



PARENT/CAREGIVER/GUARDIAN INTERVIEW INFORMATION SHEET

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

We are inviting you to take part in an interview as part of the iBLISS study. Please take time to read the below information and discuss any questions with others and the researchers. It is important for you to know what the study will involve before you decide to take part. If anything is unclear or you would like some further information, please contact us.

1. 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 students. We will also look at how thoughts can impact the relationship between sleep and wellbeing.

2. Why have I been invited to participate?

You have been invited to participate as you have a child who's taken part in the sleep workshops. Therefore, we would like to interview you to understand about your experiences and perspectives on these workshops. A maximum of 20 parents/caregivers/guardians will be asked to participate.

3. Do I have to take part?

It is entirely your decision whether you take part in this study or not. If you do decide to take part, you will be asked to sign a consent form, this is to ensure that you are consenting to taking part voluntarily.

4. What will happen to me if I take part?

After reading this information sheet, you will be asked to sign the consent form. If you decide to take part and consent to the study, then we will arrange a date and time to have the interview that is convenient for you. The interview will take place on Zoom. If you're unable to use Zoom, then the interview will take place in-person.

Next, the interview will begin. You will be asked for permission for the interview to be recorded. You will then have a conversation with the researcher and a young person involved in the research. You'll be asked about your experiences of your child taking part in the workshops, including what you liked, didn't like, and what you'd change.

This process will last around 30 minutes. You will be offered a £10 voucher.

5. What are the possible benefits of taking part?

There are not necessarily any direct benefits to yourself for taking part in the interview. We hope that it will be positive and valuable experience for you to discuss your experiences with the researcher and offer any feedback. The information you provide will be very valuable to the research team as it will help us to find ways to improve the intervention.

6. Are there any possible disadvantages or risks of taking part?

There are no expected disadvantages to taking part in this research. The interview will be arranged for a time and a day which causes the least inconvenience for you. The questions we would ask in the interview have been co-designed with parents/caregivers/guardians. We hope that this will help to mean the questions feel sensitive and relevant to you. There are no right or wrong answers, we are interested to hear whatever thoughts and experiences you wish to share.

7. What about confidentiality?

All information collected during the interview will be kept confidential (subject to legal limitations) to ensure compliance with the UK data legislation which researchers follow. You, and your data, will be given a unique code (study ID) to name the files. This is called pseudonymisation. Therefore your interview data will only be marked with your study ID number so it shouldn't be possible to identify you from your data.

The data will be stored securely and will be deleted by 31st August 2025 at the latest (at the end of the research). The data will be stored within a password protected folder, and the ID codes that link to your name will be held in a separate document in a separate password protected folder. These will all be stored securely on the University of Sussex system. Any outputs from the research (e.g. scientific journals) will not use any of your personal data which could allow identification.

8. What will happen if I don't want to carry on with the study?

Taking part in this research is voluntary, you are free to withdraw your consent at any time and do not have to give a reason. Following the interview, you can withdraw any of the information you have provided (your 'data') up to 14 days after the interview (after this data analysis begins). This means your data would be removed and destroyed. If you no longer wish to take part, or wish to withdraw your data, please contact the lead researcher (contact details below).

9. 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 experiencing sleep problems. You will be sent a copy of the published research when it is available, if you choose to leave your contact details for this purpose.

10. 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.

11. 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: INSERT)

12. Who is responsible if something goes wrong? What if there is a problem?

If you have any concerns about any aspect of this study or about the way you have been approached or treated during the study, or how your 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.

13. 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.

14. Insurance

The Universities of Sussex have insurance in place to cover their legal liabilities in respect of this study.

15. What should I do if I want to take part?

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

For the consent form, please use the link (<https://rb.gy/7mvktw>) or scan the QR code:



Thank you for taking the time to read this information sheet