



## Parent / Carer (s) Information Sheet

**Title of Project:** **Girls' Peer ACTivity (G-PACT Project)**

**Researcher Team:** Michael Owen, Prof Stuart Fairclough, Dr Whitney Curry and Dr Charlotte Kerner

*Your daughter is being invited to participate in a research project. Before you decide it is important that you understand why the research is being done and what it involves. Please take time to read the following information. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether you want your daughter to take part*

### 1. What is the purpose of the study?

Regular physical activity is important for children's health and development but it is well known that most children are not active enough to benefit their health. The aim of the project is to improve health and wellbeing in West Lancashire girls through school-based physical activity interventions.

### 2. Does my daughter have to take part?

No. It is up to you and your daughter whether they take part. Your daughter will be able to drop-out of the study at any time and without reason. Dropping out of the study will not affect your daughter's opportunities in school in any way. If you agree for your daughter to take part, please read the child information sheet with your daughter, and complete the parent/carers consent form, and child assent forms and return these to school.

### 3. What will happen?

All consenting students will attend school as normal on the days when data collection takes place. All students will be asked if they are still happy to take part, and researchers will remind the students that they can drop-out if they no longer want to take part. Students will be asked to complete questionnaires, complete some measurements and wear a physical activity monitor for 7 consecutive days. The measurements will be taken during school time and will take only a minimal amount of time to complete. All measurements will be managed and conducted by the research team who have enhanced DBS clearance. Teachers will be present during these activities. The following measures will be completed:

#### Questionnaires

Students will complete the questionnaires in a classroom. The questionnaires will relate to enjoyment of physical activity, health and wellbeing and social support. The questionnaires should take no longer than 20 minutes to complete. In the presence of a teacher, a researcher will read the students the same set of instructions for all questionnaires and assure the students that all responses will be kept anonymous and confidential. The researcher will answer any questions the students may have to ensure everyone fully understands what the questionnaires are asking.



### Physical activity monitoring

A small activity monitor will be handed out to each student which will look very similar to a watch. Students will be shown how to wear the monitor and will be provided with an information sheet to read and share at home. This will include details of when and when not to wear the monitor. Students will wear the activity monitor on the wrist of their non-dominant arm. The monitors are small and light and are very unobtrusive (see image). Students will be asked to wear the monitors for 7 consecutive days during waking and sleeping hours, and to only remove them during water based activities, like swimming, showering, taking a bath, etc. After 7 days the researchers will come into school to collect the monitors.



### Height, weight and waist circumference

We will measure each student's weight, height and waist circumference. All of these measures will take place away from the rest of the group by a trained female researcher, and no one but the researchers will see the results. These results WILL NOT be fed back to the student, teachers or parents/carers. The results will be used anonymously for research purposes only. Weight will be measured by asking the student to stand on weighing scales with their shoes removed. Height will be measured using a height meter; each student will be asked to stand with their back to the height meter and the researcher will record the standing height values. A measuring tape will be used to measure the student's waist circumference.

### Focus Groups & Interviews

To get their thoughts on physical activity and recent school based activity sessions, your daughter may be asked to take part in a focus group (group discussion) with 4-6 of their classmates or in one-to-one interviews if they prefer. The focus group or interview will be held at school and will last no longer than 30 minutes. The session will be audio (voice) recorded on a dictaphone.

## **4. Are there any risks / benefits involved?**

We are not asking daughter to participate in any activities that they would not take part in during a normal day (e.g. in P.E., at playtime, at sports practice, after school clubs) so risks are minimal. Students typically enjoy being part of these studies and undertaking the measurements and the experience of taking part may stimulate interest in health and fitness and promote the adoption of healthy lifestyles.

## **5. Will the information collected be kept confidential?**

All information about your daughter including their results will be treated with the strictest confidence. No identifiable information will be released by the project, and all data is securely stored by project staff, and may be accessed by approved persons only (i.e., the research team). It will be made clear to your daughter that they can stop taking part in the study at any time they want, without explanation. Your daughter will not be forced to take part if they do not want and during focus groups or interviews, if they do not want to answer a question, they have the right to refuse. Also, through contributing in the study the information gathered my help to inform future policies around school-based physical activity programmes.

**This study has received ethical approval from Edge Hill University's Research Ethics Committee.**



All researchers are DBS checked and will abide by the school's procedures regarding safeguarding. Please contact Michael Owen if there is anything that you are unsure about or need something explaining in more detail.

## Additional Information

### Contact Details of Lead Researcher & Supervisor

**Lead Researcher:** Michael Owen

- [Michael.Owen@edgehill.ac.uk](mailto:Michael.Owen@edgehill.ac.uk)
- Tel: 01695 657344

**Supervisor:** Prof. S. Fairclough

- [Stuart.Fairclough@edgehill.ac.uk](mailto:Stuart.Fairclough@edgehill.ac.uk)
- Tel: 01695 584143

If you would like further information on physical activity and health for your daughter or yourself, please visit the following NHS websites:

<http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/541231/CYP\\_infographic.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf)

<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/541233/Physical activity infographic.PDF](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541233/Physical_activity_infographic.PDF)

*Thank you for taking the time to read this information sheet. Please complete and return the consent form on the following page to your child's school if you give consent for your child to participate in this research project.*