

# K2 The MYPAD data set

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## Summary

The MYPAD data set is a unique product of the Young Researcher Challenge. Young people from around the UK co-designed a research questionnaire covering issues important to their own wellbeing. This guide outlines how the data were collected so you can reference the methodology in your own research projects.

**WATCH** Film 7: Your research project

### MYRIAD link

The Young Researcher Challenge was designed to introduce young people in the MYRIAD research study to research methods and give them the opportunity to contribute to real-life research. The data were collected

during The MYRIAD project. All the data were collected from young people aged 11 – 16 years and have been anonymised to protect participant identities. There are very strict rules covered by GDPR (General Data Protection Regulation) and data breaches, e.g. sending a pupil name to the wrong school, can result in severe consequences.

All data from the MYRIAD trial are 'cleaned' before being stored securely in a large database. Cleaning includes checking all entries are complete, that they are appropriate for the question (e.g. females answer female-related questions) and categorizing any non-sensical or ambiguous information.

## The data set

In the Excel file 'MYPAD data' you will find:

- A question list – a list of the questions and the possible response options.
- The full data set – containing nearly 5000 responses.
- A sample data set – a randomly selected sample of 300 responses. We stratified by gender, ethnicity, country, and urban/rural to ensure the smaller sample is representative of the full data set.

In both data sets we have included anonymised variables from the participants including: gender, ethnicity, urban or rural locations and country. For country, the categories are either England (identified as 1 in the data set) or 'Other' (identified as 2 in the data set). 'Other' comprises Scotland, Wales and Northern Ireland together as the sample sizes were too small to separate them.

## The questionnaire

The questionnaire used to collect the data was created by young people in collaboration with MYRIAD researchers as part of the Young Researcher Challenge. It is available as part of this pack and can be used to collect your own data to compare with the MYPAD data set. The questions are also available to view on the spreadsheet.

## Method of data collection

This section describes how the data were collected. You may need to refer to it if you use this data in your own

research project. *Do not simply copy and paste this method into a report as you may be accused of plagiarism.*

### Participants

The MYRIAD project recruited schools to the project by contacting headteachers and inviting their school to take part. All schools in the UK were invited to take part. Out of those headteachers contacted, around 500 responded. The schools were then filtered by those that were eligible to take part. 84 schools took part in the project.

Pupils in Years 7 and 8 (S1 and S2 in Scotland and Years 8 and 9 in Northern Ireland) were invited to participate in the project. After year one of the project a random selection of classes from each school were invited to continue with the project. It was from these randomly selected classes that pupils were invited to complete a set of questionnaires for the MYRIAD project, which included The Young Researcher Challenge Questionnaire.

Approximately 5000 participants provided data for the Young Researcher Challenge. They were aged 11 – 16 years and were living in the UK. We have provided additional variables for use in your research. These were applied to select a representative subset of the data (approximately 300 participants) and include:

- Gender: 58% 'female', 40% 'male', 0.3% 'other' and 1.7% 'prefer not to say'.
- Home nation: 87% England, 4% Wales, 4% Scotland and 5% Northern Ireland.
- School area type: 84% urban and 16% rural.

## Design

The Young Researcher Challenge data were collected once from each participant between September – December in 2019.

## Materials used

The data were collected using a 15 item questionnaire called 'The Young Researcher Challenge Questionnaire.' 14 of the questionnaire items were close ended questions and one item (number 13) was open ended and allowed a free text response.

The questionnaire was developed by young people taking part in The MYRIAD Project in collaboration with researchers at University of Oxford using the following process:

- 1 Young people were asked to suggest potential questionnaire items and nearly 800 were submitted overall.
- 2 These were then checked by researchers at the University of Oxford. The frequency of topics the items related to was calculated. Questionnaire items relating to the most frequently proposed topics, that were also well-structured grammatically and scientifically, were selected for voting.
- 3 Young people were asked to vote from this selection for the questions they would like to see in the final questionnaire. The items with the highest votes were selected and partially modified to improve grammar and scientific structure and then put into a 15 item questionnaire.

Additional descriptive variables were collected for the MYRIAD research trial and included in 'MYPAD data set'. These descriptive variables include:

- Gender
- Ethnicity
- If the participant attended a rural or urban school
- If the participant lived in England or 'Other' (Wales, Scotland and Northern Ireland).

## Procedure

As part of the main MYRIAD research trial, pupils aged 11 – 16 years were invited to complete questionnaires relating to health and wellbeing over a 4-year period. Pupils had to provide consent each time they completed a set of questionnaires.

Between September – December 2019, pupils completed the additional questionnaire called 'The Young Researcher Challenge Questionnaire'. This data set is publicly available for use in research by young people, and other researchers.

## INFO: The questions

- 1 Do you have at least one friend you feel comfortable sharing your worries with?
- 2 Do you ever feel pressure from friends to do something you don't want to do?
- 3 How often do you feel left out?
- 4 How similar do you feel your interests are to others your age?
- 5 How much do you try to make yourself look good for other people?
- 6 How much pressure do you feel to look or act a certain way when being represented on social media?
- 7 How safe do you feel at school?
- 8 How much do you think that exams (e.g. GCSEs, Nationals) have an effect on your mental health and wellbeing?
- 9 Approximately how many hours a day do you spend on social media on average?
- 10 How long does it take on average for you to get to sleep at night?
- 11 How often do you feel tired at school?
- 12 Do you handle stress well?
- 13 What do you think are the main causes of stress in your life?
- 14 How clear are you about what you want to do in the future?
- 15 How often do you exercise outside of school?