What will happen to the results of the study?

A report about the study will be provided to the funder (see below) and a summary of the results will be communicated to all participating authorities. We may also publish the results in an academic journal.

No one will be identified or identifiable in this report, or any other publication. A summary of the study's findings will also be made available to care leavers via the website of one of our key partners, Coram Voice.

The results of the study will be used to decide whether or not to seek funding for a further study.

Who is organising and funding this study?

This research has been commissioned by National Institute of Health Research. It is being conducted by researchers from the Universities of Bristol, Queen's Belfast and Oxford, in collaboration with Coram Voice.

Who has reviewed the study `

This study was approved by the School Research Ethics Committee in the School of Policy Studies at the University of Bristol on 25th March 2022, SPSREC/21-22/227

Who do I contact if I have any concerns about the study?

If you have a concern about any aspect of this study, please contact Geraldine Macdonald at geraldine.macdonald@bristol.ac.uk

If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Research Ethics Committee, Nadia Aghtaie, on nadia.aghtaie@bristol.ac.uk

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Life in Transition: Promoting Good Health in Care Leavers

INFORMATION SHEET

Background

We have developed a short training programme to help Personal Advisors to better support care leavers with their physical and mental health. The training has been tested in one local authority, where it was well received.

Before making this widely available, we want to find out what what other Personal Advisors think about it and whether it is possible to rigorously evaluate the effectiveness of the training.

What is the purpose of this study?

This study aims to answer these two questions.

1. What do Personal Advisors in other local authorities think about the training.
2. Can we evaluate the training using a study design called a Randomised Controlled Trial – an RCT.

In RCTs, study participants are randomly assigned ('coin toss') to one of two groups, only one of which gets the intervention (the training in this case). Because randomisation creates groups that are comparable in all important respects, we can be confident that any differences we find are due to the intervention. RCTs aren't always possible, so it is important to find out if we can make it work as a means of evaluating the training that has been developed.

PLEASE NOTE: It is the **training** that is being evaluated, not the practice of Personal Advisors.

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Why have I been approached?

Your local authority has agreed to take part in this study. They are expecting all Personal Advisors to participate in the study, and have therefore given us permission to approach you.

What will I be asked to do?

If you agree to participate in the study we will ask you to complete a short online survey to tell us about yourself and your work as a PA. After this some teams will receive the training (intervention group) and some teams will be asked to continue to work as normal (control group).

Your team will have an equal chance of being placed in either the intervention- or the control-group.

If your team is in the intervention group you will be required to complete a brief programme of training, the details of which will be provided. You will be asked to provide feedback about the training before and immediately after you have completed the training.

Once the study is over, your local authority can request that members of the control group have access to the training.

Regardless of what group your team is assigned to, you will be asked to provide information to the study team at two more time points:

- 24 weeks after the intervention group have completed their training, and
- 48 weeks after the intervention group have completed their training.

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If I am in the training group, can I discuss what I am doing with colleagues in the control group?

In order to find out whether or not the training is effective, or whether we can use a randomised controlled trial, we are asking you **please not to** share what you have learned with colleagues in control group teams. You can, of course, discuss what you have learned with other colleagues who are in the 'training' group.

What are the possible benefits of taking part?

In the short term there are no particular benefits of taking part in the study, but participants often value the opportunity to reflect on their work. In the longer term, and whatever group you are in, you will be helping to find out how best to support care leavers in matters of their health and wellbeing

What are the possible risk of taking part?

There is no reason to believe that taking part in this study carries any risks

Will the information I provide in the study be kept confidential?

All information shared with the LIFT Team will be treated as confidential. Confidentiality will only be broken if a member of the LIFT Team believes there is an imminent likelihood of serious harm.

Who will have access to my data?

All data will be securely stored on the University's password protected server, to which only members of the research team will have access.

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