

What you and your child need to know about the study

Why are we doing this study?

- We want to see if new phone apps can help young people with sleep problems.
- Not sleeping well can make young people feel worried or low, so we're going to check if these apps can help with these problems too.

What are the web-based apps?

Sleep Solved

- Sleep Solved will give your child tips called sleep hacks to help them sleep better. These sleep hacks have helped other young people with their sleep.
- Alongside this, they may also use an app called Phone Downtime. Your child will tell the app when they plan to sleep and wake up. This is only available for Android users.

Teen SHUTi (Sleep Healthy Using the Internet)

- The SHUTi app has helped adults sleep better. We want to see if it can do the same for younger people.

Bite Back

- Bite Back is a website that has been shown to improve wellbeing in young people

Can my child take part?

Yes, if they:

- Are aged between 14 and 18 and, have a smartphone.
- Your child should not take part if they are currently receiving help from a doctor for sleep or mental health problems (e.g., depression or anxiety). This is because they should stick to the advice they are getting from their doctor.

What will my child need to do?

If your child would like to take part, they will be automatically directed to Sleep Solved on their phone, but first they need to complete a short survey about their sleep and wellbeing.

After they have finished the survey, they might use an app that tells them about how well they sleep. This only uses a small amount of power and data. After 6-weeks, the app will tell them if they might have any sleep problems.

More quick surveys later: We'll ask your child to do the short surveys again after 6 weeks, 6 months, and 1 year. This helps us see if anything has changed with their sleep or wellbeing.

Optional stuff:

Chat with us: Your child can choose to talk one-on-one with someone from our team about how they sleep and what they think about the study. This chat would be online and could take up to an hour.

How will we use information about your child?

We will need to use information from your child for this research project.

This information will include your child's:

- name,
- contact details,
- date of birth,
- gender,
- ethnicity,
- postcode.

Who uses your information:

- People in the research team will look at your child's information to make sure our study is done right.
- No one else will be able to see your child's name or how to contact you. We'll use a code number instead of their name

Keeping it safe:

We will keep all information about your child safe and secure. But we might have to tell your child's school or college if we are really concerned about their safety, or if we believe that your child may be at risk of harming yourself or others.

After the study:

When we're all done, we'll keep some of the data so we can double-check the results. But we'll write our reports in a way that no one will know that your child was part of the study.

Your choices about how your information is used:

Your child can leave the study any time they want, and there is no need to say why. We have to keep their records a certain way to make sure the study works. This means you can't see or change your child's information once we have it.

Want to know more about how your child's information is used?

You can find out more about how we use your child's information:

- by asking one of the research team
- at www.hra.nhs.uk/information-about-patients/
- by sending an email to the University of Bristol Information Governance team on research-governance@bristol.ac.uk
- To read how the University of Bristol uses research participants' personal data please follow this link: <http://www.bristol.ac.uk/secretary/data-protection/policy/research-participant-fair-processing-notice/>

Does my child have to take part?

No, they don't need to join if they don't want to. They can leave at any time, too.

Are there any benefits if my child decides to join?

They'll get tips to sleep better. They might get to try SHUTi or Bite Back to help with their sleep and wellbeing.

Are there any downsides to joining?

The only downside is the time it takes to complete the surveys, which takes about 5-10 minutes. Most people will be asked to complete the survey 4 times.

What do we do now?

If you and your child are happy to join this study, please click 'continue' at the bottom of the page.

Who is funding this research?

The Prudence Trust: They fund studies about helping young people feel better.

Who can we contact about this research?

Talk to us via email: sttamp-study@bristol.ac.uk. We'll get back to you as quickly as possible!