**Information sheet: Adolescents (ENG)**



Karonga Prevention Study

PO Box 46, Chilumba

0999 970 286

Study title: **Growth in Adolescence: Potential interventions to improve growth & reduce the risks of non-communicable disease (NCD); GAP study**

**Principal Investigator: Dr Marko Kerac; Funded by The Wellcome Trust (grant number 200669/Z/16/Z)**

We are conducting a study to find out more about adolescent health and growth. We would like to invite you to participate in this research project.

We are interested in designing a programme to help adolescents grow and have better health in adulthood, particularly short (stunted) adolescents. We would like to get your opinion on how best to design this programme and conduct some tests to better understand current adolescent health.

Your parent/guardian has given permission for you to take part in this research, but we won’t continue without your agreement as well. You can change your mind about participating at any time. This sheet provides more detail about what your participation in this research would involve.

**What will I be asked to do?**

If you agree to take part in the study, we will ask you to do the following things:

We will ask you questions about your opinions of stunting, other diseases, their causes and how best to combat them. The interview will take approximately 45 minutes, but you can choose to end it at any time. Just say, ‘No I do not want to answer any more questions.’ You also don’t have to answer any question that you’re not comfortable with, and can always ask the interviewer to explain things more clearly.

We will ask you some short personal questions about your health, your family and how your body is developing

Measure your height, weight, and body circumferences

We would also like to conduct some other tests on you so that we can understand how you are growth, how active you are, how much fat and muscle you have in your body and how your brain is working. We will ask you to:

Wear a small device for a few days which measures how many steps you take.

Lie down for a few minutes so we can measure the water and fat in your body

Play a computer game which takes 30 minutes to understand how your brain is developing

Please feel free to ask any questions you may have about your participation. You are able to take part in some elements of the study and refuse others, if you wish.

**Who will hear what I have said?**

The information you provide today is private. Rest assured, we will not tell your parents/guardians, your teachers, or your friends anything that you say, or the results of any of the tests. We will find a quiet place to conduct the study so that you can feel comfortable. If you have any concerns about privacy, you can also stop the interview at any time.

Your opinions and test results will be used to try to design a programme to improve adolescent health in your community. Findings will be shared with education officials, researchers, and non-governmental organizations (NGOs), but your name or other identifying information will never be used in these communications. Your data, without your name, may be shared with other researchers for health-related research purposes only.

**What are the risks of taking part?**

There are no physical risks of taking part in this study. Some people may feel embarrassed or uncomfortable talking about some topics. (e.g. stunting or puberty). If you are uncomfortable with some questions, you can ask the interviewer to stop and move onto the next question. You are also free to withdraw from the study completely if you wish.

**What are the benefits of taking part?**

The immediate benefit of taking part is that you will learn about stunting, health and nutrition. In the future, we hope that the work will benefit the wider community in Malawi and beyond by helping us better support and look after stunted children.

**Who has reviewed this study?**

Approval to conduct this study has been granted by:

* The College of Medicine Research Ethics Committee (COMREC) in Malawi **P.06/16/1971**
* The London School of Hygiene and Tropical Medicine Research Ethics Committee in the United Kingdom, Reference **11689**.

**Where can I get further information?**

If you have any queries about this research, you can contact

* + - * 1. Natasha Lelijveld / Marko Kerac at Department of Population Health, London School of Hygiene and Tropical Medicine (LSHTM), Keppel Street, London, WC1E 7HT on [natasha.lelijveld@lshtm.ac.uk](mailto:natasha.lelijveld@lshtm.ac.uk) (Malawi contact number 0994 389111)
        2. Manuela Kasonya at MEIRU (Malawi Epidemiology Intervention Research Unit) c/o CHSU, Mthunthama Road, Area 3, Lilongwe, Malawi on 0995 211 639 or [manuela.kasonya@kpsllmw.org](mailto:manuela.kasonya@kpsllmw.org)

You can also report any concerns about the study to: College of Medicine Research Ethics Committee (COMREC), University of Malawi, 3rd Floor –John Chiphangwi Learning Resource Centre, Private Bag 360, Chichiri, Blantyre 3, Malawi. Telephone: 01 874 377.

This information sheet is for you to keep for future reference.