

Information Sheet for Parents/Carers

Education for Wellbeing Programme

We want to know if certain types of wellbeing and mental health focussed lessons are helping young people

This research project is being carried out by researchers at the Anna Freud Centre/University College London (UCL) and the University of Manchester, funded by the Department for Education. We are trying to find out how well different types of wellbeing and mental health focussed lessons being delivered in schools work. To find out about this, we are asking young people and teachers in schools about their experiences of taking part in and being involved with the delivery of these lessons, and completing the questionnaires related to this project.

We would like to invite your child to take part in this research project

As your child has recently taken part in some mental health and wellbeing focussed lessons at their school, and have completed some questionnaires about their feelings, behaviour, and relationships, we are asking for your permission for them to take part in this research project. It is up to you and your child to decide if your child would like to take part or not.

What does taking part in this research project involve?



Taking part in this research project means agreeing for your child to have a conversation with a researcher. This will either be as part of a small group of students (e.g. 4-5) from your child's school (a focus group) or on their own (an interview). We will ask your child some questions about what it was like taking part in the mental health and wellbeing focussed lessons, what they did, and how they felt afterwards, and what your child thought of the questionnaires that they completed. The conversation can last for as long as they would like to talk (up to a maximum of 1 hour), but will usually last for 30-45 minutes. The interview/focus group will take place in a private room at your child's school. The interview/focus group will be audio recorded and typed up afterwards as a 'transcript'.

Your child is free to stop taking part in this research project at any time, without giving a reason. Leaving the study will not disadvantage you or your child in any way. If you and/or your child do wish to leave the study, your child's interview/focus group audio recording and transcript will be deleted. However, once we have written the reports of the findings (4 to 6 months after the interviews/focus groups), it will not be possible to withdraw your child's (unidentifiable) contributions from the reports, so it is best to tell us as soon as possible using the contact details below if you do change your mind.

An Ethics Committee has checked the research

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This research has been reviewed and agreed by the UCL Research Ethics Committee (Project ID Number: 6735/014).

What are the advantages of taking part?

- It may help us to understand more about what helps to increase young people's wellbeing and may help to improve lessons around this topic for young people.
- It may help us to improve the questionnaires that we give to young people.
- Some people find taking part in research like this an interesting experience.

What are the disadvantages of taking part?

Occasionally, someone may feel upset about something that they are talking about. However, your child will not be pressured to speak about anything that they don't want to during their interview. If they want to talk to someone further after their interview, they can speak to [\[name of school contact\]](#).

Will information about me be kept private?

- Your child's interview/focus group will be kept strictly confidential or private. The only time that we might need to break this rule is if your child tells us something that makes us think that your child, or someone else, is in danger. In that case, we will have to tell someone who can stop that danger from happening.
- Audio recordings will be kept in a password-protected computer folder and will only be accessed by researchers involved with this project. Consent forms will be stored in a locked filing cabinet.
- When the recordings are typed up as transcripts, any details that can identify your child as an individual will be taken out. This means that your child's name will be changed and names of others or places that they may mention.
- We may use quotes from your child's interview/focus group when we share our results with others (e.g. in reports, published papers, or on websites) but your child will not be identified in any publication.

Data protection

All data will be collected and stored in accordance with the Data Protection Act 1998, or prevailing data protection legislation. Your/your child's personal data will be processed for the purposes outlined in this information sheet.

What happens if something goes wrong?

If you wish to complain, or have any concerns about any aspect of the way that you or your child have been approached or treated by members of staff, please contact Dr Jessica Deighton – the Principal Researcher on this project – at jessica.deighton@annafreud.org. If you then feel that your complaint has not been handled to your satisfaction, you can also contact the Chair of the UCL Research Ethics Committee at ethics@ucl.ac.uk.

If you are concerned about how your personal data is being processed, please contact UCL in the first instance at data-protection@ucl.ac.uk. If you remain unsatisfied, you can also contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>.

What happens next?

Please discuss the information above with your child or ask the researchers if you would like more information. You can keep this information sheet to look at whenever you need to. If you decide to take part, you and your child will need to give consent (on a written form) before they do the interview/focus group.

Researcher contact details

If you have any questions about this project, please email Dr Emily Stapley at emily.stapley@annafreud.org or ring us on 020 7433 2980.

General Data Protection Regulation Notice

This note is to outline the basis for data processing for this research project and to outline your and your child's rights with respect to processing of those data. These rights are as set out in the General Data Protection Regulation (GDPR), which supersedes the Data Protection Act from May 2018.

This research project will hold 2 types of data on your child:

- Your child's interview/focus group audio recording and (anonymised) interview/focus group transcript
- Your child's name, age, gender, and ethnicity

The legal basis for processing these data for the research project is public interest (Article 6 (1)(e) and Article 9(2)(j) of the General Data Protection Regulation). This means that personal data can be processed where necessary for the performance of a task carried out in the public interest. In this case it is to carry out research and inform future health provision. The General Data Protection Regulation is designed to protect and support the following personal data rights for everyone in the UK:

- **The right to be informed**
 - about who is processing your data, this is set out at the bottom of this note.
- **The right of access**
 - to understand what is being collected and how it is being used, a Subject Access Request.
- **The right to correct data**
 - the right to correct incorrect records
- **The right to be forgotten**
 - the right to request that data is removed/deleted
- **The right to restrict processing**
 - the right to request that data be held but not processed unless necessary
- **The right to data portability**
 - the right to a copy of your data in a useable format
- **The right to object**
 - you may object to your data being processed although this does not apply to the processing of data for research purposes, as in this instance.

The organisation in control of personal data collected for this research is the Department of Education. The Anna Freud National Centre for Children and Families, in collaboration with the University of Manchester, is collecting and processing the data from this project on their behalf.

We will not be transferring any identifiable information outside the EU and will be taking appropriate measures to ensure it remains secure at all times.

We will keep the pseudonymised information, where individuals won't be readily identifiable, for a 2-year period while the research project is active. This may be shared with other collaborators, including the London School of Economics, University of Liverpool and University of Dundee for analysis. After that we will change it to make individuals in the data set completely unidentifiable. This anonymous information may then be used for research for another 10 years. After this, the information and data will be securely destroyed. We will delete audio recordings at the end of the project (September 2020).

Please note that the consent processes described in the previous pages relate to involvement in the research but these are not the legal basis for data processing. As described above, the legal basis for data processing is public interest. Your data rights with regard to data processing have been set out in this notice and will be respected. For further information, please see <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/> and <https://ico.org.uk/for-the-public/is-my-information-being-handled-correctly/>

If you have any concerns or questions about our research, the data processing, and/or your involvement in the project please contact:

Dr Emily Stapley

emily.stapley@annafreud.org

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