

Information Sheet for teachers/participating schools

Title of Project: 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.

Introduction

We would like to invite your school to participate in a focus group research study. Participation in this study is entirely voluntary. Before you decide, we want to ensure that you fully understand why the research is being conducted and what it will involve. A member of our research team will discuss this information with you and answer any questions you may have. Please feel free to ask for further clarification or information as needed.

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 or illness 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 or resources.

Why has our school been asked to take part?

Your school has been invited to participate because you have Year 12 (16- to 17-year-old) students who fit the demographics required for this research study. The perspectives of your students will be valuable in helping us gain insights into young people's understanding of mental health. Only students over 16-years of age will be able to join this study.

Does our school have to take part?

No. Participation is entirely voluntary. Choosing not to participate will not have any negative consequences for your school or students.

What will happen if our school takes part?

If your school decides to participate, we will seek to recruit Year-12 students to take part in focus groups. Each focus group will comprise 3-6 students, lasting 60-90 minutes (20-30 minute for pre-briefing and obtaining consent, followed by a discussion lasting 40-60 minutes). The number of focus groups we run at your school will depend on how many students are interested. We would like to run the focus groups on school premises and at a convenient time during the school day or immediately after school.

If your school agrees to take part, we will ask for a consent form to be signed by your headteacher before we approach any students to participate. Once this has been signed, we will provide promotional materials to be shared with Year-12 students. For example, a recruitment email and poster. Interested students will be able to follow the link/QR code in these materials to sign-up using an online form.

If enough students from your school sign-up to run a focus group, we will work with the students and your team to find a date/time which works for everyone. We will ask for a private room (e.g. empty classroom) where we can host the focus group to make sure what is said is not overheard. The focus groups will be audio-recorded. Audio recordings will be securely stored, transcribed, anonymised (with all identifiable information removed), and subsequently deleted after transcripts have been verified. Schools participating in the study will be identified by

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their broad geographical area only, for example 'Birmingham School A'. All personal or identifiable information about students will be removed.

What will students be required to do?

Students who agree to participate will sign a consent form prior to the session. During the focus groups, they will discuss their perceptions of mental health and wellbeing, consider the Dual-Factor Model, and share their views on its usefulness. Students will engage in some activities and tasks, for example writing down ideas and drafting posters for other young people, with the aim of encouraging discussion. These materials may be photographed and included in research outputs. Students will not be asked to share personal experiences or discuss their own mental health.

As a thank you for their times, students will receive a £10 amazon voucher. Students will receive this even in they choose to withdraw during the 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 for students. We will never ask students to talk about anything they do not want to, and they will be able to skip questions or leave the group at any time if they feel uneasy. The researcher, Charlotte Soldan, will be able to provide immediate support and signposting if needed. You will be asked to identify a member of staff to whom a concern could be escalated with the consent of the student in the unlikely event a student raises a concern about their own mental health. Concerns will only be escalated without student consent if there is a safeguarding concern (see next paragraph).

The requirement for confidentiality will be emphasised to students in the participant information sheet and pre-focus group briefing. Yet, there is a small chance someone in the group might repeat what was shared. To reduce this risk, we will explain to students at the start of the focus group how important it is to respect each other's privacy and we will ask everyone to agree to this before we begin. It will also be explained to participants that the only time the researcher will be required to break this confidentiality is if something is shared which suggests a participant or someone else might be at risk of harm. Only the minimal information required to make sure everybody is safe will be shared. You will be asked to identify a member of staff to whom concerns can be escalated in the unlikely event a safeguarding concern arises.

What are the possible benefits?

We hope students will find the focus group discussion interesting and informative. We cannot promise the study will help the students involved 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 study will be shared with participating schools (via contact staff member) and participating students by email. The results of the study will be used to inform educational resources used by the PSHE association to teach other young people about mental health and wellbeing. These educational resources will also be shared with participating schools by email to contact staff member.

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.lshtm.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@lshtm.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.

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Can we change our minds about taking part?

Yes. If you no longer wish your school to be involved in the study, you can withdraw your consent without penalty at any point before the focus group is conducted. After the session, the school will not be able to withdraw but participating students can withdraw from the study at any point. They just need to tell the researcher that they don't want to be in the study anymore.

They can do this before, during or after the focus group session. If they withdraw during or after the focus group sessions, what they have said during the group will be removed from the transcript of the session. It will not be possible to remove their voices 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 students will not be able to fully withdraw, as we cannot alter materials that have already been published.

How will student information be managed?

All the information we collect during the course of the research will be kept confidential and there are strict laws which protect participant 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. Personal information will not be included and there is no way that students or schools could be identified. It is possible that future research on related projects might request to look at the transcripts from our focus groups. We will ask for consent from participants to 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

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so that others can learn from them. Identifiable information about schools or students will not be included in the study report and there is no way that your school could be identified. In the dissertation and publications, quotes will be used from the focus groups but we will not use any quotes that might reveal who participants are or the school they attend.

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.

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 your school would like to take part in the study please ask your Headteacher to read this information sheet 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

07760714464

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