



University of
St Andrews

Participant Information

The Life of an Athlete at University

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What is the study about?

We invite you to participate in a research project about the impact of the team sport student athlete's play (to a competitive level) on their physical, psychological and social wellbeing, including: sleep, nutrition, social life and academic work.

Why have I been invited to take part?

We are inviting you to take part because you play your team sport to the highest level at the University of St Andrews, which involves both the physical activity itself and also the social team-bonding element of team sports, whilst also achieving academic excellence.

Do I have to take part?

This information sheet has been written to help you decide if you would like to take part. It is up to you and you alone whether you wish to take part. If you do decide to take part you will be free to withdraw at any time without providing a reason, and with no negative consequences. You can request for your data to be removed from the study up to one week following your participation. After this point it will become anonymised and your data can no longer be identifiable.

What would I be required to do?

You will be asked to complete three short written questionnaires at the University of St Andrews Athletic Union. Firstly, one online questionnaire after a training session (50 questions). Secondly, two written questionnaires, one before (10 questions) & one after (15 questions) a sports match. We estimate your total involvement will take no longer than 20 minutes.

Are there any risks associated with taking part?

We do not anticipate any risks on your participation. You are free to withdraw at any time without providing a reason. We will provide a complimentary snack post-match and so if you have any food allergies, it is advised that you carefully consider this risk when selecting an item of food after completing your participation in this study.

Informed consent

It is important that you are able to give your informed consent before taking part in this study and you will have the opportunity to ask any questions in relation to the research before you provide your consent.

Who is funding the research?

My research is being funded by THE WOLFSON FOUNDATION (AWARDED BY THE ROYAL COLLEGE OF PHYSICIANS).

Reward/compensation

To thank you for your participation, you will be provided with a complimentary food item of your choice following your match.

What information about me or recordings of me ('my data') will you be collecting?

I will collect your full name and responses to questions relating to aspects of a student athlete's life on the questionnaires you complete at a training session and sports match. Within one week, I will transfer the data to digital stores, and you will be allocated a participant number (pseudonymised). We will delete any identifiable information we have once we match your responses in different parts of the study and so your data will become anonymised.

How will my data be securely stored, who will have access to it?

After one week, the hard copy questionnaires containing your identifiable data (full name) will be destroyed following data entry and accuracy checks. Your data will be stored in an **ANONYMISED** form, which means that parts of your data will be edited or deleted such that no-one, including the researchers, could use any reasonably available means to identify you from the data. Your un-anonymised data will then be permanently deleted. Your data will be stored in a secured access, password-protected electronic file and only myself and my supervisors will be able to access it.

How will my data be used, and in what form will it be shared further?

Your research data will be analysed as part of the research study. It will then be published in my dissertation and may be published in a research publication(s). It may also be shared i.e. by placing it in a database accessible by others, in an **ANONYMISED** form, which means that no-one could use any reasonably available means to identify you from the data.

If shared (published and/or placed in a database accessible by others), your data will be in an **ANONYMISED** form, which means that no-one could use any reasonably available means to identify you from the data.

It is expected that the project to which this research relates will be finalised by April 2020.

When will my data be destroyed?

After one week, the hard copy questionnaires containing your identifiable data (full name) will be destroyed following data entry and accuracy checks. Your anonymized data will be kept indefinitely by the research supervisors.

Will my participation be confidential?

Yes, your participation will only be known to Isabelle Schlegel (student).

Use of your personal data and data protection rights

The University of St Andrews (the 'Data Controller') is bound by the UK 2018 Data Protection Act and the General Data Protection Regulation (GDPR), which require a lawful basis for all processing of personal data (in this case it is the 'performance of a task carried out in the public interest' – namely, for research purposes) and an additional lawful basis for processing personal data containing special characteristics (in

this case it is ‘public interest research’). You have a range of rights under data protection legislation. For more information on data protection legislation and your rights visit <https://www.st-andrews.ac.uk/terms/data-protection/rights/>. For any queries, email dataprot@st-andrews.ac.uk.

You will be able to withdraw your data within one week of finishing your participation. If your data is anonymised, we will not be able to withdraw it, because we will not know which data is yours.

Ethical Approvals

This research proposal has been scrutinised and subsequently granted ethical approval by the University of St Andrews Teaching and Research Ethics Committee.

What should I do if I have concerns about this study?

In the first instance, you are encouraged to raise your concerns with the researcher. However, if you do not feel comfortable doing so, then you should contact my Supervisor or School Ethics Contact (contact details below). A full outline of the procedures governed by the University Teaching and Research Ethics Committee is available at <https://www.st-andrews.ac.uk/research/integrity-ethics/humans/ethical-guidance/complaints/>.

Contact details

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