

***Project Title: Building Resilience in Children. The CUES-Ed research project: randomised controlled trial of the CUES for schools programme.***

*INFORMATION SHEET for parents/carers – V3 29<sup>th</sup> July 2022.*

*Ethical Review Reference Number: HR/DP-21/22-28344*

Dear Parent/carer\*,

Your child's school is participating in a research project. The project will involve:

- Children joining in lessons about wellbeing, as part of their class
- Children completing quizzes, as part of their class
- Children's quiz answers being used in the research project to find out if the lessons are helpful
  - Unless you **tell the school** that you **DO NOT** want your child to take part, they will join in with their class for the lessons and the quizzes. Ask us or your child's teacher or the school if you would like any help with this.
  - Unless you **tell us** (the CUES-Ed research team) that you **DO NOT** want us to use your child's quiz answers, they will be included in the research.

**If you do nothing, your child will take part in CUES lessons and quizzes with their class, and we will use their quiz answers in our research to find out if the lessons are helpful.**

Before you decide whether you agree for your child to take part, it is important for you to understand why the research is being done and what it will involve.

Please take time to read the following information carefully. It should take about fifteen minutes. There is a video you can watch as well. The link is in the email from your child's school.

If you would like, one of our team will go through the information sheet with you and answer any questions you have. Contact us directly on [cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk) or ask the school if you would like to speak to us.

Talk to other people about the project if you want to.

- Part 1 tells you the purpose of this project and what will happen if your child takes part.
- Part 2 gives you more detailed information about how the project will be carried out.

Please ask us if there is anything that is not clear or if you would like more information. There is a short summary of the project in the letter we sent with this information sheet. Please keep a copy of both for your reference. If you need another copy, please contact us on [cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk)

\*If you are a carer, 'your child' means the child for whom you are caring, or for whom you hold parental responsibility

## **PART ONE: About the CUES for schools programme and the CUES-Ed research project**

**What is CUES and who we are:** CUES is an interactive digital programme aiming to teach primary school children about emotional well-being and resilience. We want to know if children will learn to eat well, sleep well, and balance being active with relaxing, as well as understanding and managing their thoughts, feelings and behaviours. We have tried to make the programme fun, using friendly and appealing characters. The programme follows the National Curriculum and has been developed by the CUES-Ed team. We are a team of health professionals and researchers from the South London and Maudsley National Health Service Foundation Trust and King's College London.

**What is the CUES-Ed research project and why my school?** We want to find out if the CUES digital programme is helpful for children. This needs a large study, with lots of schools. We are asking schools all over London and the surrounding area if they would be interested in taking part. There are two parts: what we are asking if schools agree to and what we are asking if parents and children agree to.

**What will the school be doing:** The school has agreed for teachers in your child's year to teach the CUES programme. Your child will learn CUES for around an hour each week in 20-minute sessions. At the end of the classroom sessions, each child will receive a workbook and there is a website they can visit from home. Your child's teacher will rate the behaviour of their class (e.g. paying attention, getting on together) twice, before and after CUES. They will rate the class as a whole, not any individual child. We will also rate how the teacher is teaching CUES. We will not make any audio or video recordings of the class. The teacher rating contains no personal information about any child and is agreed by the school and neither you nor your child can opt-out of this.

**How will the CUES sessions happen?** CUES sessions will be in the normal school day, in your child's usual classroom, with their teacher. Children will be given materials and activities aiming to help their learning. They will be encouraged to share and practise their learning with you at home.

**What does the CUES research mean for parents and children?** As well as the teacher ratings, children will fill in a quiz booklet, about their learning from CUES, their thoughts, feelings, behaviour and coping, and how they are doing at school and home on a ten-point scale. The puzzles are designed by the CUES-Ed team to be fun. Lots of children have filled them in and have enjoyed doing them. They include scenarios about understanding and coping with emotions and common sensory experiences (like hearing your name called when nobody is there). We are trying to measure common day-to-day emotional and behavioural problems that might affect children in the classroom. We do not ask about any specific problems (e.g. to do with mental health) or risks. The questions take between 15 and 30 minutes to answer. Like the teacher ratings, we will ask children to fill in the booklets twice, and one of the questionnaires three times. The booklets will be kept confidential to the staff of the school who are involved with your child.

**We would like to use your child's answers to the questions in the booklets in our research to help us find out if CUES is helpful.**

**What if I agree?** If you agree, you do not need to do anything. The CUES-Ed team will put your child's answers into a database, with details of your child's, sex, age and school. We would use a number, rather than your child's name.

**How will you tell if it is helpful?** Some schools will do CUES straight away, some schools will do CUES later in the school year, or the following school year. We will compare children's ratings and class ratings for schools doing CUES now and schools not doing CUES yet to see if there is a difference. Which schools do CUES now and which schools do it later will be decided randomly, a bit like tossing a coin. This is called a randomised controlled trial.

### **Data handling and confidentiality (how we will keep your child's information)**

Data will be processed under the terms of UK data protection law (including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018).

Paper or electronic consent forms for headteachers, teachers, parent opt-out forms and children's paper assent forms will be kept separately from the data, without any identifying number, in the CUES team office, which is kept locked and is in a secure building accessible only to staff at the South London & Maudsley Denmark Hill site, and will be confidentially destroyed at the end of the study (31<sup>st</sup> January, 2024).

Your child's answers will be kept on paper and as an electronic file. Papers will be kept in the CUES team office, which is kept locked and is in a secure building accessible only to staff at the South London & Maudsley Denmark Hill site, and will be identified only by a number and initials, not by your child's name. Your child's name will be kept separately, with the number, on paper, so that we can find a child's answers if we need to (for example, if you or your child decide you no longer want to be part of the study). We will only identify your child's answers for a reason like this. Your child's details will be kept until the end of data collection for the study (31<sup>st</sup> March, 2023), and then will be confidentially destroyed.

In the electronic file, we will use a number without initials, rather than children's names. We will keep all the information until the end of the project which we expect to be 31<sup>st</sup> January 2024.

After then, we will remove any information that could identify children (like the name of the school) and just keep their booklet answers, their age and sex. We would keep this database indefinitely. It will be stored securely in a King's College London server-based data repository. Data in the repository will be fully anonymous and can be shared with other researchers with permission. Our reports of the study will be fully anonymous.

King's College guidance will also apply to the study data, which may be monitored or audited by responsible individuals from the College.

### **Data Protection Statement**

If you would like more information about how study data will be processed under the terms of UK data protection laws please visit the link below. If you would like a printed copy of the information, please ask us. <https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

**What if I change my mind?** You can let us know you have changed your mind until the end of data collection for the project (31<sup>st</sup> March, 2023) and we will remove your child's information from the

database. We will not be able to remove them from any evaluation we have already done. After the end of the study, we will not be able to identify individual children, so it would not be possible to remove their data. Please tell the research team if you have changed your mind.

**What if I say no?** You can let your child's school know if you would like your child to be removed from their class for CUES lesson or for the quizzes. Please speak directly to your child's teacher or the school. Let us know if you would like any help with this. You can let the CUES-Ed team know that you do not want us to use your child's quiz answers to find out if CUES is helpful or not. We will confidentially destroy the booklets if a parent or child says they do not want us to use their answers. We will not keep any record relating to your child individually, but teachers will still rate their class as a whole. The teacher rating contains no personal information about any child.

**You do not have to take part. It is completely up to you whether you agree or not, and will not affect your child's education or anything else to do with school.**

**What about what my child wants?** As well as asking parents, we will ask all children when they fill in the booklet if we can use their answers. We will only use children's answers if both parent and child agree we can.

**Will the answers be confidential?** If your child's teacher or the school is worried about anything your child raises throughout the study, they will ask more about it, and do whatever they would normally do to make sure your child is safe. If the CUES-Ed team notice anything in your child's answers that worries us, we will also let the school know, and they will follow-up. Otherwise, your child's answers are confidential.

**What will you do with the research?** We will tell schools what we find out about CUES and help schools to share this with parents and children (for example, by newsletters). We will write reports for our organisations and for academic journals, so that other people know about what we have found. Any information for schools and in reports will be fully anonymous.

**Who has approved the study?** The study has been approved by the King's College London, College Research Ethics Committee (KCL CREC).

**What if I do not want my child to do CUES at all?** Your child's school has decided to offer CUES as part of your child's school day. If you would like your child to be taken out of their class for CUES lessons or for the quiz, you can speak to their teacher or the school. Let us know if you would like any help with this.

**How do I tell you if I do not agree?** To tell us if you **DO NOT** want us to use your child's answers to help find out if CUES is helpful, **please complete this online form:**  
[https://qualtrics.kcl.ac.uk/jfe/form/SV\\_51ksrGgGqJAwTxI](https://qualtrics.kcl.ac.uk/jfe/form/SV_51ksrGgGqJAwTxI) or email us at: [cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk).

**This completes Part 1 of the Information Sheet.**

**If the information in Part 1 has interested you and you are thinking about agreeing for your child to take part, please continue to read the additional information in Part 2 before making any decision.**

## **PART TWO: Further details about the CUES-Ed research project and what happens if there is a problem**

**Is there any risk from taking part?** We do not think CUES is harmful in any way. We want it to be helpful and it has been designed to be fun. The programme and booklets are designed for children, by researchers with many years' experience working with children. They ask about day-to-day experiences that may impact on classroom behaviour. We do not expect them to be distressing. If any child is distressed in any way by taking part, please contact us directly ([cues.ed@slam.nhs.co.uk](mailto:cues.ed@slam.nhs.co.uk)).

**Are there any benefits of taking part?** We hope children will enjoy taking part and will learn some useful ways of coping with day to day stresses - the CUES project is to find this out.

**What happens when the project stops?** When children and teachers have finished taking part in the research, they will carry on as usual with their school year. We expect the project to run until 31<sup>st</sup> January 2024, and we cannot guarantee that the programme will still be available after this. If a school decides they no longer wish to take part, or cannot find a teacher for the CUES lessons, we may need to stop the programme for that school or class. This may be disappointing for children. If this happens, we will let parents/carers know.

**What if relevant new information becomes available?** Sometimes we get new information during a project. If we find out anything new about the CUES programme or the booklets which means they might be harmful in any way, we will tell the school and parents at once.

**Who should I contact for further information?** If you have any questions or require more information about this project, please contact us using the following contact details: [cues.ed@slam.nhs.uk](mailto:cues.ed@slam.nhs.uk).

**What if I have further questions, or if something goes wrong?** If this project has harmed you in any way or if you wish to make a complaint about the conduct of the project you can contact King's College London using the details below for further advice and information:

**The Chair, Health Faculties Research Ethics Sub-Committee** [rec@kcl.ac.uk](mailto:rec@kcl.ac.uk)

**Who is organising and funding the research?** The research is organised by the CUES-Ed team, who are members of academic and clinical staff at the South London & Maudsley NHS Foundation Trust and King's College London. The research is funded by The Monday Trust Charity and South London and Maudsley NHS Foundation Trust.

**Thank you for reading this information sheet and for considering your child's participation in this research.**