



INFORMATION SHEET FOR PARTICIPANTS

Ethical Clearance Reference Number: LRS/DP-22/23-36100

YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Emotional lives of children in school – staff perspective

We would like to invite you to participate in this study which forms part of the wider research programme, [Regulating Emotions - Strengthening Adolescent Resilience \(RE-STAR\)](#). Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.

What is the purpose of the project?

This project is part of a wider research programme which aims to develop a whole-school strategy for promoting adolescent mental health. The purpose of this particular project is to *understand the role of the school environment in adolescent mental health*.

At school, young people encounter everyday experiences likely to trigger negative emotional reactions and challenge their abilities to manage their emotions. While a number of school-based mental health interventions exist, the views of school staff have often been overlooked, making many interventions difficult to implement effectively in the school setting. Understanding these barriers is essential for the wider RE-STAR to be successful in ultimately developing a whole-school strategy for strengthening adolescent resilience.

We are particularly interested in the views of school staff working with neurodivergent pupils, such as those with autism and/or ADHD traits. This is because we know this group of pupils are at an increased risk of mental health problems during adolescence, and because they may experience the school environment differently to others pupils.

Why have I been invited to take part?

You are being invited to participate in this project because you are already part of RE-STAR School Researcher Advisory Panel.

What will happen if I take part?

If you choose to take part in the project you will be asked to complete a short background questionnaire, and to attend a series of 8 online focus groups, with up to 12 other panel members. These will take place on Zoom, on Monday afternoons 3.45 – 5pm. With your consent, these sessions will be video-recorded and transcribed so that we don't have to keep manual notes of your comments during the sessions. In the focus groups you will be asked about your experience, and that of your colleagues, of emotion regulation in schools across a range of issues, for example, students' responses, staff responses and feelings, school practices and policies. Examples of questions you may be asked are:

- What do you think is challenging about the school environment for young people, especially those with autism and/or ADHD traits?
- What do you think is supportive about the school environment for young people, especially those with autism and/or ADHD traits?

You may also be asked if you are willing to give an online interview with one of our research team. This will cover the same topics as the focus group sessions but in greater depth.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in any way. Once you have read the information sheet, please contact us if you have any questions that will help you make a decision about taking part. If you decide to take part we will ask you to sign a consent form and you will be given a copy of this consent form to keep.

Incentives

You will receive a £30 e-voucher as an honorarium for your time, after each focus group that you attend.

What are the possible risks of taking part?

There are minimal risks in taking part. The focus groups will ask you what you think supports and challenges the way in which young people manage their emotions in school. You may also be asked to reflect on how you think your (and other members of staff's) emotions could impact on the emotional experiences of pupils. The focus groups should not be distressing, and our research team are experienced in working with school staff.

What are the possible benefits of taking part?

Being part of RE-STAR is an opportunity for you and your school to contribute to cutting-edge research. There is no direct benefit for you, but you can help us understand the role of the school environment in the mental health of young people.

Data handling and confidentiality

Your data will be processed under the terms of UK data protection law (including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018). Your data will not be

shared with anyone outside of the research team. We will keep all information about you safe and secure. Data will be stored within password protected/encrypted files on a secure, restricted access King's College London SharePoint site. Transcripts from the focus groups will be anonymised, such any identifying information (eg your name, reference to any locations/other people that might identify you) will be removed. And we will write our research reports in a way that no-one can work out that you took part in the study. We may wish to publish direct quotes from the focus groups, but we will protect your anonymity by not using your name and taking care to exclude any other information that might potentially allow you to be identified from quote.

Once we have finished the study, we will keep some of the data so we can check the results. We will keep the data for up to 10 years.

King's College London has a responsibility to keep information collected about you safe and secure, and to ensure the integrity of research data. Specialist teams within King's College London continually assess and ensure that data is held in the most appropriate and secure way.

Data Protection Statement

If you would like more information about how your data will be processed under the terms of UK data protection laws please visit the link below:

<https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

What if I change my mind about taking part?

You are free to withdraw at any point of the project, without having to give a reason. Withdrawing from the project will not affect you in any way. You are able to withdraw your data from the project up until 1st November 2023, after which withdrawal of your data will no longer be possible due to your data already being anonymised and incorporated into the analysis.

How is the project being funded?

This project is being funded by [UKRI MRC](#).

What will happen to the results of the project?

The results of the project will be summarised in a report which you will be able to access on our [website](#). We will also email you a newsletter summarising the findings.

Who should I contact for further information?

If you have any questions or require more information about this project, please contact the RE-STAR Team using the following contact details: re-starinfo@kcl.ac.uk.

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

If this project has harmed you in any way or if you wish to make a complaint about the conduct of the project you can contact King's College London using the details below for further advice and information: The Chair, King's College London Research Ethics Office, rec@kcl.ac.uk

Thank you for reading this information sheet and for considering taking part in this research.