



Increasing the physical activity of students through parental support for autonomy

Student information and informed consent form

I am Pille-Riin Meerits, PhD student at the Institute of Sports Sciences and Physiotherapy, University of Tartu. The University of Tartu is conducting a study to find out how your leisure time physical activity is influenced by your parents' communication style. As children today tend to be sedentary, it is important to understand what motivates young people to be more physically active.

This research will help to clarify how children's out-of-school physical activity is influenced by parental support for autonomy. This research provides insights on how to promote health behaviours among adolescents in relation to physical activity.

In the survey, we ask you to complete questionnaires on physical activity and motivation on four occasions (at the beginning of the survey, after six weeks, four weeks after that and again after five months). The questionnaire will take 20 minutes to complete.

Information about you is stored in encrypted form electronically on the University of Tartu server. Your completed questionnaires are stored in a lockable cabinet. Only the author of the research and her supervisors have access to the data. The data collected will be used for research purposes only. The data will be stored until August 2024.

Participation in the study is voluntary and you have the right to withdraw from the study at any time. You have the right to access the data concerning you and to obtain any relevant further explanations regarding the study from Pille-Riin Meerits, the study's organiser.

The research has been approved by the Human Research Ethics Committee of the University of Tartu (approval no. 327/T-4, 19.10.2020).

Sincerely,

Pille-Riin Meerits, MSc

e-mail: pille-riin.meerits@ut.ee



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Participant consent form

I,, have been informed about the study "Increasing physical activity among students through parental autonomy support" being conducted by the Institute of Sports Science and Physiotherapy of the University of Tartu and I am aware of the purpose of the research and its methodology. I confirm my consent to participate in it by signing this form.

I know that Pille-Riin Meerits, e-mail: pille-riin.meerits@ut.ee, will provide me with further information on any questions arising during the survey.

Signature of the participant.....

Date, month, year.....

Name of the person giving information to the participant: Pille-Riin Meerits

Signature of the person who have information to the participant.....

Date, month, year.....