



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. 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 or any members of the EACH-B team 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 project involves a combination of work in school, a practical hands-on activity day at school with equipment provided by the research team extra support from your teachers at school, and a digital game you can play on your phone.

The research will involve you having a special science lesson at school, in which you will be told more about the research project and asked to complete some questionnaires online about the foods you eat and the types of exercise you do. There will be plenty of opportunities for you to ask questions and your teacher will be in the classroom throughout. If you are isolating or not in school for other reasons, you can do this at home. You will also be asked to wear an activity tracker on your wrist for a week to measure your physical activity levels.

You will then have a series of science lessons in school as part of a fun and interactive 'LifeLab experience'. You will take part in the practical hands-on activity day which involves some things you don't usually get to do in school such as measuring blood pressure, grip strength and flexibility, seeing how scientists can look at DNA, and practising CPR techniques to help save lives. You will also take part in a number of scientific tests and activities that assess health and fitness, as well as having a chance to meet and chat with some real scientists online. After your LifeLab activity day in school, you will be given access to a game app on your phone, where you can choose your character and a personal journey, and can choose quests and challenges to complete that aim to help you improve your food choices and increase your physical activity levels and are fun to do.

Why have I been chosen?

Your school has chosen to take part in the EACH-B research programme and will be an intervention school. Your school has selected your science class to take part.



What will happen to me if I take part?

The main aim of this project is to measure the success of the EACH-B programme on the health of young people like you and so we would like to compare your health measurements before the project and at the end. As explained above, you will take part in a special science lesson with your teacher in school, in which you will complete questionnaires online. This will be repeated one year later when you are in Year 9. The questionnaires will include questions about foods you eat, your lifestyle, and wellbeing.

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 questionnaires.

You may be invited to take part in an online group interview after you have taken part in the study to ask about your experiences of taking part. If you are invited to an interview, you can then decide whether or not you would like to take part.

Are there any benefits in my taking part?

This project will give you a greater awareness of the health of teenagers in and around the area where you live. You will have the opportunity to take part in activities using equipment generally not available at school, to interact with scientists at the University and hospital and to find out more about the research going on in your area. You will also have the opportunity to test out a new exclusive game app on your phone.

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 school teachers will be involved throughout the programme.

If you are concerned about any of the activities, either before or after the session, please feel free to tell your teacher, who can arrange for you to discuss any concerns with the school nurse or other health professional. If you feel uncomfortable about anything you are asked to do, you can say 'no' at any time.

Will my details be kept 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. Your name or personal details will not be used 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 withdraw at any time. If you withdraw your participation, all contact details for you will be deleted immediately. Any unprocessed data will be destroyed. Any data that have already been anonymised, processed and/or published cannot be excluded.

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.



Thank you for taking the time to read this. If you have any queries or questions, please do not hesitate to speak to your teacher or any of the following people carrying out this research by using this email address: eachb@soton.ac.uk

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Principal Investigator

Dr Kathryn Woods-Townsend
LifeLab Programme Director

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