

Participant Information Sheet for students

Title of Project: How do 16- to-17-year-olds understand the relationship between wellbeing and mental health difficulties: Is the Dual-Factor Model helpful?

Introduction

We would like to invite you to take part in a focus group research study. Joining the study is entirely up to you. Before you decide, you need to understand why the research is being done and what it will involve. One of our team will go through this information sheet with you, and answer any questions you may have. Ask questions if anything you read is not clear or you would like more information. Please feel free to talk to others about the study if you wish. Please take time to decide whether or not to take part.

What is the purpose of the study?

This study is being conducted as part of a postgraduate MSc research project at London School of Hygiene and Tropical Medicine (LSHTM), and in collaboration with the PSHE (Personal, Social, Health and Economic education) Association. The purpose of this study is primarily educational, but the study also aims to add to current knowledge about how young people in England understand mental health. The relationship between good mental health and mental health difficulties is complex. Previous research has suggested that a framework called the Dual-Factor Model may be helpful to young people and fit with their understanding of this relationship. This study will explore this model with 16- to-17-year-olds to better understand if this model is useful to young people and how it could be used in mental health education and resources.

Why have I been asked to take part?

You have been invited because you are a Year 12 (16- to -17-year-old) student attending a secondary school in England which has agreed to take-part in this study. You must be over 16-years of age to join this study.

Do I have to take part?

No. It is up to you to decide to take part or not. If you don't want to take part, that's ok. This will not have any impact on your education or be reported to your teachers/school. This study is completely separate to your school/education and is entirely voluntary.

What will happen to me if I take part?

If you take part, you will be asked to sign a consent form and invited to join a focus group. Each focus group will contain 3-6 Year-12 students from your school. It will take between 1 hour and 1 hour and a half (including registration and group discussion lasting 40-60 minutes). The focus group will be arranged at a convenient time and place at your school.

The focus group will be audio-recorded. This means just what is said will be recorded, there will be no video. The recording will be stored securely and typed-up into a transcript which will be anonymised (any names or personal information will be removed). The recordings will be destroyed once the transcripts have been made and checked.

As a thank you for your time, you will receive a £10 amazon voucher. You will receive this even if you choose to leave the study before it ends.

What will I have to do?

You will sign a consent form before the focus group starts. During the focus group you will be asked to discuss how you think about good mental health and wellbeing. A framework called the Dual-Factor Model will be explained

A copy of this informed consent document to be offered to the participant

and you will be asked if you find this model helpful. There are no right or wrong answers in a discussion of this kind – we are simply interested in your opinions.

You will not be asked to discuss your own mental health or any personal experiences. A Master's student, Charlotte Soldan, will run the focus group and guide you through the discussion. To help prompt discussion, the focus groups will include activities like writing ideas down and creating posters for other young people. Photos of these may be included in the research study.

What are the possible risks and disadvantages?

Discussing mental health can sometimes be difficult and these discussions may bring up upsetting or uncomfortable feelings. We will never ask you to talk about anything you do not want to, and you can skip questions or leave the group at any time if you feel uneasy. If you need support please discuss with the researcher, Charlotte, who can give you advice about what to do next. There are also some helpful websites where you can find mental health help and advice: Young Minds: <https://www.youngminds.org.uk/>, The Mix: <https://www.themix.org.uk/> and Kooth: <https://www.kooth.com/>.

We ask everyone to keep what is said confidential (private), by this we mean not to repeat anything said in the focus group outside of the group or to other people. Yet, there is a small chance someone in the group might repeat what was shared. To reduce this risk, we will explain at the start how important it is to respect each other's privacy and will all agree to this before we begin. The only time the researcher will be required to break this confidentiality/privacy is if something is shared which suggests you or someone else might be at risk of harm. If this happens, only the minimum information required to make sure everybody is safe will be shared.

What are the possible benefits?

We hope you will find the focus group discussion interesting and informative. We cannot promise the study will help you but the information we get from the study will help our knowledge and understanding of how young people understand mental health and wellbeing. Once finished, the results of the research will be shared with you by email (using the address provided in your sign-up form). The results of the study will also be used to inform educational resources used by the PSHE association to teach other young people about mental health and wellbeing. These resources will be shared with your school.

What if something goes wrong?

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions: please email: charlotte.soldan1@student.lshstm.ac.uk
If you remain unhappy and wish to complain formally, you can do this by contacting: The Research Governance and Integrity Office at rgio@lshstm.ac.uk or +44 (0) 20 7927 2626>

The London School of Hygiene and Tropical Medicine holds insurance policies which apply to this study. If you experience harm or injury as a result of taking part in this study, you may be eligible to claim compensation.

Can I change my mind about taking part?

Yes. You can withdraw from (leave) the study once it has started. You just need to tell the researcher that you don't want to be in the study anymore.

You can do this before, during or after the focus group session. If you withdraw during or after the focus group sessions, what you have said during the group will be removed from the transcript of the session. It will not be possible to remove your voice from the audio-recording, but once the transcript has been checked and approved the recording will be deleted. It is only after the study has been published that you will not be able to fully withdraw, as we cannot alter materials that have already been published.

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What will happen to information collected about me?

All the information we collect during the course of the research will be kept confidential (private) and there are strict laws which protect your privacy at every stage.

The London School of Hygiene and Tropical Medicine are based in the United Kingdom. To follow the United Kingdom's data protection regulations, we must inform you of how we will use and store your personal data.

As a university, we use personally identifiable information to conduct research to improve health, care and services. As a publicly funded organisation, we have to ensure that it is in the public interest when we use personally identifiable information from people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information collected from you to conduct and analyse the research study.

Only the study staff and authorities who check that the study is being carried out properly will be allowed to look at information about you. Information will include your name, contact details and audio recordings. We will keep all information about you safe and secure. Data may be sent to other study staff in London or at the PSHE Association, but this will be anonymised.

At the end of the project, the study data (anonymised focus group transcripts) will be stored by lead researcher Charlotte Soldan for 10 years. Your personal information will not be included and there is no way that you can be identified. It is possible that future research on related projects might request to look at the transcripts from our focus groups. We would like your approval now that we can use the transcripts in future work and share the transcripts with other researchers if any requests are made.

The London School of Hygiene and Tropical Medicine will act as the data controller for this study. This means that they are responsible for looking after your information and using it properly.

Where can you find out more about how your information is used?

You can find out more about how we use your information

- At <https://www.lshtm.ac.uk/files/research-participant-privacy-notice.pdf>
- by asking one of the research team: charlotte.soldan1@student.lshtm.ac.uk
- by sending an email to DPO@lshtm.ac.uk

What will happen to the results of this study?

The study results will be published as an MSc Research Project and likely as an academic paper in a research journal so that others can learn from them. Your personal information will not be included in the study report and there is no way that you could be identified from it. In the dissertation and publications, quotes will be used from the focus groups and some of these quotes may come from you. We will not use any quotes that might reveal who you are.

Who is organising and funding this study?

London School of Hygiene & Tropical Medicine is the sponsor for the research and they have full responsibility for the project including the collection, storage and analysis of your data, and will act as the Data Controller for the study. This means that we are responsible for looking after your information and using it properly. The study is being funded by a Wellcome Master's Studentship which was awarded to Charlotte Soldan.

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Study title: Adolescents' views of the relationship between wellbeing and mental health difficulties: Exploring the Dual-Factor Model with 16- to-17-year-old students in England.

Principal Investigator: Charlotte Soldan

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REC ref: 31860

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Who has reviewed this study?

All research involving human participants is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given favourable opinion by The London School of Hygiene and Tropical Medicine Research Ethics Committee (ref: 31860).

Further information and contact details

Thank you for taking time to read this information sheet. If you think you will take part in the study please read and sign the consent form.

If you would like any further information, please contact Charlotte Soldan who can answer any questions you may have about the study.

Contact details:

charlotte.soldan1@student.lshtm.ac.uk

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