

Invitation to participate in a research project about "Kort"

Many young people experience challenges with thoughts, feelings, and stress. In this research project, together with youth and public health nurses, we have developed a new conversation tool called "Kort," which is intended to promote good mental health and quality of life in youth. We now want to test this at your school and would like to invite you to participate.

You are invited because you are a student at either a lower secondary or upper secondary school, and because you are scheduled to or have already had conversations with a public health nurse. On the last page of this document, you can check whether you want to participate or not.

If you choose not to participate in the research project, you will still receive the usual help from the public health nurse, and it will not have any negative consequences for you or the relationship between you and your public health nurse.

Who is responsible for the research project "Kort"?

The responsible organization for the project is the Centre for Child and Adolescent Mental Health (RBUP East and South). Project partners include the research center Promenta (University of Oslo and the Norwegian Institute of Public Health), Fremsam – the Norwegian network of the World Health Organization (WHO), Viken County Municipality, Mental Health Youth, ADHD Norway, the Advisory Service for Eating Disorders, and Children of Parents with Substance Abuse.

The project is funded by the Norwegian Research Council and runs from 2022 to 2026.

What does it mean for you to participate?

In this project, we will test the conversation tool "Kort" within the school health service. We are asking for four types of participation:

- 1. Conversations with the school nurse:**

These conversations will focus on topics that are important to you. Together with the public health nurse, you will perform and learn exercises that can help you manage feelings, thoughts, or stress related to these topics. Depending on your needs, you and the public health nurse will have at least four conversations over 10 weeks.

- 2. Answering a questionnaire:**

You will be asked to fill out a questionnaire with multiple-choice questions related to your first conversation with the public health nurse. After 10 weeks, you will be asked to answer the same questionnaire again. The questionnaire deals with mental health, stress, how you handle emotions, how you are feeling, and a few questions about your family. It will take no more than 20 minutes to complete.

- 3. Daily questionnaire responses:**

You will receive a short daily questionnaire with multiple-choice questions about your emotions. All questionnaires will be sent to you via SMS, and they will take a maximum of 3 minutes to complete. On Saturdays, you will receive a slightly longer questionnaire

about how your week has been, with some questions about mental health. This questionnaire will take up to 5 minutes to fill out.

You will receive a reward for each questionnaire you answer, including the ones mentioned above. The rewards will accumulate into a universal gift card that you will receive at the end. You can earn a gift card worth up to 600 NOK if you answer all the questionnaires. All questionnaires and the technical solution surrounding them have been developed and tested with youth.

4. Audio recordings of the conversations between you and the public health nurse:

We will make audio recordings of the conversations between you and the public health nurse. The recordings will be made using the University of Oslo's (UiO) dictation app and stored directly on a secure server for sensitive information at UiO. With these audio recordings, we aim to examine how the public health nurse talks to and assists youth. This can help us improve the intervention.

5. Individual interview after the trial period:

After 10 weeks, we will invite some participants to an interview to hear about their experiences with the support they received from the public health nurse. It is entirely up to you whether you choose to participate, and you will receive an additional reward on your gift card for your time if you decide to take part in an interview.

Possible benefits and drawbacks

By participating, you will contribute to new knowledge that can help young people with challenging emotions, thoughts, and stress. Such knowledge can promote good mental health in youth and thus have great societal value.

Some time must be set aside to answer the daily questionnaires. For some, it may be uncomfortable that the conversation between the public health nurse and the youth is recorded. You can request to turn off the recorder at any time during the conversation.

Voluntary participation and the right to withdraw consent

Participation in the project is voluntary. If you wish to participate, you can check the consent box below and sign electronically.

As long as you participate in the project, you have the right to:

- Know which personal data is registered about you and receive a copy of the information
- Correct any incorrect or outdated personal information about you
- Have your personal data deleted
- File a complaint with the Data Inspectorate regarding the handling of your personal data

If you wish to withdraw or have questions about the project, you can contact RBUP's internal data protection advisors for research at personvern@r-bup.no.

Principal investigators:

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What happens with your information?

We will only use your information for the purposes described in this document. You have the right to access the information registered about you and correct any mistakes. You also have the right to know about the security measures taken to protect your information. Your data will be stored according to rules for security and privacy. No one else will have access to your data. A code links you to your data through a name list. Only a few research staff at RBUP have access to this list.

Data from the questionnaires will be collected via a secure data collection platform (Confirmat), and all data will be stored on UiO's secure server for sensitive information and retained for five years after the project ends.

All personally identifiable data will be anonymized by April 2031, after which it will no longer be possible to identify you in the dataset. De-identified data may be made available to other researchers through Sikt's data archiving service, so the data can have value beyond this research project. Sharing de-identified data with Sikt requires a data processing agreement between RBUP East and South and Sikt. Sikt is a governmental agency under the Ministry of Education and Research that provides data processing services to the knowledge sector. Transcribed interviews will be stored on UiO's secure server for sensitive information and retained for five years after the project ends.

What gives us the right to process your personal data?

We process your data based on your voluntary and informed consent. Sikt – the knowledge sector's service provider – has evaluated, on behalf of RBUP, that the processing of personal data complies with privacy legislation. The project is also approved by the Regional Committee for Medical and Health Research Ethics (REK) for South-East Norway.

You have the right to complain about the handling of your data. If you wish to do so, you can contact RBUP's internal data protection advisors for research at personvern@r-bup.no.

Contact information

You can read more about the project on our website. If you have questions about the project or need further follow-up or assistance, you can contact:

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Consent

What is your name (first and last name)?

Mobile number:

Date of birth:

Municipality:

School:

Grade level:

Name of the public health nurse:

I have received and understood the information about the research project "KORT" and have had the opportunity to ask questions.

I consent to:

- Answering the questionnaire and having the conversations between me and the public health nurse recorded
- Being contacted to participate in an interview after 10 weeks

If you do not wish to participate in the project, you can close the browser. You do not need to submit your response.