**Forest school INterventions for Children’s Health (FINCH): a feasibility cluster randomised control trial**

**Interviews: Participant Information Sheet (Parent Interview and Child Discussion Group)**

Version 1.0: 11 March 2025

**Introduction**

As you will be aware, your child’s school has been taking part in the FINCH study. Alongside your child receiving weekly Forest School sessions, and completing questionnaire data, we are also asking a small number of parents, carers and children involved in the study to take part in short interviews to discuss their experiences of taking part. We are interested in gathering views and opinions from a variety of parents and children on the Forest School sessions that were delivered in your child’s class, any potential impacts you feel it had on your child, how your child felt about the sessions, and thoughts and opinions on the study processes (filling out the questionnaires, etc). Before you decide whether you and/or your child would like to take part, it is important that you understand why the research is being done and what it would involve for you and your child. Please take the time to read the following information carefully. Please ask us (using the contact information in this letter) if there is anything that is not clear or if you would like more information which may help you decide whether you want to take part.

**What do I have to do?**

To find out your views about the research study we would like to invite you and your child to talk to us about your experiences of taking part in the study. These discussions will be done separately.

**Child discussion groups**

We will talk to children in groups of around 4-6 in their forest school space. The session will last between **20-30 minutes**. *If your child* is selected for an interview, this will be completed **during school time** with two members of the research team, supported by a member of the school teaching staff.

**Parent/carer interviews**

*If you* are selected for an interview this can be completed in a way that is most convenient for you; either in person at a mutually convenient location, or online (over Zoom) and at a time that is preferable for you. The interview will last between **30-45 minutes**.

**Both interviews** will be **recorded**. This recording will be transcribed into written text and any reference to names, or other identifying information will be removed at this point. The audio recordings will be permanently destroyed after this process.

You and your child do not have to answer any questions that you/they do not want to, and the interview will be stopped at any point if you/they do not want to continue.

**Do I have to take part?**

You do not have to take part if you do not wish to do so. There are two forms attached to this information sheet. If you **do** want to take part in an interview, please complete the form with your contact details and pass this to your child’s teacher or email the research team (finch-trial@york.ac.uk) This will give the research team permission to contact you to try and arrange an interview with you.

The children are automatically *opted in* to be selected for an interview with the research team. If you **do not want** your child/children to take part in an interview, please complete the ‘opt-out’ form attached to this letter, and hand it to your child’s teacher. We will ensure that your child is not selected to take part in an interview.

Additionally, if you agree to take part and later change your mind, you have the right to withdraw without providing a reason.

**What are the possible benefits and risks of taking part?**

For taking part in the parent/carer interview, you will be given a **£25 Love2Shop voucher** as a thank you for giving us your time and views. Your contributions will also help us understand more about how Forest Schools may ‘work’ in the school context, and how acceptable conducting research is in this context. This will really help with planning future research in this field.

We do not think that there will be any risks if you take part. You can pause or stop the interview at any time, and you do not have to answer any questions you do not wish to.

**Will my taking part be kept confidential?**

We will not make reference to you or your child’s name or anything that would make you personally identifiable in any outputs from the study, and all data in any publications will be anonymised. Your data will be stored safely in a password-protected folder at the University of York and will only be accessible by the research team. The University of York and its data storage procedures are fully compliant with General Data Protection Regulation (GDPR)

**What are my choices about how my information is used?**

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. The University of York is a publicly funded organisation that conducts research in the public interest to improve health and healthcare services. The ability to change the data that we have collected, however, is limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. To find out more about the use of your data in this study, please visit the following websites:

* <https://www.york.ac.uk/records-management/dp/>
* <https://www.york.ac.uk/records-management/dp/guidance/gdprcompliantresearch/>
* <https://www.york.ac.uk/records-management/dp/your-info/generalprivacynotice/>
* <https://www.york.ac.uk/healthsciences/research/trials/trials-gdpr/research-partcipants/>

You can also email the University of York’s data protection officer at: dataprotection@york.ac.uk. Please let a member of the research team know if you need assistance with this.

**What will happen when the study ends?**

The anonymised data will be stored securely at the University of York and then destroyed after 10 years.

**What will happen to the results of the study?**

The results of the study will be published in a final report. A peer-reviewed article may also be prepared for publication in an academic journal. You will be sent a summary of the study findings unless you request for us not to do so (please email us if you do not wish to be contacted).

**What will happen if I don’t want to carry on being part of the study?**

Participation in this study is entirely voluntary. Declining to participate will not affect you in any way. If you do agree to participate, you are able to withdraw this at any time, and there will be no consequence of doing this. You have the right to withdraw from the study completely and decline any further contact by study staff after you withdraw. If you withdraw from the study, we will need to keep and use the data collected up to your withdrawal.

**Who has reviewed the study?**

This study has been reviewed and given favourable opinion by the University of York’s Department of Environment and Geography Ethical Review Committee . The Committee’s approval was given on **<insert date>**, Reference number: **<insert reference number>**

**Who should I contact if I wish to make a complaint?**

If you have a concern about any aspect of this study, you should ask to speak to a member of the research team who will do their best to answer your questions:

Dr Hannah Armitt Professor Peter Coventry

Email: [Hannah.armitt@nhs.net](mailto:Hannah.armitt@nhs.net) Email: [Peter.coventry@york.ac.uk](mailto:Peter.coventry@york.ac.uk)

If you are unhappy with the way your personal data has been handled, you have a right to complain to the University’s Data Protection Officer at [dataprotection@york.ac.uk](mailto:dataprotection@york.ac.uk).

**Thank you for taking the time to read this Participant Information Sheet.**

**FINCH Parent Interview Contact Details Form**

**I have read and considered the information in the Parent and Child Interview Information Sheet (v1.0 11 March 2025) and I am interested in taking part in an interview with the research team.**

Please complete your details below and hand this form to your child’s class teacher or email the research team at [finch-trial@york.ac.uk](mailto:finch-trial@york.ac.uk) to express your interest. A member of the research team will be in contact with you if you are selected to take part in an interview.

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| --- | --- |
| **Your name:** |  |
| **Your contact number:** |  |
| **Your email:** |  |
| **Preferred method of contact:** | **Email / Telephone** |
| **Preferred time of day to contact:** | **Morning / Afternoon / Evening** |
| **Your child’s school:** |  |

**FINCH Child Interview Opt-out form**

**I have read and considered the information in the Parent and Child Interview Information Sheet (v1.0 11 March 2025) and I do not want my child to be selected to take part in the interviews with the research team.**

*Please complete, sign and return this form to your child’s school teacher who will inform the research team. Your child will not be selected to take part in the interview.*

Your child’s full name:

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Your child’s school and class:

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Name of parent/carer:

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Signature of parent/carer:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:

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