



## INFORMATION SHEET FOR PARTICIPANTS

*Ethical Clearance Reference Number: 36309*

### **Emotional lives of children in school – young person perspective**

We would like to invite you and your child 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 young people have often been overlooked, which has had a limiting effect on their effectiveness.

We would like to hear from the young people themselves how they feel the school environment impacts on their emotional wellbeing.

#### **Why have I been invited to take part?**

You and your child are being invited to participate in this project because they are already part of RE-STAR Youth Researcher Advisory Panel.

#### **What will happen if my child takes part?**

If they choose to take part in the project they will be asked to complete a short background questionnaire, and to attend a series of online focus groups. These will take place on Zoom. With your consent and their agreement, these sessions will be video-recorded and transcribed so that we don't have to keep manual notes of comments during the sessions. In the focus groups the young people will be asked about their school experiences, the sorts of things that challenge their emotions, and what helps. For example, they might be asked:

- What do you find challenging about the school environment?

- What do you think is supportive about the school environment?
- What do you think are the best ways to improve the school experience, in terms of promoting better wellbeing for pupils?

Your child may also be asked if they 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 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 or you in any way. We advise you to read through this information together. 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 your child decides to take part we will ask you to sign a parental consent form and you will be given a copy of this consent form to keep.

### **Incentives**

Your child will receive a £25 e-voucher as an honorarium for their time, after each focus group that they attend. This will be emailed to you.

### **What are the possible risks of taking part?**

There are minimal risks in taking part. The focus groups will ask what your child think supports and challenges the way in which young people manage their emotions in school. The focus groups should not be distressing, and our research team are experienced in working with young people.

### **What are the possible benefits of taking part?**

Being part of RE-STAR is an opportunity for you and your child 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 child's 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). Their 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 your child took part in the study. We may wish to publish direct quotes from the focus groups, but we will protect their anonymity by not using their 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?**

Your child is free to withdraw at any point of the project, without having to give a reason. Withdrawing from the project will not affect you or your child in any way. You are able to withdraw your data from the project up until 1<sup>st</sup> 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](mailto:re-starinfo@kcl.ac.uk).

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

If this project has harmed your child 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 Research Ethics Committee, [rec@kcl.ac.uk](mailto:rec@kcl.ac.uk)

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