



Information Sheet for Students

Study Title: Engaging Adolescents in Changing Behaviour (EACH-B)

Researcher: Professor Mary Barker

Ethics reference: 49226

We would like to invite you to take part in an exciting new research project about young people like you. Before you decide whether to take part in this study or not, it is important that you understand why the research is being carried out and what it will involve. Please take your time to read the following information carefully. Feel free to ask your teacher to explain any information you don't understand or are not sure about.

What is the research about?

The research is about finding out how best to support young people like you to make healthy decisions about your lifestyle, especially in relation to food choices and exercise. The research will involve you taking part in a special science lesson, at school, in which you will have the chance to do some different activities such as completing questionnaires online about your eating habits, your activity levels and your wellbeing. You will also be asked to wear an activity tracker on your wrist for a week to monitor your physical activity levels. You will be asked to repeat these activities one year later at the end of the study, when you are in Year 9.

Why have I been chosen?

Your school has chosen to take part in the EACH-B research programme and has selected your class to be one of two classes who will benefit from this activity. Your school will be what is called a 'comparison' school. This means that your class will not receive the LifeLab experience this year, but you will have the opportunity to take part in all the activities next year, after the research project has ended. LifeLab is a science teaching laboratory at Southampton General Hospital where students come to learn about and experiment with the science behind healthy living messages.

What will happen to me if I take part?

The main aim of this project is to measure the success of the EACH-B activities on the health of young people like you, in order to do this we would like to compare your answers to our questionnaires before the project and at the end. You will be given an ID number and password to use when you complete the questionnaires, this means that all answers to the questionnaires will remain confidential and it will not be possible to identify you from the answers that you give. None of the information collected about you will be shared with parents or teachers, it will only be available to the research team.

Are there any benefits in my taking part?

This project will give you the opportunity to take part in real world scientific research. The information you provide is vital in helping us understand teenage behaviour better, especially in relation to your eating habits and activity levels.



We hope you will enjoy taking part in this project. Also, by taking part in the research this year, you will get a chance to take part in special science activities next year to support your Science learning in Year 9.

Are there any risks involved?

All the activities are delivered in a COVID-safe way and we will be following all your school's rules about keeping students and teachers safe. The activities are no riskier than those carried out in your normal science classroom at school, and your teachers will be involved throughout the programme.

If you are concerned about any of the activities, either beforehand or after the lesson in school, please feel free to tell your teacher who can arrange for you to discuss any concerns with the school nurse or other health professionals. You can stop taking part if you feel uncomfortable about any part of what we are asking you to do.

Will my participation be confidential?

All files will be stored on a password protected University computer only accessible by the researchers. On completion of the research, all records will be managed according to the University's data protection policy. None of the participating students will be referred to by name in any research publications, and every effort will be taken to protect your anonymity in any such publication.

What happens if I change my mind?

Your participation in this study is completely voluntary and you are free to change your mind at any time without giving a reason.

What happens if you're not happy with something?

If you have any reason to complain about this research, please tell your teacher or a member of the EACH-B team when we visit your school.

Thank you for taking the time to read this. If you have any queries or questions, please do not hesitate to speak to your teachers or contact the research team using this email address: eachb@soton.ac.uk

Professor Mary Barker

Dr Kathryn Woods-Townsend

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LifeLab Programme Director

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THANK YOU for taking part, your involvement in this research is much appreciated.