**Information about the Net4Health project for young people**

We would like you to help us with our research study, Net4health. This sheet will tell you about the study and what you will do if you want to take part. Please read this and take time to decide whether you want to take part. You can discuss the study with your parent/carer or teacher, or get in touch with the Net4health team if you have any questions,.

# What is Net4health and why are we doing this research?

Net4health is a study aiming to look at changes in young peoples’ health and friendship networks in Scotland over the last 25 years. We want to find out:

* How healthy and happy are secondary school pupils?
* What things are most important for young people’s health and wellbeing?
* What influence do friendships, families, and school have on how young people feel?

This information will help us to work out how to promote and maintain positive health and wellbeing in young people.

# Why have I been asked to take part?

Your school has agreed to take part in this study. All S2 and S4 pupils in your school have been asked to fill out a survey, and some will also be invited to wear gadgets to tell us how active you are, and where that activity occurs.

# What will I be asked to do?

What we’d like you to do is to wear two different gadgets for **eight days**. This will show how much activity you do, as well as where you do it.

* If you’d like to take part and your parent/carer is happy with you taking part, we’ll give you both gadgets to wear for eight days.
* The first device is called the ActiGraph activity monitor, and measures the energy that you use when you move about. It can also tell you how many steps you take. **It will be worn around your wrist like a smart watch.**
* The second device is called the QStarz travel recorder and it measures where you are moving about. These types of devices are usually called GPS - Global Positioning Systems - devices. **This device is attached to an elastic belt that is worn around your waist.**
* We would ask for you to wear the **wrist device all the time**, even when sleeping. As part of the study, we want to understand more about how well you sleep so it is important that this device is worn for 24 hours, every day. **You don’t need to wear the waist belt all the time** so we’d ask you to remove it just before going to sleep and put it on again once you wake up. You should not wear the waist belt or the wrist device when you go swimming, wash (shower/bath) or take part in rough activities where it might get damaged (e.g. rugby or martial arts).
* We would like you to note down any occasion when either belts was taken off for longer than five minutes. The reason for this is to make sure that we don't think you were sitting down when it may just be that you were not wearing the belt. We would also like you to note down when you went to your bed and when you woke up. You will be given a little book to record this information.
* Don’t worry about how to use the gadgets. If you want to take part there are instructions about how to use them.
* When you are finished with the gadgets, put them back in the envelope they came in, and return them to the school. Your teachers will tell you who will take the envelope.

# Do I have to take part?

No, it is totally up to you. If you don’t want to take part then you don’t have to. If you are happy to take part you will be asked to sign a consent form. You can stop taking part at any time without giving a reason.

**Why do we want you to help?**

We want to see how much physical activity your age group does and what kind of things are important for you to be more active (e.g. friends, sports clubs, public parks). For children your age, it’s important to keep healthy as you grow older. Physical activity is a part of this process.

We also want to see what parts of the local area (e.g. parks and streets near your home) are used by people of your age. By finding this out, we make suggestions to the government and council that can hopefully increase the number of people going outside.

**What will happen to the information I give?**

**This is a complicated section so please ask your parent/carer to explain this further if you are unsure.**

There are things we are legally required to do to make sure that the data you provide is safely and ethically stored. Although we may use information you provide in publications and reports, we will not use information that could identify you, your family/friends, teachers and school. The senior research team will keep all personal information and store it securely, separate from the anonymous data, for at least ten years. This is in case we need to contact you about the study. We may delete all personal information after this point and keep only the anonymous data.

Anonymised data will be available to other researchers designing similar projects, if requested. The results of the study will be published in research reports and scientific journals. We will not publish anything that could be used to identify you, other pupils, or the school.

If you tell us that you or someone else is in danger, then we will contact someone to help (like a teacher, police or ambulance). This is the only time we would tell someone else about who took part in the study. Everything else will always be confidential.

**What’s the benefit for you?**

You will be able to find out how much physical activity you do and where you tend to do it, which you may find interesting. If you like, we can send you some graphs showing you how active you were during the study.

**Who is responsible for Net4health?**

Researchers from the University of Glasgow have designed and will deliver the study. The study is funded by the MRC/CSO Social and Public Health Sciences Unit and approved by the University of Glasgow, College of Medical, Veterinary & Life Sciences Ethics Committee.

**Thank you for reading. If you would like more information, please contact:**

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