

Research Study: The Snapback Resilience Programme for school-aged children transitioning to secondary school (Year 7)

PARTICIPANT INFORMATION SHEET FOR PARENT/CARER

1. Invitation paragraph

We would like to invite you and your child / the child you care for, to take part in our research study. You have been selected to take part in this study because your child / the child you care for, will be starting secondary school in a school selected to be part of the study, within Kingston borough. **You must hold parental responsibility for the child to participate in this research project.**

Please read this information sheet carefully and talk to the child about the study. Please ask us if there is anything that is not clear to you or if you want to know more. Take time to decide whether you want to take part. If you or the child are taking part in any other ongoing research studies or clinical research trials, you will not be eligible to take part in this research.

Note: We can make reasonable adjustments for parents, carers and children who want to take part in this research study but may have difficulty with reading and writing or where English is not their first language. A member of the study team will be able to assist you, please email research@yourhealthcare.org.

2. What is the study about?

The Snapback Resilience Programme is run every year for Year 7 students in the school the child attends. The programme is designed to promote resilience and is based on the core principles of belonging, coping, learning and core self. The programme is integrated into the students' lessons and consists of nine sessions based around the core principles of resilience. The child will start the programme in September 2022 or January 2023. We want to understand if the Snapback Resilience Programme helps student wellbeing in their transition to secondary school.

3. What will we have to do if we take part in the study?

We will ask you and the child to complete a series of questions about their wellbeing in September 2022, January 2023, and May 2023. Each set of questions will take approximately 5 minutes to complete. You can choose to complete them online or via post using a freepost return envelope.

Apart from freepost envelopes for study documents, we are not able to provide any reimbursements for your participation in this study.

We only need one parent/carer to complete the questions and we ask that the same parent/carer completes all questionnaires. The child will also answer some questions about the programme and their wellbeing. You will be asked to answer questions about how the child feels (e.g. sadness) and whether they worry about certain things such as bad events happening or death. We will also ask about their medical history. This is only for our data analysis so that we can understand how the Snapback programme influences the child's wellbeing and if there are any other factors involved.

If you have two children / children you care for in the same year group, you will need to complete the parent/carer questionnaires twice, once for each child.

4. Do we have to take part?

It is up to you to decide if you want you and your child / the child you care for, to take part in this study. You can only take part if both of you agree to participate.

The study is separate to the Snapback Resilience Programme so the child will still take part in the Snapback Resilience Programme even if they don't want to take part in the study.

If you both decide to take part, we require you and the child to sign a consent/assent form to say that you agree to take part.

You and the child are free to stop taking part in the study at any time without giving a reason. You can contact the research team using the details below and tell them you want to stop. If you withdraw from the study, you can request for your data to be destroyed up until 30 days after the research is complete (30.06.2023). Otherwise, any data you have provided up until withdrawal will be included in the data analysis.

5. Where will the study take place?

We will email you or post you a short questionnaire to complete, asking about your child / the child you care for and their transition into secondary school.

6. When will the study start and finish?

We will ask you to complete three questionnaires taking about 5 minutes each time. These will be sent to you via email or post in September 2022, January 2023, and May 2023.

7. Are there any possible advantages or disadvantages of taking part in this study?

There are no direct benefits from participating in the study for you or the child, but the study aims to improve our understanding of the effectiveness of the Snapback Resilience Programme for Year 7 children going forwards. There are no disadvantages to taking part in this study.

8. What happens to our information?

Your answers to the questions will be kept confidential and private. Any answers you give will not be shared with your child /the child you care for. If the research team, who handle the questionnaire data, are worried about the child from the answers you or they give, they will contact the School Health Team. The School Health Team will contact you to establish if they can provide some support to you and the child.

When we transfer your answers to our database, we will take your email address and any names out and give you a unique code so we can link your data.

All procedures will comply with the Data Protection Act (2018), General Data Protection Regulation and Your Healthcare Policies. Ethical and legal practice will be followed to ensure your information is handled in confidence. You can contact the Information Commissioner's Office (ICO) if you have any concerns about how your data is handled (ico.org.uk | 0303 123 1113). This research has received favourable ethical opinion by the Health Research Authority.

9. What will you do with the results of the study?

We want to understand if the Snapback Resilience Programme is helpful for year 7 students and if it positively affects their wellbeing. We will write a report about what we find but there will not be any identifiable information included in any reports. In addition, we will not share your anonymous information with the school if you and your child / the child you care for decide to take part in this study or decide to withdraw up to 30 days after the end of the study.

10. Who oversees the running of this study?

The Kingston School Health Team at Your Healthcare are running this study in collaboration with the selected schools in Kingston borough.

11. Who should I contact if I have any questions or worries?

If you would like further information or have any worries, you should contact:

School Health Team Lead: Kate Arkwright

T: 0208 549 6323 E: kate.arkwright@yourhealthcare.org

Research Team: research@yourhealthcare.org

If you wish to make a complaint about any aspect of this study to someone independent of the research team at Your Healthcare, you can contact the Your Healthcare Service Effectiveness team:

Telephone: 020 8339 8130

Website: www.yourhealthcare.org/en-gb/partnering-with-us/service-effectiveness/

Thank you for reading this information sheet. Please see our original invitation email for the links to the consent/assent forms