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The BrainWaves KS3 Cohort Study

Participant information sheet

Central University Research Ethics Committee Reference: MS IDREC 3109867

Introduction

BrainWaves Research is a registered charity (number: 1213437) in England and Wales created to research ways to improve mental health and wellbeing. The BrainWaves Cohort Study is a study run by the University of Oxford, in partnership with Swansea University and *The Day News and Media* (a digital publisher for schools).

We are inviting you to take part in an online study where you will answer questions about your mental health and wellbeing (this is called a questionnaire) through your school.

Before you decide whether to take part in this study, it is important for you to understand why the research is being done and what it will involve. Please read the following information carefully and talk about it with an adult, parent or carer if you wish. You are welcome to contact a member of the research team (please see details below) if there is anything that is not clear or if you would like more information.

Why is this research happening?

- To help BrainWaves understand how we can help young people (like you) look after their mental health and wellbeing.
- To provide researchers with knowledge on young people's mental health.
- To help make lessons that schools can use to teach students about mental health and wellbeing.

Why have I been invited to take part?

Because your school is participating in this study. This year, we are offering students in your year

group the chance to take part in the study.

Do I have to take part?

No, you do not have to take part if you don't want to. If you do decide to take part and then change your mind, you can stop at any time without giving a reason.

What will happen if I take part in the research?

Taking part in the research involves answering some questions about your mental health and wellbeing (for example, how you have been feeling and how you spend your free time). Before starting the questionnaire, your teachers will ask you to create a login using your school email address. You will then be asked to give your permission (assent), where you choose whether to take part or not.

If you choose to take part, you will be given time in school to complete the questionnaire.
The questionnaire will ask you about:

- Mental health (how you have been feeling)
- Wellbeing
- Lifestyle Behaviours (including smoking and drinking, self-harm and eating behaviours)
- Health
- Adversity (bad experiences, such as maltreatment and abuse)
- Social relationships

This questionnaire is confidential. This means that 1. Your answers will not be linked to your name; 2. your answers (not your name or contact information) will only be seen by the research team. The answers will not be shared with your school, parents, or carers. However, if your answers suggest that you or someone else may be at immediate risk of serious harm, we may need to tell your school safeguarding lead only so that they can help keep you safe and offer support. We would only do this if we were worried about your safety.

What are the possible negatives in taking part?

Some of the questions may feel sensitive or personal. We ask about them because they are important. Young people who work with BrainWaves have told us that these topics are important to young people your age. We collect this information about you and other young people because we

want to better understand young people's mental health so we can do more to help those who need it. Remember, you do not have to answer any questions or sections you do not want to. If you feel upset or concerned about any of the questions, talk to an adult you feel you can trust at home, at school, or elsewhere. We provide some links to online resources which will be shared with you at the end of the questionnaire.

Are there any benefits in taking part?

Yes. Taking part in BrainWaves research is something that helps others. You will be giving your time and data (questionnaire answers) to help researchers learn and understand more about young people's mental health and wellbeing. This means they can find ways to support young people as they grow up and become adults. After completing the questionnaire, you will receive a certificate from BrainWaves with the Oxford University logo on it. Lastly, by sharing your experiences, you will be making a difference to young people everywhere and for many years to come.

Expenses and payments

There will be no payment for taking part in this research.

Will the research be published?

Data collected through the questionnaire (**not including** any information that can identify you like name or email) will be studied by researchers. Data collected from previous questionnaires have already been used in research and the findings from this research have been published in different ways, e.g., presented to schools, presented in scientific meetings with other researchers. When data is used by researchers, the participants (people who took part in the questionnaire) stay anonymous and cannot be identified.

Data Protection

The University of Oxford is the "data controller" for this research study. This means the University is responsible for deciding how your personal information is collected, used, and kept safe.

We will only use your personal information for the research explained above. Research like this is carried out in the public interest to help improve understanding and knowledge.

You can find out more about your rights and how your information is protected on the University's website: https://compliance.admin.ox.ac.uk/individual-rights

What information will be collected, why and who will be able to see it

What the information is	Why we are collecting it	How long it will be stored for	Who will be able to see it
Your consent form	To make sure that all participants in the study agreed to take part	Continually. We need to make sure that participants agreed to take part	Only a small number of approved staff who work with the data.
Personal details about you (for example, your date of birth)	To be able to link your data to other information about you, for example, your school records.	For at least 10 years (the duration of the cohort study). You can ask to remove your data from the study by contacting us.	Only a small number of approved staff who work with the data
Contact details (your email address)	So you can log in to future assessments of the BrainWaves Study and so we can contact your school safeguarding team if we are worried about your safety	For at least 10 years (the duration of the cohort study). You can ask to remove your data from the study by contacting us.	Only a small number of approved staff who work with the data.
Questionnaire data (including data on gender, age, health and wellbeing).	To better understand young people's mental health and wellbeing.	Data will be kept without information that can identify you, for example your name and email. Data will be kept continuously so that we can keep learning from your experiences.	Only approved researchers. If you want your questionnaire data to be removed, you can contact us at brainwaves@psych.ox.ac.uk. Please note that we cannot remove data that are already used in analyses.

Who is funding the research?

This study is funded through donations as we are a charity.

Who has reviewed this research?

This research has received favourable opinion from a subcommittee of the University of Oxford Central University Research Ethics Committee. (Ethics reference: XXXX).

Who do I contact if I have a concern about the research or I wish to complain?

If you have a concern about any aspect of this research, please contact Professor John Gallacher and the BrainWaves team at the University of Oxford (brainwaves@psych.ox.ac.uk)), and we will do our best to answer your query. We will reply within 10 working days (Mon - Fri) and let you know how it will be dealt with. If you are still unhappy or wish to make a formal complaint, please contact the University of Oxford Research Governance, Ethics & Assurance (RGEA) team at rgea.complaints@admin.ox.ac.uk or on 01865 616480.

Further Information and Contact Details

If you would like to discuss the research with someone from BrainWaves beforehand (or if you have questions afterwards), please contact:

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