



YOUNG PERSON INFORMATION SHEET

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



You are being invited to take part in a research study. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what we would ask you to do if you took part. Please take time to read the following information carefully.

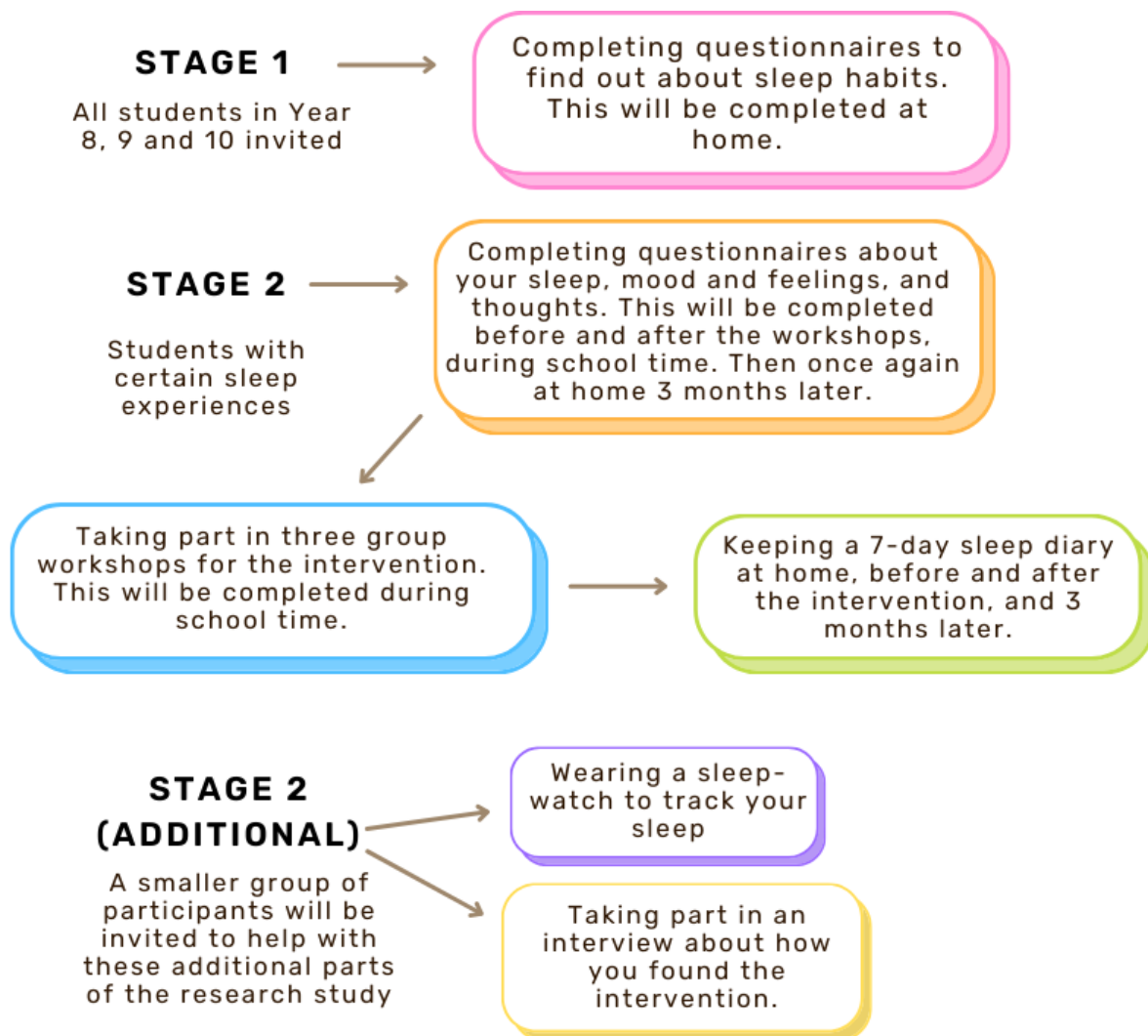
WHAT ARE THE AIMS OF THE STUDY?

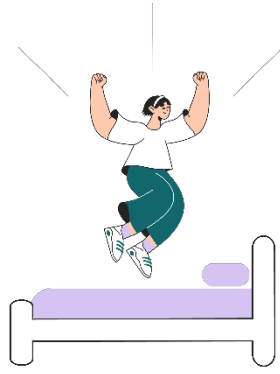
This study aims to find out if it is practical and possible to deliver sleep workshops in schools to small groups of up to 15 students. We will also look at how thoughts can impact the relationship between sleep and wellbeing.

WHY HAVE I BEEN INVITED TO TAKE PART?

We are aiming to recruit around 600 young people aged 12-15 years. You have been invited to take part because your school have agreed to offer this study to their students, and you are in year 8, 9 or 10.

WHAT IS THE OUTLINE OF THE STUDY?





DO I HAVE TO TAKE PART?

It is your decision whether you take part in this study or not. Your parent/caregiver/guardian will also need to provide consent for you to take part. If you decide 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 (leave) at any time point and without giving a reason.

WHAT WILL HAPPEN IF I TAKE PART?

Stage 1

After reading this information sheet, if you're interested in taking part, then you will need to complete the consent form. This form gives us permission to include you in the study. Your parent or caregiver will also need to give their consent for you to take part.

First, we'll ask you to complete a short online questionnaire at home, to see if the study is right for you. This will include questions about your sleep, age, gender identity and ethnicity. If your answers show that you've had certain sleep experiences, then we will invite you to Stage 2 of the study.



Stage 2

If the **workshops** are right for you, we will invite you to join face-to-face sessions at school with a small group of students where we will ask you to answer a longer set of questionnaires.

The questionnaires will take around 35 minutes.

The groups will be organised by year group where possible. However, some groups may include a mix of year groups.

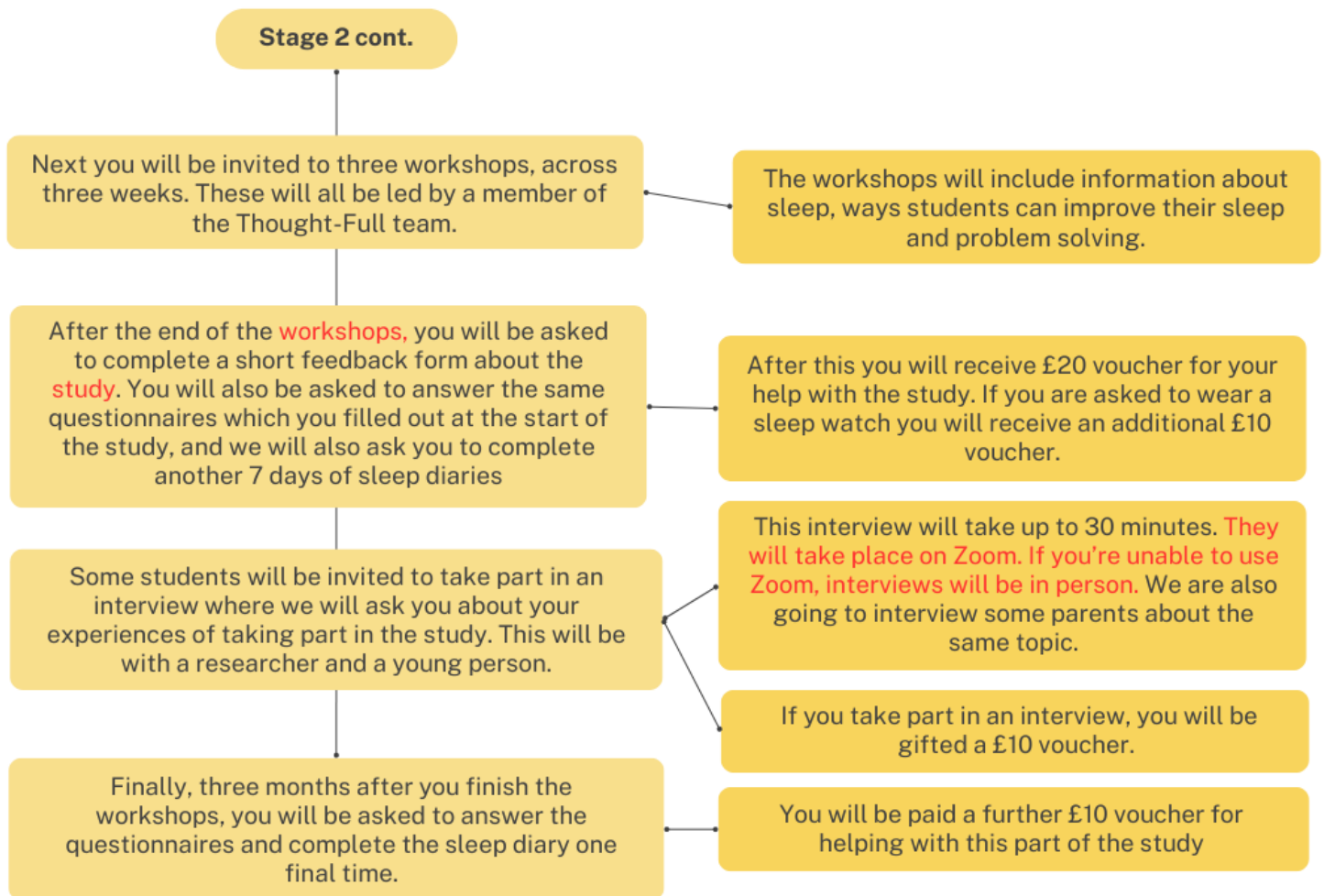
Before taking part in the **workshops**, all students will be asked to complete a sleep diary for a week.

Some students will also be asked to wear a watch which will track their sleeping behaviour.

Next, some schools will start the **workshops** straight away. Whereas other schools will start them four weeks later.

This allows us to understand if the **workshops** works as we can compare those who've completed them with those who haven't started yet.

If your school is starting four weeks later, you'll be asked to complete the questionnaires again, before starting the **workshops**.



Reimbursement overview

Activity	Voucher	Who?
Taking part in the study, completing sleep diaries and questionnaires before and after 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 study	£10	Everyone who completes

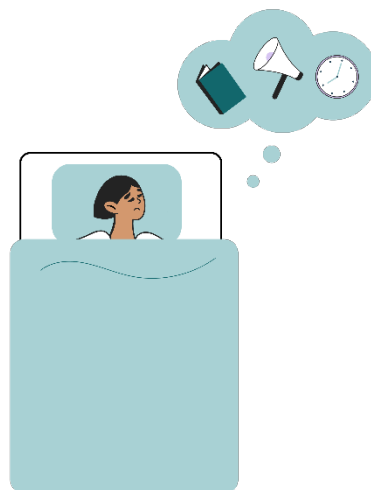


WHAT ARE THE POSSIBLE BENEFITS AND RISKS OF TAKING PART?

Some people may find it upsetting to talk about their thoughts and feelings, however you **do not have to answer any questions that you do not want to**, and **you can withdraw (leave) from the study at any time**. We will give everyone resources that you can access for support if you feel like that would be helpful.

Taking part does include a **time commitment**:

- The series of questionnaires that you'll 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 you choose 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 you 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.



ADDITIONAL DETAILED INFORMATION ABOUT THE

RESEARCH PROCESS

WILL MY INFORMATION IN THIS STUDY BE KEPT CONFIDENTIAL?

All personal data (including your name, email address, and mobile number) will be treated as **strictly confidential** and handled in accordance with the Data Protection Act (2016).

- This means that an individual has a right to know and access what information the research team has about them.
- Only the research team will have access to this personal information.
- We will use this information to send you the online survey links.
- We will only use this information for these purposes. We will store it securely and will delete it by 31st August 2025 at the latest (at the end of the research).

If you choose to receive your **sleep diary via text and an online link**, we will send these to you daily **via a service called Amazon Pinpoint**

(<https://aws.amazon.com/pinpoint/>).

This means your contact details and survey links will be stored on secure AWS servers, which meet data protection requirements and EU legal standards under the EU-US Privacy Shield agreement. As research data will be collected in Qualtrics, not in AWS, this means your personal contact details will not be linked to the anonymised research data.



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 safety or someone else's. In this case, we may need to pass this information onto your caregiver, GP or the emergency services. However, we will discuss this with you 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 (including your responses to the questionnaires **or interviews**) will be **anonymised**

- This means no-one will be able to tell which responses are yours.
- Until 31st August 2025 you will be identifiable only by a unique code (study ID) that you have been assigned; after this point, the dataset will be fully anonymised.
- 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.
- 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 retained and contribute to online open science databases, in case other researchers would like to look at the data for their projects. However, only the anonymised data will be uploaded, and not personal information about yourself.

The interviews in this research project involves the use of University of Sussex MS Teams or University of Sussex Zoom. Details of the platform's privacy notice can be found here: [MS Teams Privacy Policy/Zoom Privacy Policy](#). All data collected will be stored securely on a University of Sussex managed system.

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

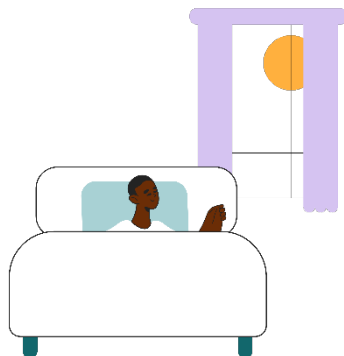
Taking part in this research is **voluntary**, you are free to withdraw from the study at any time while taking part in the workshops and completing the questionnaires. You just have to let one of the research team know, but you do not have to give a reason (please email the study team on the email address below).

After you have completed the questionnaires, **you can also ask for your data be withdrawn and deleted if you wish**. This can be done any time up until the files linking unique ID to names is deleted (31/08/2025), when it will be no longer possible to identify which data is yours.

For 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.

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 young people's experiences of sleep in the future. 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.



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: INSERT)



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. You can also speak to your parent/caregiver/guardian or school and ask them to contact the lead researcher, if you would prefer.

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 TO TAKE PART?

If you would like to take part in the study, then please complete the consent form using the QR code below. You will also need your parent/caregiver/guardian to provide their consent as well.

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 at the moment about something, below are some places you can contact.

Who can I talk to?

Firstly, speak with a trusted adult. This might be a parent, carer/guardian, or teacher.

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

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

Are there any good online resources for learning more about sleep and wellbeing?

Sleep resources: <https://teensleephub.org.uk/>

General wellbeing

- Mind: <https://www.youngminds.org.uk/young-person/my-feelings/>
- Childline: <https://www.childline.org.uk/info-advice/your-feelings/>

Resources for discussing mental health

We have also provided some resources that may be useful for guiding discussions about mental health.

- Supporting a friend: <https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health/>
- Reaching out for help: <https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/>