middle-school pupils.

Emily Price

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Dr Sarah Dean

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I would like to invite your child to participate in this research project which forms part of my MSc Health Psychology degree at Staffordshire University. The research will be conducted by Emily Price. Before you decide whether you want your child to take part, it is important for you to understand why the research is being done and what their participation will involve. Please take time to read the following information carefully.

What is the purpose of the study?

I am conducting a study looking at pupil characteristics, engagement of extra-curricular physical activity and healthy-eating behaviours.

Who has given approval for this study?

Approval for this study has been granted by the Staffordshire University Psychology Department Psychology Ethics Committee. Additionally, the headteacher of James Bateman Middle School, Mrs Price, has reviewed this study and has approved it to be carried out.

TAKING PART

Why has your child been invited to take part?

I am recruiting participants aged between 9-13 years at James Bateman Middle School to take part in this study.

What will happen to my child if they take part?

I am asking your child to take part in a study lasting approximately 20 minutes. This will involve children answering an anonymous questionnaire based on their gender, age, physical activity engagement and their healthy eating behaviours.

The study/experiment will take place during school time, when children have access to a laptop or computer.

Do they have to take part?

Participation is completely voluntary. Your child should only take part if they want to and choosing not to take part will not disadvantage them in anyway. Once you have read this information sheet, please feel free to ask any questions that will help you decide about your child taking part. If you decide for your child to take part, we will ask you to complete a consent form.

Incentives

There are no incentives for taking part in the study.

What are the possible risks of taking part?

There are no risks to taking part in the study.

What if my child is upset by anything during the course of the study?

If this happens, your child might like to take a break, or if they prefer, they can decide to end the participation and withdraw from the study at that point. If they decide to withdraw, they will be provided with a copy of the debriefing sheet, which contains information about sources of support you or your child can access if there is anything you wish to talk about.

What are the possible benefits of your child taking part?

There are no direct benefits to your child as a participant. However, the research may help us to better understand pupil characteristics, engagement in extra-curricular physical activity and children's healthy eating behaviours. Additionally, James Bateman Middle School will receive a summary of the results, which they may put to use in beneficial ways with regards to after-school clubs and food options.

What if my child changes their mind about taking part?

They are free to withdraw at any point of the study, without having to give a reason. Withdrawing from the study will not affect them in any way.

Your child can also withdraw their data from the study up until the end of the survey, after which withdrawal of your child's data will no longer be possible as the data will already have been processed. If your child chooses to withdraw from the study, we will not retain any information your child has provided us.

What if my child doesn't want to answer any particular questions?

Your child is free to skip any questions they would prefer not to answer, without penalty.

DATA HANDLING AND CONFIDENTIALITY

Will the information my child gives you be kept confidential?

The information obtained will be treated with the strictest confidence throughout the study and the data will be stored safely in a secure location to which only the researcher and their supervisor has access. Your child's data will be processed in accordance with data protection law and will comply with the General Data Protection Regulation 2018 (GDPR).

Data Protection Statement

The data controller for this project will be Staffordshire University. The University will process your child's personal data for the purpose of the research outlined above. The legal basis for processing your child's personal data for research purposes under data protection law is a 'task in the public interest'. You can provide your consent for the use of your child's personal data in this study by completing the consent form that will be provided to you.

Who will have access to my child's data?

Only the researcher and the researcher's supervisor will have access to the raw data. You and your child have the right to access information held about them. Your child's right of access can be exercised in accordance with the General Data Protection Regulation. Your child will

also have other rights including rights of correction, erasure, objection, and data portability. Questions, comments, and requests about your child's personal data can also be sent to the Staffordshire University Data Protection Officer. If you wish to lodge a complaint with the Information Commissioner's Office, please visit www.ico.org.uk.

Who will see the finished report?

All data in the finished report will be presented in the form of group statistics. The final report will be seen by the researcher's supervisor and a second marker from the Psychology department, and possibly by an external examiner. In addition, the completed report may also be made available to future Staffordshire University students for teaching/reference purposes.

What will happen to my child's responses to the study?

All data will be kept in secure storage (to which only the researcher has access) for ten years, according to departmental policy, and it will be destroyed after that.

What will happen to the results of the study?

The results of the study will be disseminated in the final written report. There is a possibility that results might be disseminated more widely, for example at a research conference or in an article published in a research journal. If the research is written up for academic journal publication your child's anonymised data may be stored permanently in an online research data repository. You have the option to request that your child's data is not stored in this way on the consent form.

FURTHER QUESTIONS

Is there anyone I can talk to about the study before my child takes part?

You can contact me directly on the details provided at the top of this form. If you wish to talk to someone else about my study before taking part, please feel free to contact my project supervisor (contact details also available at the top of this form).

What if I have further questions, or if something goes wrong?

If this study has harmed your child in any way, or if you wish to make a complaint about the conduct of the study, you can contact the study supervisor or the Chair of the Staffordshire University Ethics Committee for further advice and information:

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PARENTAL/ GUARDIAN CONSENT FORM



Emily Price

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I am over 18 years of age and I voluntarily agree for my child to participate in a research project conducted as part of an MSc Health Psychology degree by Emily Price, a Postgraduate Psychology student at Staffordshire University.	Yes/No
I understand that my child is being asked to participate in a study lasting approx. 20 minutes and they will be asked to complete a questionnaire on Qualtrics, asking questions about their characteristics, healthy eating behaviours and physical activity.	Yes/No
I understand that, if they wish, they may withdraw from participating at any time during the study and their data will be destroyed. I have been informed that withdrawal after the study has taken place will not be possible for my child.	Yes/No
I understand that my child will be fully protected in accordance with the Data Protection Act of 2018, and in compliance with the British Psychological Society ethical guidelines, and that any personal details will be kept confidential.	Yes/No
I understand that any personal details will be anonymised in any report based on this study. I agree that any of the data that my child provides may be used in the researcher's report and possibly used for publication in academic journals.	Yes/No
I understand that 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 of time and if the research is written up for academic journal publication and my child's anonymised data may be stored permanently in an online research data repository. Otherwise, they will be kept until ten years after the article has been published, and then destroyed.	Yes/No
I am willing for the finished report to be used for teaching purposes at Staffordshire University. (Please note that it is possible to consent and participate in the research even if you do not agree to this).	Yes/No

If you have any further questions, please do not hesitate to contact me or my supervisor (details above). Thank you for your time. Thank you for reading this information sheet and consent form and for considering your child to take part in this research. If you are happy for your child to take part in the study, please complete the below Consent slip and return to James Bateman Middle School by **Friday 1st March 2024**.

**Parent/Guardian Permission Slip to GIVE CONSENT for your child to take part in the study,
'The effect of engagement in extra-curricular physical activity on healthy eating
behaviours amongst middle-school pupils.'**

Please Reply By: Friday 1st March 2024

I have been notified about the research taking place in the school and I give permission for

_____ (child's name) to take part in
this study.

Child's Year Group

Date

Name of parent

Signature