

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

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.

MYRIAD

My resilience in adolescence

MYRIAD Project
University of Oxford
Department of Psychiatry
Warneford Hospital
OX3 7JX

Dear Parent/Carer,

It is with great pleasure that we are writing to you today to invite your child, along with the rest of Years 7 and 8, to take part in a national research project called *My Resilience in Adolescence* (MYRIAD). Your child's school has agreed to work together with the University of Oxford to take part in this project, which is looking at well-being and resilience during adolescence.

Please read the attached information sheet and opt-out form, which provide more information about the study and what it would mean for your child to take part.

Your child will also be given a pupil information sheet to provide them with more information about the study and, if they decide they would be interested in taking part, s/he will be asked to sign a consent form. As part of this research project, we will ask your child to answer some questions about his/her own resilience and well-being. Researchers will visit your child at school to help your child to answer these questions either online or on paper.

All participants, including pupils, teachers and the school, would be made anonymous in all research reports and all the data collected would be kept strictly confidential.

Thank you for taking the time to consider participating in the MYRIAD project. We hope that you will help us to gather this valuable information, which has the potential to inform decisions affecting the pupils of the future.

Yours faithfully,

Professor Willem Kuyken (Chief Investigator)

Elizabeth Nuthall (Trial Manager)

For further information:

MYRIAD Project Team

myriadproject.org

01865 613 164

myriad@psych.ox.ac.uk

This project is part of a larger collaboration between the University of Oxford, the MRC Cognition and Brain Sciences Unit, University College London, the University of Exeter and King's College London.

MYRIAD

My resilience in adolescence

Opt-out Form for Parents & Carers

MYRIAD is a research project. We are interested in how schools promote young people's well-being and resilience throughout adolescence. In this project, we will compare different types of emotional health and well-being lessons taught in schools. The headteacher at your child's school has agreed to the school taking part in this research.

If you **DO NOT** want your child to participate in the MYRIAD research project described in the Parent and Carer Information Sheet, please fill out the form below and return it to the school within 7 days. If we do not receive an opt-out form from you, we will assume that you are happy for your child to fully participate in the trial.

OPT-OUT DECLARATION

I, the undersigned, hereby **DO NOT** give permission for my child to participate in the above research project. I understand that I am opting my child out of the research project only. The school's Personal, Social, Health and Economic (PSHE) education will be delivered by the school, as determined by the school, to all pupils irrespective of participation in the research project.

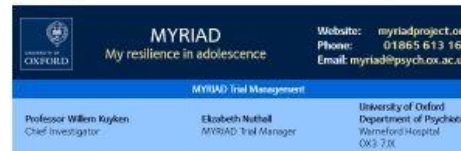
Name of child: _____

Name of school: _____

Print name of parent/carer: _____

Signature: _____

Date: _____



This project is part of a larger collaboration between the University of Oxford, the MRC Cognition and Brain Sciences Unit, University College London, the University of Exeter and King's College London.