

RAISED In Yorkshire: Research in Schools Examining Dental Health in Yorkshire

We'd like to invite you to take part in our research study. Before you decide, it is important that you understand why the research is being done and what it would involve for you. Please take time to read this information, and discuss it with others if you wish. If there is anything that is not clear, or if you would like more information, please ask us.

What is the purpose of the study?

As part of the RAISED in Yorkshire programme, you have been working with the University of Leeds to be trained as 'RAISED in Yorkshire-Student Research Fellows' (RiY-SRF). The aim of this study is to understand your experiences and opinions of taking part in the RiY programme, we additionally want to understand if you have made any changes to your oral health behaviours/attitudes as a result of taking part in the programme.

Why have I been asked to participate?

As a sixth form student involved the RiY-SRF enrichment programme, you are invited to share your experiences and opinions of taking part in the project. This will help the research team to evaluate whether the enrichment programme can be beneficial for sixth form students, and understand how to improve the programme.

If I decide to take part, what will it involve?

If you do wish to take part in this study, you will be asked to sign a consent form to participate in the research. A copy of this signed consent form will be given to you to keep.

- I. You will also be invited to have a dental examination and give a sample of your saliva, just like the year 7 students who take part in the RiY programme.
 - a. A team of dental professionals will come to school to perform a dental examination at two intervals throughout the year. The dental assessment will not replace your usual check-up. During this examination they will record the health of your teeth teeth and perform a simple check of how clean your mouth is.
- II. You will complete a brief online feedback form which will ask you to rate your experience and offer opportunities for feedback. This should take no more than 10 minutes to complete
- III. You are invited to take part in a focus group discussion held at your school and led researchers from Leeds School of Dentistry. This will give you the opportunity to discuss your thoughts and experiences of taking part in the enrichment programme.
- IV. The focus group will be audio-recorded for later analysis. To ensure you cannot be identified, you will be assigned a participant number instead of your name. Your contributions to the interview will be identified during analysis using this number only.
- V. The focus group will be held at your school and will last no more than 1 hour. The focus group will be conducted by members of the University of Leeds Research team.

Once you have completed the focus group discussion, your participation in the study is complete. However, we would like your permission to share the information collected from the discussion with future research. *If you wish, you can complete the online feedback form and opt to not participate in the focus group.*

Why do you want a saliva sample?

Within our mouths we have a community of bacteria (and other things) called the oral microbiome. This community can be really helpful as they maintain our immunity, but they can also be made up of bacteria which can cause harm, such as dental decay and gum disease. We all have bacteria in our mouths, but what types of bacteria depends on many factors such as age, genetics, and the environment; but also, on other lifestyle factors such as food habits, tobacco, and alcohol use and things like our oral hygiene regimes, e.g., tooth brushing. As part of this study, we will be collecting saliva samples from you in order to emphasise the importance of toothbrushing and potentially illustrate the change in your oral microbial composition following toothbrushing behaviour and explain the connections between the microbes in their mouth and oral and general diseases that affect your health and wellbeing with emphasis on how toothbrushing would alter this composition and prevent serious chronic diseases such as Diabetes and Heart disease.

All the necessary protection against cross-infection control measures will be in place. Saliva samples will be collected into a sterile 15ml container, by asking you to drool and/or spit into a container for up to 5 minutes or until you reach 5 ml of collected saliva. This will take approximately 10 minutes.

Are there any advantages or disadvantages of being involved?

There are no specific advantages or benefits for you in taking part in the study, but your participation will allow us to have a better understanding of the effectiveness of the programme. By sharing your experiences/thoughts/opinions of taking part in the enrichment programme, you will have the opportunity to feedback to the research team your personal experience of being involved. It will also give you the opportunity to reflect on what you might have learned as a result of taking part, and allow us to understand if it has impacted your approach to oral health. There is no anticipated risk or disadvantage associated with taking part in the study.

Do I have to take part?

No. You do not have to participate in the study. It is entirely up to you to decide whether or not to take part in the study. You can still take part in the programme without taking part in the research evaluation.

Can I withdraw from the study at any time?

You are free to decline participation within the focus group. However, once you complete the survey, it will not be possible to withdraw your answers. This is because all the data we hold is anonymous so we cannot distinguish your answers from others.

Who is conducting the study?

This study is conducted by a team of researchers from the University of Leeds, responsible for the delivery of the RiY programme.

Will the information obtained during the study be confidential?

Yes. All the information about your participation in the study will be kept confidential and the information collected about you will be handled strictly in accordance with the consent that you have given and also the 2018 Data Protection Act.

- Any audio-recordings or transcripts will be stored safely on encrypted software or password-protected software only accessible to the research team.
- To make sure you cannot be identified, we will assign you a participant number rather than using your name - any contributions you make to the focus group discussion will be identified using this number only. Your number will also be used in data analysis.
- Any audio-recordings will be erased at the end of the study. Transcripts of the recordings will be retained for 5 years after which they will be appropriately destroyed.

What will happen to the results of the study?

Information obtained will be anonymised and used to identify key themes in relation to shared experiences/opinions of sixth form students taking part in the RiY-SRF enrichment programme. These shared experiences/opinions will then form the basis of evaluation of the programme.

What ethical considerations are in place?

Ethical approval for this study has been sought and obtained from the Dental Research Ethics Committee (DREC), University of Leeds.

If you would like to know more information about this study or have any questions, please contact:

Yasmen Elsadek (PhD student/ Dental Hygiene & Therapist, University of Leeds), Email:

dnyeee@leeds.ac.uk