

LENScience
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PARTICIPANT INFORMATION SHEET

(Parent and/or Caregiver – Child Under the Age of 16)

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

Name of Researcher: Jacquie Bay, Director of LENSscience

Dear Parents and Caregivers,

My name is Jacquie Bay and I am Director of LENSscience, 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 child's school evaluating the benefits of running specialised learning programmes in science, such as those offered by the Liggins Institute. The particular programmes that your child's school are linked to the work of New Zealand and international scientists, exploring the science behind 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 begin used at your child's school, you and your child are being invited to take part in this study. This will allow us to assess the benefit of the programmes for students, and will help us as we develop this and other related programmes for New Zealand schools.

What is involved for your child if you agree that they can take part?

Taking part in surveys:

- If you agree to your child participating in this research, and he/she also agrees to take part, he/she will be asked to take part in a survey about science, school, diet and lifestyle before her/his class starts using the learning programme.
- Members of the research team from the University will come to the school to take the students through this survey.
- Between 6-12 weeks after the students have taken part in the learning programme, the research team will return to school to repeat the survey with the students.
- Your child 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 your child either via email (so that they can complete it online) or via post, *whichever you prefer*.

Taking part in focus group meetings:

- If you agree, you child **may** be asked to take part in a focus groups meeting about 12-weeks after the programme to discuss their 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 child if you also agree to take part?**Taking part in parent surveys:**

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

Taking part in family-group meetings:

- If you and your child agree, you and your child **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 child.
- The family-group meetings take place at your home at a time that suits you and the research team. They take between 30 and 60 minutes.
- As with the student focus groups, you and your child 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 child'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 child.
- You and/or your child may withdraw from the evaluation processes (surveys, focus groups and family-meetings) at any stage up until December 1st, 2015.
- You and/or your child 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 child's principal and teachers have given their assurance that whether you and your child participate or not will, not affect relationships for you or your child with the school, and will not affect assessment grades for your child.

If you would like a member of the research team to come and talk to you about this study before you decide whether to participate or not, please call the team on 09-9231389 and we will arrange for a member of the team to meet with you.

If you agree for you and/or your child 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:

Jacquie Bay
Director, LENSscience, Liggins Institute
The University of Auckland
Private Bag 92019, Auckland
Ph 09-9234282
Email j.bay@auckland.ac.nz

Alternatively, you may contact:

Professor David Cameron-Smith
Research Director, Liggins Institute
The University of Auckland
Private Bag 92019, Auckland
Ph 09-9231336

Email d.cameron-smith@auckland.ac.nz

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

A handwritten signature in black ink that reads "Jacquie Bay". The signature is written in a cursive, flowing style.

Jacquie Bay
Director, LENSscience