

LENScience
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PARTICIPANT INFORMATION SHEET

(Student 16 Years of Age or Older)

Project Title: LENScience Healthy Start to Life education for adolescents Programme (HSLeaP): Cluster Randomised Trial

Principal Investigator: Jacquie Bay, Director LENScience, Liggins Institute, University of Auckland

Dear student,

My name is Jacquie Bay and I am Director of LENScience, a specialist science education unit at the Liggins Institute, at the University of Auckland. I am writing to you regarding research we are conducting in your school evaluating the benefits of running specialised learning programmes in science, such as those offered by the Liggins Institute. The particular programmes that your class will take part in this year are linked to the work of New Zealand and international scientists, exploring the science behind aspects of health and wellbeing.

In order to examine the effectiveness of these programmes, we need to compare schools that are and are not using them. As the programmes are currently being use in your school, you **and** your parents are being invited to take part in this study. This will allow us to assess the benefit of the programmes for students and their families, and will help us as we develop this and other related programmes for New Zealand schools.

As you are 16 years of age or older, you are able to give consent yourself to take part in the study. However as we are also inviting your parents to take part you will find in this letter information about what participation means for both students and parents so that you are aware of what your parents are being asked to do. If your parents decide not to participate, you are still welcome to participate as a student.

What is involved for you if you agree to take part?

Taking part in surveys:

- If you agree to participate in this research, you will be asked to take part in a survey about science, school, diet and lifestyle before your class starts using the learning programme.
- Members of the research team from the University will come to school to take participating students from your class through this survey.
- Between 6-12 weeks after your class has finished the learning programme, the research team will return to school to repeat the survey with participating students from your class.
- You will also be asked to take part in follow-up surveys 1 and 2-years after the programme. These surveys will be sent directly to you either via email (so that you can complete it online) or via post, *whichever you prefer*.

Taking part in focus group meetings:

- If you agree, you **may** be asked to take part in a focus groups meeting about 12-weeks after the programme to discuss your experience with other students and a researcher.
- The focus groups will take place at school. They involve 6-8 students, and take between 30 and 60 minutes.
- Participants in focus groups will be offered the opportunity to leave the group at any stage, or choose not to respond to a particular question.
- The conversations are digitally recorded and afterwards they are typed-up by a member of the research team or a professional transcriber. Everyone that works on this process is required to sign a form agreeing that they will not talk about the content of the focus group meetings with people outside the research team.

What is involved for you and your parents/caregivers if they also agree to take part?

Taking part in parent surveys:

- If your parents/caregivers agree to participate in this research, we would ask them to complete four surveys about school, diet and lifestyle, each taking no longer than 15-20 minutes, between now and December 2015.
- We would send the surveys to your parents/caregivers by post (with a self-addressed return envelope) or via email (with a link to an on-line form), whichever they prefer.
- The approximate dates for these surveys are yet to be confirmed.

Taking part in family-group meetings:

- If you and your parents/caregivers **both** agree, you and your parents/caregivers **may** be asked to take part in family-group meeting 3-months, 1-year, and 2-years after the programme has finished in school. These will help us understand the long-term effect of the programme for you and your family.
- The family-group meetings take place at your home at a time that suits you, your family and the research team. They take between 30 and 60 minutes.
- As with the focus groups, you and your parents/caregivers would be offered the opportunity to leave the family-meeting at any stage, or choose not to respond to a particular question.
- The conversations will be digitally recorded and afterwards the conversations will be written down by a member of the research team or a professional transcriber. Everyone that works

on this process is required to sign a form agreeing that they will not talk about the content of the focus group meetings with people outside the research team.

How will my and my parent's/caregiver's anonymity protected

- All questionnaires will be named so that responses can be matched, but when the results are reported, we will not be able to match responses to participating people or schools. No real names or other identifying features will be used in reports about the project.
- If any unexpected findings of a sensitive nature to you and/or your family should arise during the course of the study, which are related or unrelated to the study, they will be treated in a strictly confidential and appropriate manner by the researcher.

Potential future studies

- Dependent on the findings of this study, we may wish to contact participants in the future to request voluntary participation in follow-up studies to find out whether the impact of the programme lasts into adulthood.
- These are likely to occur 2-3 times between 2018 and 2030 and involve an on-line survey and possibly an interview.
- You can opt-in or opt-out of this by indicating your choice on the attached consent form.
- Giving permission for us to contact you in the future does not mean that you have to agree to take part in any follow-up studies.

Data Storage

- All data will be stored electronically on a secure network drive within the University of Auckland for a period of at least 6 years from the time of the research.
- Beyond this period, where you have given us permission to possibly contact you in the future for follow-up studies, data will be stored for a longer period (up to 2030).
- After 6 years, or at 2030, as appropriate, the data will be erased.

Voluntary Participation

- Participation in the programme is voluntary for you and your parents/caregivers.
- You and/or your parents/caregivers may withdraw from the evaluation processes (surveys, focus groups and family-meetings) at any stage up until December 1st, 2015.
- You and/or your parents/caregivers may withdraw permission or data at any point in the study up to 2030. If we have already reported on the data, we cannot change the reporting, but we would remove your data for any future analysis and reporting.
- Your principal and teachers have given their assurance that whether you and your parents/caregivers participate or not will, not affect relationships for you or your parents/caregivers with the school, and will not affect assessment grades for you.

If you would like a member of the research team to come and talk to you and your parents/caregivers about this study before you decide whether to participate or not, please call the team on 09-9231389 or email lenscience@auckland.ac.nz and we will arrange for a member of the team to meet with you and your family.

If you agree to be a participant in the research as outlined above, please fill out the on-line consent form and submit it.

If you have any queries or wish to know more about this research you may contact me directly:

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Email j.bay@auckland.ac.nz

Alternatively, you may contact:

Professor David Cameron-Smith
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For queries regarding ethical concerns please contact:

The Chair, University of Auckland Human Participants Ethics Committee, The University of Auckland, Office of the Vice Chancellor, Private Bag 92019, Auckland, Tel. 3737599 ext 83711

Yours sincerely



Jacque Bay
Director, LENSscience