



Participant Information Sheet for Head Teachers and Teaching staff

Study title:

Intervention development for reducing night-time use of interactive electronic devices and social media among young people: the CLOCK OFF study

Researchers: Prof Sharon Simpson (Chief Investigator), Dr Anne Martin, Dr Ben Rigby, Dr Colin Shore, Dawn Haughton, Dr Heather Clealand Wood, Dr Holly Scott, and Dr Rhiannon Evans

Study Invitation

You are being invited to participate in the CLOCK OFF research study. You have been selected to participate because your school is part of the Schools Health and Wellbeing Improvement Research Network (SHINE) in Scotland or the School Health Research Network (SHRN) in Wales.

This information sheet explains what the study is about, what your participation would involve and what will happen to any data you provide. Please read the following information carefully, and discuss it with others if you wish, then take your time to decide if you would like to participate. We thank you for taking the time to read the information sheet and consider taking part in this study.

What is the purpose of the research study?

The purpose of the study is to develop and refine a peer-led school-based programme to reduce night-time interactive electronic device and social media use among young people (12-13 years). We will work with young people, school staff and parent, guardian or carers to develop this programme in both Scotland and Wales.

Who are the researchers?

We are a team of researchers from the University of Glasgow and Cardiff University. The team from Glasgow are part of the following; [Complexity in Health](#) programme within the Social and Public Health Sciences Unit at the University of Glasgow, [The Schools Health and Wellbeing Improvement Research Network](#) and the [School Of Psychology & Neuroscience](#). The researchers from Cardiff are part of [DECIPHer](#) (Centre for Development, Evaluation, Complexity, and Implementation in Public Health Improvement) and the [School Health Research Network](#) in Wales.

What will participation involve?

Participation will involve inviting young people aged 12-13 years and their parents/carers to take part in the study. We will provide you with a suggested wording and weblinks to be sent to young people via the Glow email address or posted in a Virtual classroom (e.g., Google Classroom or MS Teams), and to parents/carers via email. The weblink will direct young people and their parents/carers to the study information sheet, privacy notice and consent form as well as a short video about the study. We are looking to involve in total 20-30 pupils; 2-4 pupils from your school and about 2 parents/carers. For more information about what young people and parents/carers will be asked to do, please refer to the young people and parents'/carers' information sheets.

We will also ask you and/or suitable teaching staff members to attend one online workshop in May or early in June 2022, along with other school staff, parents, guardians, or carers. It is possible the other participants in your workshops might be from different areas within Scotland and Wales. The workshops will take place virtually on MS Teams and will be 90 minutes in length. The workshop will be scheduled Monday to Friday and will likely be scheduled as twilight session. You will be sent a choice of dates and times prior to the workshops to indicate your availability.

The main aim of the study is to develop a tool, in conjunction with young people, school staff and parents, guardians or carers. In advance of the workshop, you will be sent a draft of a diagram showing how the CLOCK OFF intervention might work to improve sleep and mental health and another diagram showing the links between factors associated with interactive electronic device use at night-time, sleep and mental health. This diagram has been developed by young people in earlier workshops. Additionally, you will be sent some documents that provide an overview of the different CLOCK OFF intervention components. The goal of your workshop will be for you to provide your insights and help refine the intervention materials. With your permission, we will audio and video record the online workshop. This will help us to capture the discussions and subsequent data analysis.

Do I have to participate?

Participation in this research study is voluntary, and you can withdraw from taking part at any time without giving a reason for doing so.

Please note that, should you withdraw after the workshops have taken place, any information collected up to the point of withdrawal will be retained. This is due to the nature of this research study. Identifying individual responses during workshops will be difficult and may influence the meaning and value of data provided by other participants.

Will the information I provide be kept confidential?

Any information you share with us will be kept confidential, unless we are concerned that you or another person is at risk of immediate and serious harm. In this case, we will inform you immediately of any decisions that might limit your confidentiality.

Personal information you provide will be anonymised, and only the research team will have access to this. Any personally identifiable data (eg. name, contact details) will be held for the duration of the project, but will be permanently deleted on completion (31st August 2022). All procedures for data storage, processing and management will comply with the General Data Protection Regulation 2018. Research data will be stored at the University of Glasgow for 10 years.

What will the information collected be used for?

The main aim of the study is to develop a future intervention that could be implemented into schools. Additionally, data collected throughout this research study may be used for future grant applications, reports to schools, journal publications, or conference presentations. The data will also be stored on an open science framework repository. This means that future researchers may choose to use our findings. However, only fully anonymised versions of the data collected will ever be re-used. Your personal data will not be made available.

How will the school, teaching staff and pupils benefit from participating?

Taking part in this study offers you a structured way to be involved in discussions on the important topics of sleep and social media use in schools. You may also benefit by reflecting on your own understanding of young people's perceptions of the links between night-time use of social media, electronic devices, sleep, and mental health. Participation also provides an opportunity for schools and parents / guardians / carers the opportunity to develop their Parental Engagement Programme. Furthermore, participation may provide teachers an opportunity for Career-long Professional Learning which can be used for your professional updates. Additionally, it may assist with engaging critically with research and learning as set out in the General Teaching Council for Scotland – Professional Standards for Career-Long Professional Learning or equivalent in Wales. Direct benefits for the young people in taking part in this research study include:

- giving a platform to pupils to meet with researchers
- being exposed to a potential career aspiration
- speaking to a different set of pupils from different schools
- gaining leadership skills and communication skills
- influencing health and social behaviour of other young people
- representing their class, school and/or wider community encourages their self-worth and confidence and allows them to contribute to and participate in society

Lastly, you will be reimbursed for the time you invest in participating. You will receive a £10 shopping voucher for attending the workshop. We will provide you with a summary of the research findings.

Who has approved this research study?

The study has been reviewed, and given ethical approval, by the University of Glasgow College of Social Sciences Ethics Committee (Reference number 400210152). It is funded by UK Medical Research Council (MC_UU_00022/1), Scottish Chief Scientist Office (SPHSU16).

What if I have further questions?

If any part of the information provided is not clear, or you have any other questions relating to your participation, please feel free to contact the researchers using the contact details below.

Chief investigator: Professor Sharon Simpson (Sharon.Simpson@Glasgow.ac.uk)

Co-investigator: Dr Anne Martin (Anne.Martin@Glasgow.ac.uk)

To pursue any complaint about the conduct of this research, please contact the College of Social Sciences Lead for Ethical Review, Dr Susan Batchelor (socsci-ethics-lead@glasgow.ac.uk)

Thank you for taking the time to read the information sheet and to consider your participation.

**Please complete the Consent Form if you wish to take part in this study and return to
anne.martin@glasgow.ac.uk.**