



PARENT/CAREGIVER/GUARDIAN INFORMATION SHEET

THE iBLISS STUDY (INVESTIGATING BENEFITS TO LIFESTYLE FROM IMPROVED SLEEP STRATEGIES)



Your child is being invited to take part in a research study. Before you decide whether or not you want your child to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

WHAT IS THE PURPOSE OF THE STUDY?

This study aims to find out if it is practical and possible to deliver sleep workshops in schools to small groups of up to 15 students. We will also look at how thoughts can impact the relationship between sleep and wellbeing.

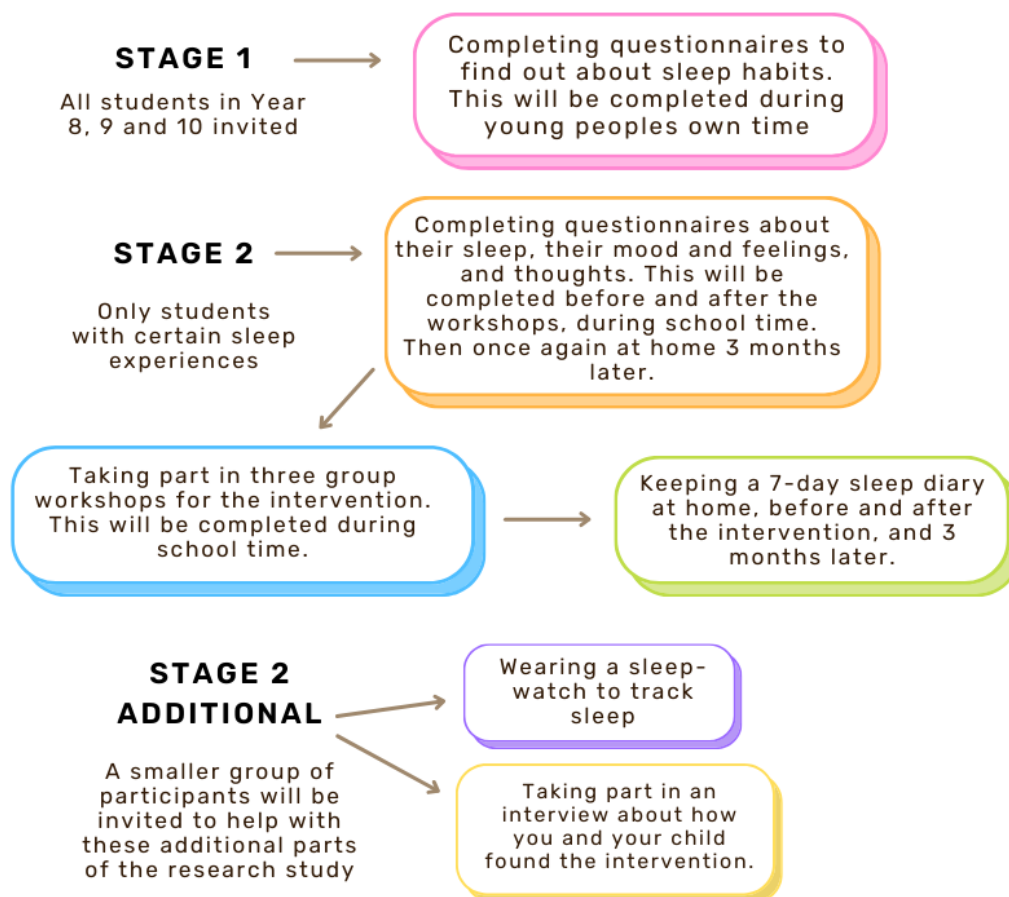
WHY HAS MY CHILD BEEN INVITED TO TAKE PART?

We are aiming to recruit around 600 young people aged 12-15 years. Your child has been invited to take part as their school have agreed to offer this study to their students, and they are in year 8, 9 or 10.

DOES MY CHILD HAVE TO TAKE PART?

It is entirely yours and your child's decision whether they take part in this study or not. If you do decide you want them to take part, you will be asked to sign a consent form. If you do decide to take part, you are still free to withdraw your child from the study at any time point and without giving a reason. Your child will also need to provide consent for them to take part.

WHAT IS THE OUTLINE OF THE STUDY?



WHAT WILL HAPPEN TO MY CHILD IF THEY TAKE PART?

If you're interested in your child taking part, then you will need to complete the consent form. Your child will also be receiving information about the study and will also need to give their consent to take part.

- First, we'll ask your child to complete a short online questionnaire to see if the study is right for them. This will ask about demographics (such as their age, gender identity and ethnicity) and their sleep. If their answers show certain sleep behaviours, then they will be invited to take part in the workshops.
- If the workshops are right for them, we will invite them to join the second stage of the study. Some schools will start the workshops straight away. Whereas other schools will start the workshops four weeks later. This allows us to understand if the workshop works as we can compare those who've completed the workshops with those who haven't started yet.
- Next, your child will be invited to join a face-to-face session at school with a small group of students where we will ask them to answer a longer set of questionnaires. These will take around 35 minutes. Some students will also be asked to wear a watch which will track their sleep behaviour. If your child's school is starting four weeks later, they will be asked to complete the questionnaires again, before starting the workshops.
- During the week before taking part in the workshops, all students will be asked to complete a sleep diary. This will include being asked about what time you went to sleep, when they woke up and when they got out of bed.
 - When taking part in the study, your child will be invited to three workshops. These will happen across three weeks. These will all be led by a member of the Thought-Full team. We will also

give out handouts to help your child remember what they have learned, and will send you some videos containing information about the workshops and information about sleep.

- At the end of the workshops, we will ask yourself and your child to complete a short feedback form about your experiences of the study. Your child will also be asked to answer the same questionnaires which they filled out at the start of the study, and we will also ask them to complete another 7 days of sleep diaries.
- After this they will receive £20 voucher for completing the workshops and the questionnaires. If your child is asked to wear a sleep watch they will receive an additional £10 voucher.
- Some students will be invited to take part in an interview about the experience. During this, we will ask about their experiences of taking part in the study, for example asking what they liked, didn't like and what they would like to have changed. This interview will take up to 30 minutes. Interviews will take place on Zoom. If this is not possible, an in-person interview will be arranged. If your child takes part in an interview, they will be gifted a £10 voucher.
- We are also going to interview some parents/caregivers/guardians about the same topic; there is a separate information sheet about this which you will be sent if your child takes part in the workshops.
- Finally, three months after finishing the workshops, your child will be asked to answer the questionnaires and complete the sleep diary one final time, this will be online. They will be paid a further £10 voucher for helping with this part of the study.

Reimbursement overview

Activity	Voucher	Who?
Taking part in the workshops, completing sleep diaries and questionnaires before and after the workshops	£20	Everyone who takes part
Wearing a sleep watch during sleep diary	£10	Approximately half of students
Taking part in an interview	£10	20 students
Completing questionnaires and sleep diary 3 months after the workshops	£10	Everyone who completes

WHAT ARE THE POSSIBLE RISKS AND BENEFITS OF TAKING PART?

Some people may find it upsetting to talk about their thoughts and feelings, however your child does not have to answer any questions that they do not want to, and they, or you, can withdraw (leave) from the study at any time. We will give everyone information about potential support options if you feel like that would be helpful.

Taking part does include a time commitment:

- The series of questionnaires that your child will be asked to complete will take around 35 minutes each time.
- The 7-day sleep diary will also take a couple of minutes each day.
- The questionnaires and 7-day sleep diary will be completed 3-4 times over the course of the study.
- There will be three 1-hour workshops during school, which will happen once a week.
- If your child chooses to take part in the interview, this will be around 30 minutes.
- The total time commitment will be approximately 7-8 hours over roughly 6-7 months. We will however compensate them for the time taken to help us with this research through the vouchers mentioned above.

The workshops are designed to help young people's sleep behaviours therefore you may find these improve, which can also impact wellbeing, attention and energy among other things. Additionally, the information gained from the research will benefit our understanding of sleep workshops and whether running these in schools is possible.

WILL MY CHILD'S INFORMATION IN THIS STUDY BE KEPT CONFIDENTIAL?

All personal data (including you and your child's name, email address, and mobile number) will be treated as strictly confidential and handled in accordance with the Data Protection Act (2016). Only the research team will have access to this personal information. We will only use this information to send your child survey links, and, will store it securely and will delete it by 31st August 2025 at the latest (at the end of the research).

If your child chooses to receive their sleep diary via text and an online link, we will send these to them daily via a service called Amazon Pinpoint (<https://aws.amazon.com/pinpoint/>). Your child's contact details will be stored on secure AWS servers, which meet data protection requirements,

All information collected as part of the study will be kept confidential. The only time where what is said in the questionnaires, workshops or interview will be shared is if the research team or the Thought-Full team is concerned about your child's safety or someone else's. In this case, we may need to pass this information onto yourself, GP or the emergency services. However, we will discuss this with your child beforehand. During the workshops, all participants will have signed a consent form where they will agree that anything they hear from other students during the sessions will be kept confidential.

The research data (questionnaires and interviews) will be anonymized – this means no-one will be able to tell which responses are theirs. Until 31st August 2025 we will be able to identify your child's data using their study ID. But after this, the dataset will be fully anonymized. All data will be stored within a password protected folder stored securely on the University of Sussex system. Anything completed on paper will be stored in a locked cabinet in the research lead's office on the University of Sussex campus. Once it has been input onto the computer system, the paper copy will be destroyed.

The anonymised data may be uploaded to online open science databases, for other researchers to use. However, this will be anonymised and not have any personal information.

WHAT WILL HAPPEN IF I DON'T WANT MY CHILD TO CARRY ON WITH THE STUDY?

Taking part in this research is voluntary, you and your child are free to withdraw from the study while taking part in the workshops and completing the questionnaires. You just have to let one of the research team know via the email below, but you do not have to give a reason.

After your child has completed the questionnaires, you can also ask to withdraw and delete their data. This can be done any time up until 31/08/2025, when it will be no longer possible to identify which data is theirs.

If your child takes part in an interview, you can withdraw any of the information they have provided (their 'data') up to 14 days after the interview (after this data analysis begins).

WHAT WILL HAPPEN TO THE RESULTS OF THE RESEARCH STUDY?

The results of this study will be used for publications for scientific journals and presentations at conferences. This is done in the hope of improving future experiences of young people's sleep behaviours. If you choose to leave your contact details, you will be sent a copy of the published research when it is available.

WHO IS ORGANISING AND FUNDING THE RESEARCH?

This research is being conducted by a research team at the University of Sussex and is being funded by the Economic and Social Research Council.

WHO HAS APPROVED THIS STUDY?

This research has been approved by the Brighton and Sussex Medical School Research Governance and Ethics Committee (RGEC; application number: ER/FO93/2)

WHAT IF THERE IS A PROBLEM?

If you have any concerns about any aspect of this study, about the way you have been approached or treated during the study, or how your child's information is handled during the course of the study, you should contact the lead researcher who will do their best to answer your questions. Their contact details are provided at the end of this sheet.

Alternatively, you may wish to contact the University of Sussex Research Governance Office via: rgoffice@sussex.ac.uk.

CONTACT FOR FURTHER INFORMATION

If you have any questions about the project, please contact the study team at ibLISS@sussex.ac.uk. You can also contact the lead researcher Dr Faith Orchard at f.orchard@sussex.ac.uk.

INSURANCE

The University of Sussex has insurance in place to cover their legal liabilities in respect of this study.

WHAT SHOULD I DO IF I WANT MY CHILD TO TAKE PART?

If you would like your child to take part in the study, then please complete the consent form in the survey link that was shared alongside this information.

For the young person consent form please use the link (<https://rb.gy/7lxji0>) or QR code:



For the parent/caregiver/guardian consent form, please use the link (<https://rb.gy/dtcbmz>) or QR code:



THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION SHEET

If you're concerned about your child at the moment, we've included some useful contact details below.

Who can they talk to?

Firstly, we recommend that young people speak with a trusted adult. This might be a parent, carer/guardian, or teacher. If you would like some guidance on how to start a conversation with your child about their wellbeing, we have provided some resources below.

Your child can also seek a referral with the school's Thought-Full service. To do this, your child should speak to the Senior Mental Health Lead in their school or email the service on thought-full@westsussex.gov.uk. If you have more general concerns about your child's health or wellbeing, contact your local GP.

Emergency support: If you have an urgent concern for your child's welfare, call 999 or attend your local A&E department as soon as possible.

Resources about sleep and wellbeing

Below is a selection of resources that you might find useful about sleep and general wellbeing. We have also provided some resources that you might find useful for guiding discussions with your young person about their mental wellbeing.

Sleep

- <https://teensleephub.org.uk/>

General wellbeing

- Young Minds: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>
- Childline: <https://www.childline.org.uk/info-advice/your-feelings/>

Starting the conversation

- <https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>