



Participant Information Sheet

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Title of Project: Understanding of physical activity in relation to mental health in Further Education and University students

Study ID – 212 1802, FMHS-ResearchEthics@nottingham.ac.uk

Name of Researcher(s):

Chief Investigator: Dr Mary S O'Hanlon, Assistant Professor Sport and Exercise Medicine

Principal Investigators: Mr Ahaan Gupta, Medical Student

Mr Daniel McDonald-Smith, Medical Student

Miss Lara Nassar, Medical Student

Invitation:

We would like to invite you to take part in our research study. Before you decide we would like you to understand why the research is being done and what it would involve for you. One of our team will go through the information sheet with you and answer any questions you have. Talk to others about the study if you wish. Ask us if there is anything that is not clear.

What is the purpose of the study?

Mental health conditions such as depression and anxiety are estimated to affect nearly 1 in 4 people each year in the UK. Although research has been completed regarding the mental health of college athletes in the USA, no such research has occurred in the UK. This study aims to explore athletes understanding of the benefits of physical activity on mental health. Through gaining this understanding, mental health education for University and Further Education students can be focused more appropriately.

Why have I been invited?

You are being invited to take part because you are a member of a School, Further Education provider or University and aged over 16 years.

Do I have to take part?

It is up to you to decide whether or not to take part. If you wish to take part in the survey, please follow the link included in the invitation email. This information sheet and the consent form is available for you to read again with the online survey. If you decide to take part, you are still free to withdraw at any time and without giving a reason. However, as the data from your survey will have already been anonymised and so may not be able to be withdrawn.

What will happen to me if I take part?

If you agree to take part in this study you will be asked to complete an online survey which should take no longer than 15 minutes to complete.

After the survey, you can opt to take part in the follow up surveys. These will be sent to you in 6 weeks, 3 months and 6 months and should take about 5 minutes to complete. You are free to withdraw at any stage. After completion of the surveys there is no other follow-up however the investigators will be available to answer any questions you may have.

Expenses and inconvenience allowance

Participants will not be paid an inconvenience allowance to participate in the study. However, participants have an opportunity at the end of the survey to be entered into a draw for a £50 Amazon voucher.

What are the possible disadvantages and risks of taking part?

There are no expected risks or adverse effects expected as a result of participation in this study, however you may still withdraw from the study at any point. Please be aware however that if you wish to withdraw after submission of the survey that this data will already have been anonymised and removal of the data may not be possible.

What are the possible benefits of taking part?

The information we get from your participation in this study may help to improve understanding of mental health and access to mental health services for students.

Will my taking part in the study be kept confidential?

We will follow ethical and legal practice and all information about you will be handled in confidence.

If you join the study, we will use information collected from you during the course of the research. This information will be kept **strictly confidential**, stored in a secure and locked office, and on a password protected database at the University of Nottingham. Under UK Data Protection laws the University is the Data Controller (legally responsible for the data security) and the Chief Investigator of this study (named above) is the Data Custodian (manages access to the data). This means we are responsible for looking after your information and using it properly. Your rights to access, change or move your information are limited as we need to manage your information in specific ways to comply with certain laws and for the research to be reliable and accurate. To safeguard your rights we will use the minimum personally – identifiable information possible.

You can find out more about how we use your information and to read our privacy notice at:

<https://www.nottingham.ac.uk/utilities/privacy/privacy.aspx>

The data collected for the study will be looked at and stored by authorised persons from the University of Nottingham who are organising the research. They may also be looked at by authorised people from regulatory organisations to check that the study is being carried out correctly. All will have a duty of confidentiality to you as a research participant and we will do our best to meet this duty.

Your contact information will be kept by the University of Nottingham for 7 years after the end of the study so that we are able to contact you about the findings of the study (unless you advise us that you do not wish to be contacted). This information will be kept separately from the research data collected and only those who need to will have access to it. All other data (research data) will be kept securely for 7 years. After this time your data will be disposed of securely. During this time all precautions will be taken by all those involved to maintain your confidentiality, only members of the research team given permission by the data custodian will have access to your personal data.

In accordance with the University of Nottingham's, the Government's and our funders' policies we may share our research data with researchers in other Universities and organisations, including those in other countries, for research in health and social care. Sharing research data is important to allow peer scrutiny, re-use (and therefore avoiding duplication of research) and to understand the bigger picture in particular areas of research. Data sharing in this way is usually anonymised (so that you could not be identified) but if we need to share identifiable information we will seek your consent for this and ensure it is secure. You will be made aware then if the data is to be shared with countries whose data protection laws differ to those of the UK and how we will protect your confidentiality.

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

Your participation is voluntary and you are free to withdraw at any time, without giving any reason. However, withdrawal of survey data after submission may not be possible as the data will have already been anonymised.

What will happen to the results of the research study?

The results of this study will be written up as a BMedSci Dissertation project undertaken by one of our medical students. Some direct quotes you give may be used within the results of the study, but as stated above you will remain anonymous identifiable by a Unique ID number only. The data will remain confidential and used for research purposes only.

We hope that we may be able to publish the results in a peer-reviewed journal and possibly present them at any relevant conferences. If you would like to be informed of the results of the study, you can request a copy of these to be sent to you.

Involvement of the General Practitioner/Family doctor (GP)

We will not inform your GP (Family Doctor) of your involvement in this study.

Who is organising and funding the research?

This research is being organised and funded by the University of Nottingham.

Who has reviewed the study?

All research in the University of Nottingham 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 Faculty of Medicine & Health Sciences (FMHS) Research Ethics Committee.

What if there is a problem?

If you have a concern about any aspect of this study, you should contact the Chief investigator e-mail: Mary.O'Hanlon@nottingham.ac.uk. The full contact details of the research team are given at the end of this information sheet. If you remain unhappy and wish to complain formally, you should then contact the FMHS Research Ethics Committee Administrator, c/o The University of Nottingham, Faculty PVC Office, B Floor, Medical School, Queen's Medical Centre Campus, Nottingham University Hospitals, Nottingham, NG7 2UH or via E-mail: FMHS-ResearchEthics@nottingham.ac.uk

Further information and contact details:

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