Department of Psychology and Clinical Language Sciences

University of Reading

Harry Pitt Building

Whiteknights Road

Reading

RG6 6AL

# INFORMATION FOR PARENTS of Young People under 16

## Project Title: Examining self-concept in adolescents

**What is the purpose of the study?**

Depression and low mood is a major health problem for young people but we still do not really understand why it develops or how best to prevent it. Our research aims to help understand the experience of depression in young people and to examine how it relates to their thoughts, experiences and self-identity. This will help us develop new and better ways to help young people.

**Why are we inviting your son/daughter to take part?**

Your son/daughter has been invited to take part because their school has agreed to take part in this project and we are inviting all students in Years 9 to 13.

**Does my child have to take part?**

No. It is up to you and your son/daughter to decide whether to join the study. If you agree to take part, you are free to withdraw at any time without giving any reason.

This is an opt-out study. This means that if your child is under 16 and you DO NOT want them to take part, please let us know. You can do this by returning the attached form. If you prefer you can contact us directly – our contact details are at the end of this information sheet. If we do not hear from you we will assume that you are happy for your child to take part in this research. We will also ask your son or daughter if they want to take part in the research– they are free to opt out themselves. If you change your mind later you can withdraw your son or daughter from the research at any time

**What will happen if my child takes part?**

Your son or daughter will complete some questionnaire at school during a timetabled PSHE session. The questions will ask them about their sense of self (self-concept) and their current mood.

**What are the possible disadvantages and risks of taking part?**

We do not expect any disadvantages or risks to be involved in taking part in this research. Young people will be asked questions about their mood. They can choose not to answer any questions. Some questions might highlight negative feelings – these are quite common in young people. Students can stop at any time and we would immediately offer support if they were upset or distressed. During the research we will adhere to all school safeguarding and child protection policies. Additionally, all children will be given a resource list of helpful resources about well-being, sources of support and advice.

**What are the possible benefits?**

This research aims to improve our understanding of adolescent mental health and improve treatments. Most young people enjoy taking part in research and learning about how research is conducted with people

**What if there is a problem?**

If you have any concern about any aspect of the study, you should ask to speak to Emily Hards, the researcher. Please see the last page for contact details. If you remain unhappy and wish to complain formally, you can contact the supervisor of this research, Prof Shirley Reynolds, who will discuss any concerns you may have.

**Will our taking part in the study be kept confidential?**

All personal information provided will be kept confidential. The only exception to this is if your child tells us something, which puts them, or someone else, at risk. If this happens we will inform the school who will follow their risk and safeguarding policies. The information we collect (questionnaire answers) will not have any names on and will be kept strictly confidential in locked cabinets in locked offices at the university. All the paper work collected will be destroyed as soon as they are no longer needed. The consent forms, however, will be kept for 5 years before disposal. If we feel any young person is at risk of harm or radicalization we will alert a nominated member of the school staff who will then follow the school procedures.

**What will happen to the results of the research study?**

The information we collect will be analysed and written up as part of a PhD thesis (due to be submitted in 2018). They will also be published in a professional, scientific journal and at professional academic conferences. No personal information will be included. If you would like a summary of the findings of our study please let us know and we will send you this (it will take about 6 months).

**Who has reviewed the study?**

To protect your interests all research at the University of Reading is reviewed by an independent group of people, called a Research Ethics Committee. This application has been approved by the University of Reading Research Ethics Committee. The researcher – Emily Hards - has an enhanced Disclosure and Barring Service (DBS) and has been trained by the School of Psychology of the University of Reading to work with children and adolescents.

**Do we have to take part?**

No. Participation in this research is entirely voluntary. If you have any questions, please contact us by phone or email. We will be happy to discuss any questions or concerns you may have.

Thank you very much,

Emily Hards (Researcher) email: e.g.hards@pgr.reading.ac.uk

Prof Shirley Reynolds (Supervisor) email: [s.a.reynolds@reading.ac.uk](mailto:s.a.reynolds@reading.ac.uk) tel: 0118 378 8525

Website: andyresearchclinic.com

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# INFORMATION FOR PARENTS of Young People over 16

## Project Title: Examining self-concept in adolescents

**What is the purpose of the study?**

Depression and low mood is a major health problem for young people but we still do not really understand why it develops or how best to prevent it. Our research aims to help understand the experience of depression in young people and to examine how it relates to their thoughts, experiences and self-identity. This will help us develop new and better ways to help young people.

**Why are we inviting your son/daughter to take part?**

Your son/daughter has been invited to take part because their school has agreed to take part in this project and we are inviting all students in Years 9 to 13.

**Does my child have to take part?**

No. It is up to your son or daughter to decide whether to join the study. If your son/daughter agree to take part, they are free to withdraw at any time without giving any reason.

As your child is over 16 they can give consent to take part in the research. We would like them to discuss taking part with you and with their friends to make sure that they understand what is involved. When we visit their class we will ask them to complete a consent form. This says that they have read the information about the research, had the opportunity to ask questions and are happy to take part. If they do not want to take part that is fine.

If after they do the research they change their minds your son or daughter can withdraw themselves from the research at any time and we will destroy any data or information they have given us.

**What will happen if my child takes part?**

Your son or daughter will complete some questionnaire at school during a timetabled tutorial period or PSHE class. The questions will ask them about their sense of self (self-concept) and their current mood.

**What are the possible disadvantages and risks of taking part?**

We do not expect any disadvantages or risks to be involved in taking part in this research. Young people will be asked questions about their mood. They can choose not to answer any questions. Some questions might highlight negative feelings – these are quite common in young people. Students can stop at any time and we would immediately offer support if they were upset or distressed. During the research we will adhere to all school safeguarding and child protection policies. Additionally, all young people will be given a resource list of helpful resources about well-being, sources of support and advice.

**What are the possible benefits?**

This research aims to improve our understanding of adolescent mental health and improve treatments. Most young people enjoy taking part in research and learning about how research is conducted with people

**What if there is a problem?**

If you, your son or daughter have any concern about any aspect of the study, you should ask to speak to Emily Hards, the researcher. Please see the last page for contact details. If you remain unhappy and wish to discuss your concerns further or complain about any aspect of the research, you can contact the supervisor of this research, Prof Shirley Reynolds.

**Will our taking part in the study be kept confidential?**

All personal information provided will be kept confidential. The only exception to this is if your child tells us something, which puts them, or someone else, at risk. If this happens we will inform the school who will follow their risk and safeguarding policies. The information we collect (questionnaire answers) will not have any names on and will be kept strictly confidential in locked cabinets in locked offices at the university. All the paper work collected will be destroyed as soon as they are no longer needed. The consent forms, however, will be kept for 5 years before disposal. If we feel any young person is at risk of harm or radicalization we will alert a nominated member of the school staff who will then follow the school procedures.

**What will happen to the results of the research study?**

The information we collect will be analysed and written up as part of a PhD thesis (due to be submitted in 2018). They will also be published in a professional, scientific journal and at professional academic conferences. No personal information will be included. If you, your son or daughter would like a summary of the findings of our study please let us know and we will send you this (it will take about 6 months).

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**Does my son/daughter have to take part?**

No. Participation in this research is entirely voluntary. If you have any questions, please contact us by phone or email. We will be happy to discuss any questions or concerns you may have

Thank you very much,

Emily Hards (Researcher) email: e.g.hards@pgr.reading.ac.uk

Prof Shirley Reynolds (Supervisor) email: [s.a.reynolds@reading.ac.uk](mailto:s.a.reynolds@reading.ac.uk) tel: 0118 378 8525

Website: andyresearchclinic.com

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**Project Title: Examining ideas about the self in adolescents**

**INFORMATION FOR Young People aged 13-15**

Hello,

We are inviting you to take part in a research study.

**Why is this project being done?**

We are interested in how young people think about themselves (their self-concept). We want to find out more about this in teenagers of different ages.

We also want to see if mood and self-concept are linked in young people. This is important because it could help us prevent depression and improve treatments for young people.

**Why have I been asked to take part?**

You have been asked to take part because your school has agreed to help us with this project. We are inviting all students in Year 9 to Year 13 to take part.

**Do I have to take part?**

No. Whether or not you take part in this study is **completely up to you and your parents**. You do not have to do this. Also, if you decide to take part and then change your mind, this won't matter at all. You won't have to give us a reason.

**What will happen to me if I take part in the project?**

We would like you to complete some worksheets in your PSHE sessions. They will take about 25 minutes. They include questions about your current mood and experiences. We will also ask you to come up with some statements that describe you.

**Might anything about the research upset me?**

Some of the questions about your mood might remind you of both happy and sad feelings. This is completely normal and OK. If you want to stop at any time, or take a break this will be fine. We can talk about this at the time or you might want to talk to your friends or a teacher or parent about it.

**Will my information be kept private if I take part? Will anyone else know I'm doing this?**

Everything you tell us as part of this project is treated as confidential; this means that nobody other than us will ever know what you have told us. The only time we would not be able to keep information confidential is if you tell us something which makes us worried about you or someone else. If this were to happen we would pass on this information to [NAME OF PASTORAL STAFF HERE] who can help you

All your answers will be kept in locked cabinets and nothing will have your name on it. Once we have finished the project all the questionnaires will be shredded and computer files will be deleted.

**Did anyone else check the project is okay to do?**

****Before any research is allowed, it has to be checked by a group of people called an Ethics Committee. They make sure the research is safe. This study has been approved by the Reading University Ethics. Emily the researcher has been through the formal Disclosure and Barring Service process and has been trained to work with young people.

**What if I have more questions?**

If you have any questions about our study, either now or later, please feel free to talk to Emily, email or phone us. You have a right to know everything and we will be happy to tell you everything. Also, please discuss this with your parents, friends or teachers

Thank you very much,

Emily Hards (Researcher) e.g.hards@pgr.reading.ac.uk

Prof Shirley Reynolds (Supervisor) [s.a.reynolds@reading.ac.uk](mailto:s.a.reynolds@reading.ac.uk) 0118 378 8525

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## **Project Title: Examining self-concept in adolescents**

**INFORMATION FOR Young people AGED 16-18**

Hello,

We are inviting you to take part in a research study.

**Why is this project being done?**

Depression and low mood is a major health problem for young people but we still do not really understand why it develops or how best to prevent it. This research project aims to help us understand depression in young people and how it relates to thoughts, experiences and self-identity. We hope that it will help us develop new and better ways to help young people and to prevent depression

**Why have I been asked to take part?**

You have been asked to take part because your school/college has agreed to help us with this research. We are inviting all students in the school between the ages of 13 and 18 years

**Do I have to take part?**

No. Whether or not you take part in this study is **completely up to you**. You do not have to do this. Also, if you decide to take part you can change your mind at any time. You won't have to give us a reason. Please talk to your parents, teachers and/or friends about the study and ask us if you have any questions or are not sure about something. If you are happy to take part we will ask you to fill out and sign a consent form before you take part in the research.

**What will happen to me if I take part?**

We would like you to complete some questionnaires in a timetabled assembly period. This will take about 25 minutes. The questionnaires will ask about your current mood and how you think about yourself.

**Might anything about the research upset me?**

Some of the questions might remind you of both happy and sad feelings. This is completely normal and OK. If you want to stop at any time, or take a break this will be fine. We can talk about this at the time or you might want to talk to your friends or a teacher or parent about it.

**Will my information be kept private if I take part? Will anyone else know I'm doing this?**Everything you tell us as part of this project is treated as confidential; this means that nobody other than us will ever know what you have told us. The only time we would not be able to keep information confidential is if you tell us something that makes us worried about you or someone else. If this were to happen we would pass on this information to [NAME OF PASTORAL STAFF] who will then discuss it with you.

Everyone taking part in the study will be given an ID number so no one will know who has filled out the questionnaires. Your answers will be kept in locked cabinets. Once we have finished the project the questionnaires will be shredded.

**Did anyone else check the project is okay to do?**

Before any research is allowed, it has to be checked by a group of people called an Ethics Committee. They make sure the research is safe. This study has been approved by the Reading University Ethics Committee. Everyone working on this study has been through the formal Disclosure and Barring Service process and has been trained by the School of Psychology of the University of Reading to work with young people.

**What if I have more questions?**

If you have any questions about our study, either now or later, please feel free to talk to Emily, or email or phone us. You have a right to know everything and we will be happy to tell you everything.

Also please take the opportunity to discuss this study with your friends, parents and/or teachers.

Thank you very much,

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