

School of Psychology and Clinical Language Sciences

University of Reading

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## RESEARCH INFORMATION FOR PARENTS

### ***Project Title: Exploring Enjoyment and Interest in Young People***

#### **What is the purpose of the study?**

We are investigating adolescents' enjoyment of activities in order to help us better understand mood problems, such as depression, in adolescents.

#### **Why are we inviting your son/daughter to take part?**

We are a child and adolescent depression research team at the University of Reading. We are specifically interested in understanding loss of pleasure and reward in adolescents. We hope to use this information to further our understanding of symptoms and improve the treatments and support offered to young people suffering with depression. Your son/daughter has been invited to take part because their school/college has agreed to be part of this research project. Your child is also aged between 11 and 18 and therefore in the age group we are working with.

#### **Does my child have to take part?**

Participation in this research is entirely voluntary.

##### *11-15 year olds*

This is an opt-out study. This means that if your child is under 16 and you DO NOT want them to take part, please sign and return the attached 'opt-out' form. If you do not return this form (or tell the school in another way) we will assume that you are happy for your child to take part in this research. If your child is under 16 they will also be asked if they are happy to take part and are free to opt out themselves. Either you or your child can withdraw your child from the study at any time without giving a reason.

##### *16 years and above*

If your child is aged 16 or over they do not need their parent(s) to opt-out of the study. However, they will be asked if they are happy to take part and they are free to opt-out themselves. If they agree to take part, they are still free to withdraw at any time without giving any reason.

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

Your son/daughter will complete several questionnaires during a brief slot in the school day. The questions will ask about feelings, and enjoyment of activities, and demographic information, such as age and gender.

**What are the possible disadvantages and risks of taking part?**

We do not expect there to be any disadvantages or risks involved in taking part in this research. Some of the questions ask about feelings, and it is possible that some adolescents may find this upsetting. Some of the questions are personal and ask about feelings of being unhappy. It is important to highlight that many of these questions are unlikely to be relevant to the young person, however if they are, it is important for us to know this.

If anyone was upset by any of the questions we would offer to stop the research immediately (and your child can choose not to answer questions if they wish). During the research we will follow all school safeguarding and child protection policies. If you would like more information on the school's safeguarding policies and procedures, please contact the school directly. Additionally, all children will be given a support sheet to keep. The list contains helpful resources for those who want to learn more about mental health, who want to get involved in volunteering opportunities or would like to seek advice.

As the research will be carried out in school we do not require you or your child to come to the University at any point during the research. The study will be carried out on whole classes.

**What are the possible benefits?**

Taking part will contribute to our gaining a greater understanding of how teenagers think and how this may relate to how they are feeling. Research investigating low mood in adolescents is limited and we hope to use this information to evaluate and understand how clinical treatments should be specifically designed for this age group. Your son/daughter will be entered into a prize draw to win a £10 Amazon voucher.

**What if there is a problem?**

If you have any concern about any aspect of the study, you should ask to speak to Becca Watson, the researcher on this project. Please see the last page for contact details. If you remain unhappy and wish to complain formally, you can contact the Principle Investigator of this research, Professor Shirley Reynolds, who will discuss any concerns you may have.

**Will our taking part in the study be kept confidential?**

All the information provided will be kept confidential. The information we collect (questionnaire answers) will not have any names on and will be kept strictly in locked cabinets in locked offices at the university. All the information collected for the project will be destroyed as soon as they are no longer needed. The consent forms, however, will be kept for 5 years before disposal.

The only exception to this is if your child tells us something, which puts them, or someone else, at risk of harm. If this happens we will inform the school who will follow their risk and safeguarding policies. We are asking young people about symptoms of depression. If

we feel any young person is at risk of harm or radicalization we will alert a nominated member of the school staff who will then follow the school procedures. If you would like more information on the school's safeguarding policies and procedures, please contact the school directly.

### **What personal data will be held?**

We will collect, use and store personal information in this study for the purpose of conducting research in the public interest. Personal information we collect, such as age, gender and ethnicity, helps us to understand and describe the research findings. If you wished to withdraw from the study after this has been collected, processing of this data may still continue. For more information on your rights please see <https://ico.org.uk>

### **What will happen to the results of the research study?**

We hope to write these results up for publication in a scientific journal and to deliver at professional academic conferences. No personal information will be given and any material used will be anonymous and not be traceable to a particular person. If you would like a report of the findings of our study, we will be happy to provide it. Please note that the publication of any such data may take a year or more after the completion of the study.

### **Who has reviewed the study?**

All research at the University of Reading is reviewed by an independent group of people, called a Research Ethics Committee, to protect your interests. This application has been reviewed and given a favourable opinion by the University of Reading Research Ethics Committee. Everyone working on this study has been through the formal Criminal Records Bureau Disclosure process and has been approved by the School of Psychology at the University of Reading to work with children and adolescents.

### **Any questions?**

If you have any questions please do not hesitate to contact us by email. We will be happy to tell you more about the research and to discuss any questions or concerns you might have.

Thank you very much,

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