

## Participant Information Sheet for Parents/Carers

We are working on a research project at the University of Oxford called MYRIAD. We would like to invite your child to take part, but first we will explain what the research is all about. It is important that you and your child understand what it involves. If you or your child have any questions, please ask your child's teacher or get in touch with us.

### What is MYRIAD?

MYRIAD is a research project. We are interested in how schools promote young people's well-being and resilience (the ability to adapt in the face of difficulties) throughout adolescence. Many secondary schools teach emotional health and well-being believing that it can affect the way children learn, behave and develop into adulthood. In this project we will compare the existing, good-quality, social emotional learning that is already being taught in schools (known as 'teaching as usual') to a programme of study that is based on mindfulness techniques.

### Do they have to take part?

Your child does not have to take part in this project. Your child can choose whether he/she wants to take part and can also withdraw at any point without giving a reason and without penalty.

### Will taking part affect my child's education?

No, your child's teacher will teach the same lessons whether or not your child decides to take part in the project. This will not affect your child's education in any way.

# MYRIAD

My resilience in adolescence



### What will they be asked to do?

Your child will be given a pupil information sheet and will be asked to consider taking part.

As part of this project, we will ask your child to answer some questions up to five different times. We will visit once this year. Some classes will have additional visits, including twice in the next year, once in the following school year and once in the school year after that. These classes will be selected randomly and will not be affected by how pupils answer the questionnaires. We will let you know in about one year's time whether your child will be involved in these further measures.

Researchers will visit your child at school and help your child answer these questions either online or on paper.

The first research visit will last around 40 minutes, and each visit after will take around 45-60 minutes. Visits will be done as a whole class. Each pupil will complete their own questionnaire. These questions will include questions about well-being, mental health, behaviour and other areas. If you would like to see the full list of questionnaires being used, please go to:

[www.myriadproject.org/questionnaires](http://www.myriadproject.org/questionnaires)

Schools will provide the research team at Oxford with the name and date of birth of all participating pupils, and where possible their school email address. This is to prepare login information and to ensure that only those pupils who are not opted out are approached. If a school email address is provided, this will only be used for sending links to questionnaires to the pupils at specified time points. The email addresses will not be used for any other purpose. This information will be kept separately from the research data and will be deleted at the end of the study or sooner for children who decide not to take part.

In the longer term we hope to gather some information, such as attendance and exam results, from the National Pupil Database (NPD) and therefore we will also ask the school to provide the Unique Pupil Number (UPN) for each participating pupil. This is a 13-character code that identifies each pupil in the local-authority-maintained school system. This will be deleted for children who decide not to take part.

All data will be sent in line with each school's data protection policy and kept confidential and stored securely by the research team.

Teachers will also complete questionnaires about how pupils generally get on in school.

### What do I do now?

We hope you will agree for your child to take part. If you do not want your child to take part, please fill out the attached opt-out form and return it to the school.

### **What will happen to my child's information?**

Your child will be given their own unique ID number that we will use to match up all the information they provide during their time in the project. There is a chance that someone who works for the University will check that the project is being run properly and then they might look at all the information, but they would keep all of this information confidential. The results of this research will not identify your child in any way. Once the project is completed, we may release the project data to other researchers so that it can be used to answer other research questions. Anonymised raw data sets for specific measures may also be provided back to the developers of questionnaires (including commercial developers) used in this project to support further validation of the measures. If we do this, we will make sure the information shared is completely anonymous and your child cannot be identified from it in any way. At the end of the trial, anonymised documents will be stored securely for ten years after which they will be destroyed.

We will not share the information young people give on questionnaires with anyone. This means that even if young people report having problems, we will not share this information with anyone else, or contact the young person or their school or parent to offer help. However, we will provide **all** young people with information about how they can get help if they are experiencing problems, each time we visit the school. The only time when information would be

shared would be in the rare event that information was reported directly to a researcher in person, email or telephone, which indicated that someone was at serious risk of harm.

If this happened we would only share the information necessary to ensure safety and any information sharing would be discussed with your child wherever possible.

In some schools, teachers will be asked to make a video recording of their lessons teaching emotional health and well-being. They will only be filming themselves. Researchers will watch these videos to see how the teachers are teaching the lessons. However, because we are asking teachers to video themselves in class, your child may notice the camera. If your child is filmed by mistake (for example, if they walk in front of the camera), or is identified in some other way (for example, through the use of their full name), the images or audio segment would never be used for research nor seen by anyone outside the research team. We will examine all video recordings received from participating teachers in a timely manner and will delete any identifying information.

We will keep in touch with the young people taking part in the study and may contact them again in the future to invite them to take part in further related projects. You and your child will remain free to choose whether or not to become involved in any such projects.

### **Who is paying for this project?**

This project is being paid for by the Wellcome Trust, a charity that supports research to improve health.

### **Who has checked this project?**

This project has been checked by the University of Oxford Central University Research Ethics Committee.

### **What if you have a question or concern?**

If you or your child have any questions or concerns about the project, please speak to your child's teacher. Alternatively, you can contact the research team below who will do their best to answer your query. The researcher should acknowledge your concern within 10 working days and give you an indication of how he/she intends to deal with it. At the end of the research, we will write to your child's school about what we find out in the project. You and your child are welcome to read this if you are interested.

### **What are the risks and benefits?**

There are no known risks associated with this project. By participating, you and your school would be making a contribution towards greater knowledge and understanding of the best ways to help prepare young people to manage their emotional health and improve resilience to the challenges of adolescence.

**Thank you for taking the time to read this information sheet and to consider participating in this research.**

Contact for further information:

**MYRIAD Project Team**

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