



Increasing the physical activity of students
through parental support for autonomy

Information and informed consent form for the legal representative of the person concerned

This research allows us to investigate how children's out-of-school physical activity is influenced by parental support for autonomy. Parents are guided to support children's three innate psychological needs that, when met, enable optimal functioning and growth - the needs for competence, relatedness and autonomy. This research provides insights on how to promote health behaviours in adolescents in relation to physical activity.

The survey will be carried out by randomly selecting 6th-7th grade students from schools in Tartu County. In the survey, we will ask the child to fill in questionnaires on physical activity and motivation on four occasions (at the beginning of the survey, after six weeks, after four weeks and again after five months). The questionnaire will take 20 minutes to complete.

During the six-week period, parents will be invited to access informative material and short videos online on how to support their child's psychological needs. The registration link for the course will be sent to you the same week as your children fill in questionnaires for the first time. You will also be asked to answer questions about your own physical activity. It will take 10 minutes to answer the questions.

The information on the data subject is stored electronically in coded form on the University of Tartu server. Paper questionnaires are kept in a lockable cabinet. Only the author of the research and her supervisors have access to the data. The data collected will be used for research purposes only. Data will be stored until August 2024.

Participation in this study is voluntary and you and your child have the right to withdraw from the study at any stage. The participant has the right to access the data concerning him/her and to obtain any further relevant explanations from the researcher, Pille-Riin Meerits. The data collected will be used for scientific purposes only and will be handled in such a way as to ensure data security.

The research has been approved by the Human Research Ethics Committee of the University of Tartu (approval no. 327/T-4, 19.10.2020).

Sincerely,
Pille-Riin Meerits, MSc
e-mail: pille-riin.meerits@ut.ee



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Consent form for the legal representative of the study participant

I,, have been informed about the study "Increasing physical activity among students through parental autonomy support" to be carried out by the Institute of Sports Science and Physiotherapy, University of Tartu and I am aware of the aim of the research and its methodology. **I confirm my consent to the participation of my child and myself in the study by signing this form.**

I know that Pille-Riin Meerits, e-mail: pille-riin.meerits@ut.ee, will provide me with further information on any questions arising during the survey.

Signature of the legal representative of the person concerned.....

Date, month, year.....

The name of the person who provided the information to the legal representative of the person concerned: Pille-Riin Meerits

The signature of the person who provided the information to the legal representative of the person concerned.....

Date, month, year.....