

[Welcome to the Unlock Wellbeing trial!](#)

Please read this page carefully before moving ahead! We will ask some questions to make sure you understand the study. If you prefer to listen to or watch this information, you can click – [links to audio, video versions will be inserted when ethical approval has been granted].

Young people have told us that they would like help with low mood, stress and worry. We are testing whether doing a **single session intervention** (which is an online activity or mini-course done just one time) could actually help change the way young people think and feel, and help them to cope better. In this project, we have three different single session interventions, and the one you do will be picked at random. These interventions have been developed and tested in the USA by Northwestern University. We want to see how these interventions benefit young people in the UK.

The single session interventions that we are offering are:

The Project Share SSI, which teaches you about the science behind how sharing your feelings can help you to feel better.

The Project ABC SSI, which teaches you that doing more of the things you enjoy can help you to feel better.

The Project Growth SSI, which teaches you about how changing your behaviour can cause your brain to change in ways that can help you feel better and become the person you want to be.

It is up to you whether you want to be in this study. If you start taking part and then change your mind later, all you have to do is close your browser to stop taking part. If you do this, we will only use information you have previously entered in our study.

[If you join the research study, what will you be asked to do?](#)

This study is fully online and you will not need to talk to anybody to take part. The study will be split into 4 parts.

These are the 4 parts:

- **Part 1:** Today, answer some questions about yourself, and the way that you think and feel. This will include questions about you, like your sexual orientation, gender identity and ethnicity, and about your feelings, like worries and mood. This part will take around 10-15 minutes.
- **Part 2:** Today, complete a single session intervention online, including listening to/reading some information and learning about what science tells us about how to deal with low mood, stress and worry. Each single session intervention will take around 15-20 minutes.

- **Part 3:** Today, answer some more questions about your feelings and about how you found the intervention (part 2). This is important as it will help us to understand if this intervention has been useful to you, and also to get your thoughts and ideas about how we could improve it. This part will take around 5 minutes.
- **Part 4:** 1 month and 6 months after you have completed the intervention, we will send you an email asking you to complete a survey.

We will ask some questions and use information like geolocation to check that participants are human (and not bots) and in the UK (and not abroad).

How long will the study take?

Today's session will take around 35-50 minutes in total. Each time we follow-up, it will take around 5-10 minutes to complete the survey.

What are the risks of taking part?

It is possible that you might feel uncomfortable or sad when answering personal questions. You may stop or take a break at any time, and you can skip most questions you do not want to answer.

What are the benefits of taking part?

We do not know for sure whether taking part in this study will help you. The intervention you complete might help you to find new ways to manage your feelings and thoughts.

By being in this study, you could help other people. We hope to use what we learn from this study to help and support other young people like you in the future.

Participants who pass our checks and complete the 1 month survey will receive a £10 shopping voucher, and those who complete the 6 month survey will receive a £5 voucher.

Will anyone else know that you are in this study?

We will not ask you to tell us your name, date of birth, or address, and no-one will know that you are taking part in this study unless you tell them about it.

The only identifiable information we will request is your email address, and you can also choose to give us your mobile number. We will use this information to contact you about completing our follow-up surveys. Each time, we will send a first reminder after 5 days, and a second reminder 5 days later if we haven't heard from you. Your email address or phone number will not be used for anything else.

If you are in distress or need support, we encourage you to speak to an adult you trust, and/or to contact any of the following sources of support on our [mental health resource list](#). While we do collect your email address in this study, we cannot contact you individually to check in.

If you are completing this study on a shared device, please consider deleting your browser history or using private browsing mode if you do not want other people to know that you have completed the study.

What if I change my mind about taking part?

This is absolutely fine. You can withdraw from the study at any time without giving a reason. If you decide after agreeing to take part that you do not want to hear from the researchers again, and/or that you want the information you have provided to be withdrawn from the project, you can contact the research team via email (lamp@bath.ac.uk) with Unlock Wellbeing Trial as the subject title of the email within 14 days (2 weeks) of agreeing to take part in the study. After this date, it may not be possible to remove the information you have provided.

Who will see the information collected about you?

Any information you give us in the study will stay anonymous, so no one will know it's you. While we do ask for your email address and also mobile number (optional to give us this), these pieces of information will not be shared with anybody outside the research team.

Other researchers might want to use the information we collect in this study to help other young people. We may let them use the information we have collected without asking you again, but the information about you will always stay anonymous and your contact details will not be shared.

What will happen to the data collected and results of the project?

Following rules set out by the University of Bath, and current UK data protection legislation, we will keep the information you provide and any other records we have of you taking part in the project (like your consent form) safe and secure for a minimum 10 years, after this, the information will be destroyed.

What you say will be considered alongside information provided by other young people and the results will be used to look at the effectiveness and acceptability of single-session interventions for young people. We may use some of what you tell us when we write reports for journals or magazines. We will always remove your name and any identifying details first, so that nobody will know whose words they are. After the project has finished, we can also provide you with a summary of the project findings if you would like. The summary will not include any names and will only show the overall findings of the project. It would not include information relating to any particular young people in the project.

University of Bath privacy notice

If you want to find out more, the University of Bath privacy notice can be found here: <https://www.bath.ac.uk/corporate-information/university-of-bath-privacy-notice-for-research-participants/>.

Who to contact with questions?

The person leading this project is Professor Maria Loades, Clinical Psychologist at the University of Bath. We are happy to answer any questions you have, even if you decide you don't want to participate. Please do email us on LAMP@bath.ac.uk with Unlock Wellbeing Trial as the subject title of the email.

This study was approved by the University of Bath Biomedical Sciences Research Ethics Committee (Ref no. 13717-15989). If you want to talk to someone from the ethics committee about this study, please contact research-ethics@bath.ac.uk

Please go to the next page if you would like to be part of the Unlock Wellbeing trial!