

Improving mental health literacy among children and young people aged 12-14 in the United Kingdom.

Study information sheet

Who is Conducting the Research?

My name is Helen and I work as a researcher at the University of Manchester. I would like to invite you to take part in our research study about trying out a mobile phone/tablet app that aims to help young people learn more about mental health.

Before you decide if you wish to take part, please make sure that you understand:

1. Why the research is being done
2. What your involvement in the project will be

Take your time to read through this information sheet before you decide if you wish to take part. Ask as many questions as you wish.

This information sheet is made up of two parts. **Read part 1** to see if you are interested. **Read part 2** if you are interested and want to know more.

Part 1



What is the Purpose of the Research?

Our team has developed a new way of helping young people to learn more about mental health called the 'IMPETUS app'.

To help us to make the app, we have worked with young people like you, as well as the adults who support them, such as parents and teachers.

We hope that the app will help young people to cope with problems better and live more happily. So we now want young people to try out the app to see if they find it helpful.

Why Are We Doing Our Research?

The aim of our research is to understand if using the app makes a difference to how children and young people look after their mental health. Any results will help us decide if the app could be used by more children and young people in the future.

We don't know if young people will find the app helpful. To find out, we need to compare groups of young people using the app to groups of young people not using the app.

Why Have I Been Asked to Take Part?

We have asked you to take part because you are a 12-14 year old who attends [study site], one of the places that have agreed to take part in the study.

You can take part whether or not you have had personal experience of mental health problems.

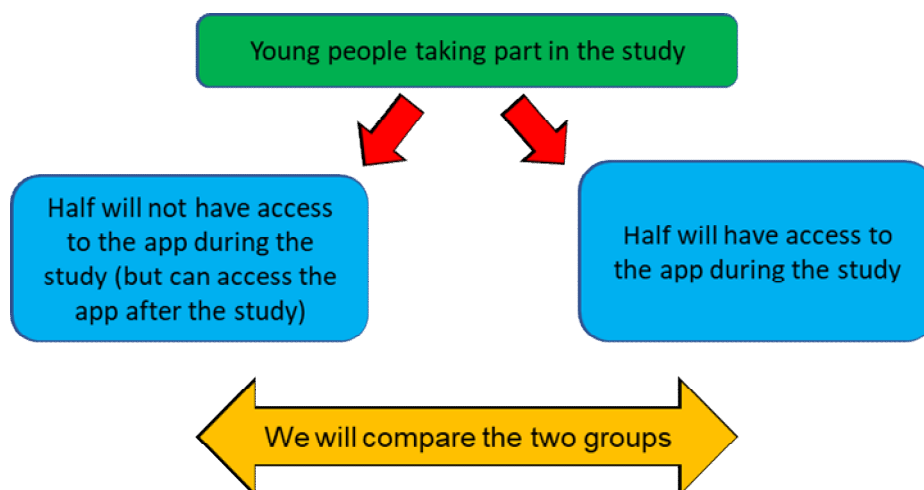
Do I Have to Take Part?

No. It is completely up to you if you wish to take part in the study. Make sure you think carefully and consider all the information contained in this sheet before you decide. Once you have agreed, you can still change your mind.

What Would I Be Asked to Do if I Take Part?

If you want to take part, we will ask that you volunteer to take part in the following tasks:

1. You will be asked to answer a short questionnaire about you
2. You will **randomly** be chosen to be in either the group of young people using the app or the group young people not using the app. (**Don't worry if you are chosen to be in the group of young people not using the app you will be able to try it out after the study!**)



3. Your next tasks will depend on what group you are in:

Group of young people not using the app

- You will be asked to answer some questionnaires about your mental health and wellbeing.
- You will be asked to answer these questionnaires at the beginning of the study, during the study and at the end of the study (at three months).
- **There are no right or wrong answers to the questions**, but if you are unsure about anything you can ask the staff member involved in the study.

Group of young people using the app

- You will be asked to answer some questionnaires about your mental health and wellbeing. These will be answered at the beginning of the study, during the study and at the end of the study (at three months).
- You will be given access to the IMPeTUs app to try at home.
- You will be asked to join group discussions with other young people where you can chat about the app.
- You may be invited to take part in a meeting with the researcher, either one-to-one or in a group with other young people.
 - The researcher will ask you what you thought about the app. We want to hear all feedback good or bad- and any suggestions to make the app better.
 - The researcher will ask if it's ok to record the sound, so that they can remember what you said clearly.
- **There are no right or wrong answers to the questions**, but if you are unsure about anything you can ask the staff member involved in the study.

If you take part in a researcher group meeting we will ask everyone to agree that what is said in the meeting stays in the meeting. However, because it is a group meeting the research team cannot promise that this will happen. We ask that you have this in mind when giving answers in the group meeting.

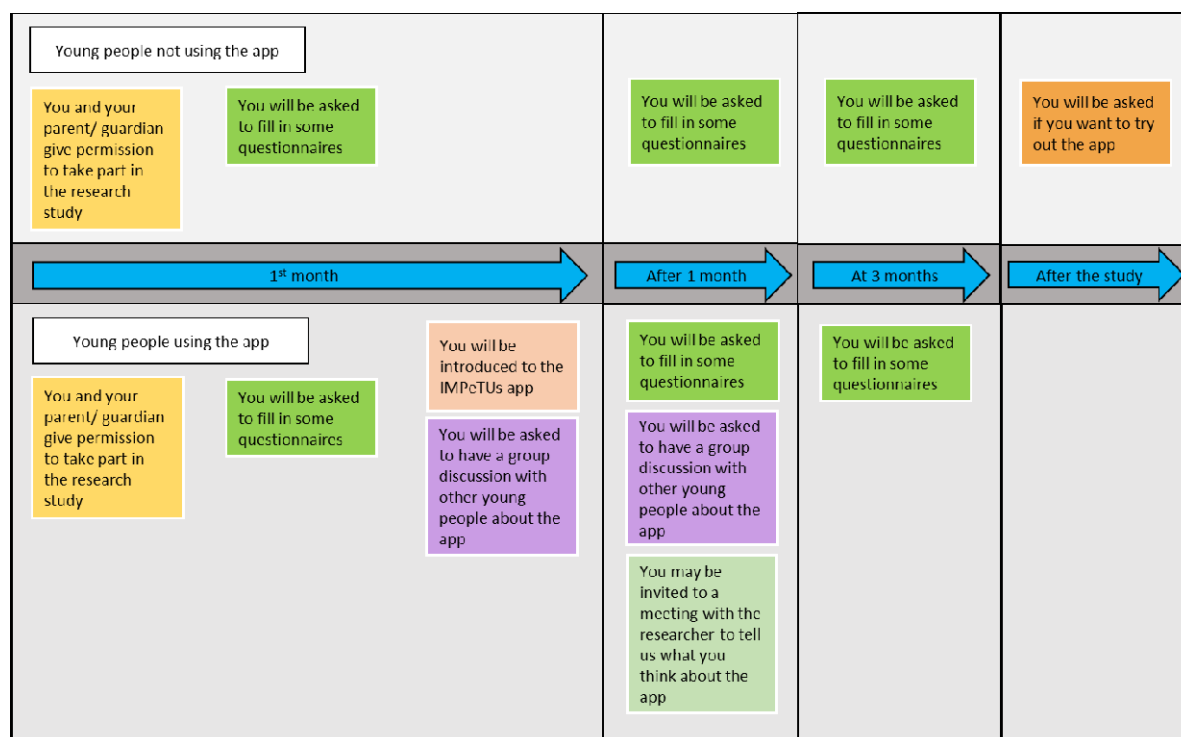
How Long is the Study?

The study takes place over three months. The time it takes to complete all activities depends on whether you are in group using the app or not using the app.

Young people not using the app: 3 x Questionnaires (take 30 minutes each), plus optional time playing with the app after the study **[Minimum time: 1 ½ hours]**

Young people using the app: 3 x Questionnaires (take 30 minutes each), 2 x group discussions (take 30 minutes each), IMPeTus app (minimum 3 hours), plus if you are invited to take part in the researcher meeting (1 to 1 ½ hours) **[Minimum time: 5 ½ hours]**

A summary of your involvement in the study:



Where will the Study Take Place?

The study will take place at [study site].

What should I do Next?

Take some time to think about whether you want to take part. It is your choice and you can change your mind at any point. Speak to your parent/guardian to contact the researchers if you have any questions.

Will I get Anything for Taking Part?

All young people will get a £20 [insert] voucher for taking part. Those young people who take part in the researcher meeting will also get another £10 [insert] voucher.

What are the possible Advantages of Taking Part?

Until we have carried out further research, we do not know whether or not the app is helpful for young people, so we can't say whether you will benefit personally from taking part. We hope that the findings will help researchers to develop an app to support other young people in the future.

What are the possible Disadvantages of Taking Part?



Talking or thinking about mental health can be hard for some people and can make them feel sad. If you do not want to answer a question you can move onto the next, or stop doing the research meeting or questionnaire altogether.

What if I Change my Mind about Taking Part?

Just tell the researcher, or a family member. No one will mind.

What will Happen to my Information?

The answers that you give will be kept carefully so that no one else apart from the research team can see the information you have told us. We will provide an envelope for you to put your questionnaires in when you have answered them.

Sometimes researchers from other teams might look at your information, but we will only allow this when we have taken out anything that identifies you, such as your name.

The only time the researcher would share your personal information is if they were worried about someone's safety. If this happens, we will only tell someone who can help, such as a doctor, and we will always let you know if we need to do this.

Contact details for more information

More information about the study is available in part 2 (the next page).
If you want to take part and for any further information about this study, please contact our friendly research team:
Helen Brierley, helen.brierley@manchester.ac.uk

Part 2 – only read this if you are interested in taking part

What will happen to the results of the study?



The findings will help us to understand how helpful our app is.

We will write up the findings so that others can see them. If you take part in a meeting with the researcher, we might use quotes (your exact words) from your meeting in these write ups, but we will make sure no one can tell who said these words. No one outside the research team and [insert name of service] will be able to tell that you took part.

If you are interested, a summary of the findings of this study can also be sent to you and your family.

Will my Participation in the Study be Confidential?

In order to take part in the research we will need to know your

- Your name
- Age
- Gender
- Ethnicity
- Information about your mental health

Only the research team will have access to your information and we will ensure it is kept safe and secure.

We are keeping your information safe and following data protection law.

The University of Manchester is the Data Controller, which means that we will protect the information about you. All researchers have received training to do this and we will make sure that they keep your information safe.

We will make sure that no one knows you have chosen to take part in the study and will also not share any information you have given to us. To do this we will use a process called anonymising, which means that we will generate a secret code for you and make sure that your name is stored in a different place to the rest of the information you give us. We will also keep the information you give us for 5 years after the last publication of the study or for 10 years, whichever is greater, and then it will be safely destroyed.

With your assent and your parent's/guardian's consent, we would also like to keep your contact details for 1 year to provide you with a summary of the findings for this study **(this is optional and not needed to take part in the study)**.

You have a number of rights under data protection law, including the right to see any of the information you have shared with us. If you would like to know more about your rights or find out the legal reason we collect and use your information, please read through the [Privacy Notice for Research](#) or discuss it with your parent/guardian.



Can I remove my information later?

The information you give us can be removed for up to two weeks after it is collected. After two weeks, it will not be possible to remove your information. If you take part in a group interview, we unfortunately won't be able to remove this part of your information as it will be mixed together with other people's information.

What if I Change my Mind?

You are free to withdraw from the study at any point without having to give a reason. Please remember that your data will be anonymised and you will not be identified in any way. Just remember that there are no right or wrong answers.

What if there is a problem?

Let us know if you are unhappy about anything so we can try to sort it out. If you don't like using the app for any reason, it is important that you let us know. You, or your parent/guardian can contact the researcher:

Helen Brierley

helen.brierley@manchester.ac.uk

University of Manchester, Oxford Road, Manchester, M13 9PL

If you want to make a formal complaint, you can contact:

The Research Ethics Manager, Research Office, Christie Building, University of Manchester, Oxford Road, Manchester, M13 9PL or by emailing: research.complaints@manchester.ac.uk or by telephoning 0161 306 8089.

Who is Organising and Approving the Research?

The research is being sponsored by the University of Manchester and the National Institute of Health Research (NIHR) – i4i Connect 5 & Children and Young People's Mental Health scheme (Ref: NIHR20382)

The research has also been approved by the University Research Ethics Committee at the University of Manchester, a group of people who work to protect your safety, rights, wellbeing and dignity.

Where can I go if I need help right now?

If you are feeling upset, worried or in need of help, you can contact:

- Your GP
- 42nd Street <https://www.42ndstreet.org.uk/> Greater Manchester young people's mental health charity
- Greater Manchester Mental Health NHS Foundation Trust: 24/7 Helpline: Tel: 0800 953 0285

What Do I Do Now?

If you have any questions relating to the information contained in this sheet, please let me know:

Researcher: Helen Brierley, helen.brierley@manchester.ac.uk

Research Supervisor: Helen Brooks, helen.brooks@manchester.ac.uk

After you have decided to take part you will be asked to sign an assent form that shows you understand and agree to take part in the research. Your parent/guardian will do the same (and sign a consent form) if they also agree for you to take part.



Thank you for reading this!