

PARTICIPANT INFORMATION SHEET & GUIDANCE

Study Title

A Study into the health behaviours of adolescents in different areas of South Wales.

I would like you to take part in my research project. I will explain what and why the research is being carried out before you take part. Any questions will be welcome and contact details will be provided. I am asking that you fill out one questionnaire that should take around 15 minutes to complete, this will be to obtain results for a research project. Can you please take your time to decide whether or not you would like to take part, as participation is voluntary and are within your own rights to withdraw from the project at any time.

What is the purpose of the study?

I am currently studying as a third year student in a degree in Community Health and Wellbeing. As part of my course I need to undertake my own research project. I have chosen health behaviours in adolescents and if they relate to poverty. The research carried out is purely for educational purposes. The purpose of the study is to study health behaviours of 15-16 year old children who are in full time education in different parts of South Wales.

Why have I been invited?

You have been invited to take part as I have chosen a specific group; 15-16 year olds in full time education. Both female and males will be involved. In total I will be asking 300 students to take part in my research, from two different areas of south wales. I have chosen this size and sample group to take part as I feel this is the best option to answer my research project title.

Do I have to take part?

The study is purely voluntary; however it would be very beneficial to my research project if you take part. I will describe the study step by step to ensure that you understand what is entailed. I will then ask you for consent, this will need to be obtained from your parents/ guardians. You can withdraw from the project at any time, without any reasoning.

What will happen to me if I take part?

There will only be one questionnaire given out, for participants to fill out. This is advised to be done during school hours, as it is a short questionnaire that should only take 15 minutes to complete. There will be no need for personal details to be disclosed and your confidentiality will be maintained under the data protection act. (Please see consent form for data protection act statement.) All questionnaires are asked to be filled out anonymously. Prior to the questionnaires being filled out consent will have to be obtained by parents/ guardians.

Expenses and payments

No expenses will be asked from you. No payment will be given for the completion of the questionnaire.

What will I have to do?

You will be asked to fill out a short questionnaire, which should only take you around 15 minutes to complete.

What are the possible disadvantages and risks of taking part?

Some of the disadvantages for taking part are that some questions may be personal and may cause upset, this is not intended and participants can withdraw participation at any time or not answer personal questions, however full completion of the questionnaire will be greatly valued. Confidentiality will be a main priority and no names will be asked and identification will not be needed for the research. After completion of the questionnaire it is important to state that all completed questionnaires should be given to a teacher or an appointed person. After all questionnaires have been completed they are advised to be put in the envelope which will be provided by the researcher and sealed, until the information gets passed over to the researcher to analyse.

What are the possible benefits of taking part?

There is no intended direct benefit to you as students; the research is only being carried out for educational purposes to further my knowledge of adolescent health behaviours.

What if there is a problem?

If you have concerns regarding the questionnaire or research project, you should contact Miss R. Lewis by e-mail: 21160350@students.southwales.ac.uk

If you would like to formally make a complaint, you can follow the University of South Wales complaints policy on www.usw.ac.uk. and clicking on the complaints page.

Will my taking part in the study be kept confidential?

Confidentiality will be maintained under the Data protection act 1998. (Please see consent form for statement.) Once you have filled in the questionnaire, you will give it to a named person who will then put it securely in the provided envelope. This envelope will be sealed and no one will have access to it apart from the researcher. No names or addresses or any direct personal information will be asked of you, as identification is not needed for the research. Questionnaires will then be kept in a locked filing cabinet, only accessed by the researcher until the data is analysed. Analysed data will be transferred electronically and information will be stored onto a password protected memory stick, only accessed by the researcher. The data obtained will only be used for this research project. Data will be retained for eight months and then discarded by confidential waste policy.

Involvement of the General Practitioner/Family Doctor (GP)

No involvement or information will be asked or obtained.

What will happen if I don't carry on with the study?

Any information collected from you, will be destroyed at the time of withdrawal.

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What will happen to the results of the research study?

The results from the study will be analysed by the researcher and presented to the University of South Wales, community health and well being course leader. If you would like to know the outcome of the project, you can forward your details onto the researcher, who could then pass the results onto you.

Who is organising or sponsoring the research?

Chief Organiser for project: Miss R. Lewis:
Supervised under the University of South Wales.

Further information and contact details and information:

1. General information about research:
 - <http://www2.le.ac.uk/offices/ld/resources/writing/writing-resources/planning-dissertation>
 - <http://www.blackwellpublishing.com/researchproject/weblinks.asp>
 - <https://www.utoledo.edu/honors/undergradresearch/why.html>
 - <http://theconversation.com/a-question-universities-need-to-answer-why-do-we-research-6230>
2. Specific information about this research project:
 - <http://apps.who.int/adolescent/second-decade/section4>
 - http://www.euro.who.int/_data/assets/pdf_file/0006/119571/E67880.pdf
 - http://www.euro.who.int/_data/assets/pdf_file/0003/163857/Social-determinants-of-health-and-well-being-among-young-people.pdf
 - <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.463.9084&rep=rep1&type=pdf>
 - http://jpubhealth.oxfordjournals.org/content/34/suppl_1/i1.full
3. Advice as to whether you should participate. Please contact R. Lewis:
21160350@students.southwales.ac.uk.
4. Who they should approach if unhappy with the study
<http://unilife.southwales.ac.uk/pages/3273-complaints>

Information Sheet based on: COREC/NHS National Patient Safety Agency. *Information Sheets and Consent Forms – Guidance for Researcher and Reviewers* Version 3.0 Dec 2009.
Link to IRAS website - [IRAS](#)