

## INFORMATION SHEET FOR PARTICIPANTS

Ethics Approval Reference: R51010/RE001



### **Invitation to Participate in the Oxford ARC Study: Achieving Resilience during COVID-19 - Psychosocial Risk and Protective Factors amidst a Pandemic in Adolescents**

#### **General Information**

The Oxford ARC study investigates how adolescents and their parents/carers are coping with social isolation during the COVID-19 (coronavirus) pandemic. In stressful circumstances, some young people demonstrate resilience and cope extremely well, while others find it more difficult. Through our research, we hope to better understand how youth and parent mental health is impacted by psychological factors relating to worry, anxiety, and social isolation during the challenges and uncertainties of this pandemic.

#### **What does the study involve?**

This online study will involve you and your child completing weekly (then monthly) surveys and an optional computer task. Once you have completed the first survey, (and 6 and 12 months later), you will be invited to complete an extra 15 minute task that must be performed on a laptop or computer desktop. While this task is optional, it would be helpful for us if you have the time to complete this task.

Following the initial survey, you will then be asked to complete a 10-15 minute survey once a week for approximately 3 months, and then once a month for 9 months. Follow-up emails will be sent regularly to let you know when new questions are available.

#### **What sort of things will I be asked about?**

In the initial 20 minute survey, you will answer questions about your family life and relationships, demographics such as your age and education, health and wellbeing,

psychological symptoms, and how you are coping during the COVID-19 (coronavirus) pandemic. The questions cover many different areas, some of which may be sensitive as they ask about various aspects of mood, emotions, and mental health. This information will give us a good understanding of how things currently are for you and your child and will help us to better understand what kind of support parents/carers and young people might need in these difficult circumstances. If the questions raise any distress or concerns, you are free to decide not to continue with the survey at any stage by pressing the 'Exit' button/closing your browser.

If you have any concerns about your or your child's mental health or would like further support, Young Minds (<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>) has a list of resources and Emerging Minds has released a blogpost (<https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>) and podcast (<https://emergingminds.org.uk/podcast-how-can-we-best-support-children-and-young-people-with-their-worries-and-anxiety/>). If you would like support around eating disorders, support can be found at <https://www.beateatingdisorders.org.uk/> and <https://www.nationaleatingdisorders.org/> and <https://thebutterflyfoundation.org.au/> . Further support can be offered by the Samaritans (<http://www.samaritans.org/>) on 116 123 or the Shout (<https://www.giveusashout.org/>) text-based crisis service by texting Shout to 85258.

### **Who can take part?**

We are asking young people (aged 13 to 18) and their parents/carers to take part in this study. If you do not wish to participate, but your child does, you can consent to their participation. Also, if you do wish to participate, but your child does not then you can still participate.

If you are aged between 13 and 16 and your parent does not wish to participate, you can still complete the surveys and optional task, as long as your parent consents to you participating at the bottom of the page.

You may already be taking part in one of the other online surveys, such as the *COVID-19 Social Study* from UCL ([www.covid19study.org](http://www.covid19study.org)) or the *Co-SPACE* study from the University of Oxford (<https://emergingminds.org.uk/new-co-space-study-launches/>).

Some of the questions we will ask are very similar, so we understand if you would rather not participate in our study too. However, having responses from both adolescents and their parents/carers will give us a wealth of information about how well families are coping together. Please read through this information before agreeing to you and your child taking part by ticking the relevant 'yes' boxes below. If there is more than one child in your household that would like to take part, parents/carers must give informed consent for each child and each child should complete the online survey separately.

You may ask any questions before deciding to take part by contacting the research team at [oxfordARCstudy@psy.ox.ac.uk](mailto:oxfordARCstudy@psy.ox.ac.uk)

We are offering prizes to people who participate. After the initial survey and approximately every 4 weeks, 40 email addresses will be randomly selected to win a £25 Amazon voucher. The draw is designed so that completing the survey across more weeks increases your chances of winning. You can also win a prize more than once. We will have additional prize draws at 6 and 12 months from the start of the study. A prize of a £25 Amazon voucher will also be randomly given to 40 people that complete the optional computer-based task.

### **Do I have to take part?**

Taking part is completely voluntary. If you do decide to take part, you may withdraw at any point during the questionnaires for any reason before submitting your answers by pressing the 'Exit' button/closing the browser. You can opt-out of future surveys by ignoring follow-up emails.

### **How will my data be used?**

Your answers will be anonymised, and we will take all reasonable steps to make sure that they remain confidential. Your email address will be kept separately from the rest of

the answers you give as soon as we download the data and before any analysis takes place. All data will be kept under anonymised participant identification numbers which will allow us to tell which data belongs to parent-child pairs while protecting your anonymity. We will not be able to tell which answers belong to your family.

If you consent to being re-contacted for future studies, your email address will be retained in a separate file in our database at the end of the study for one year, otherwise it will be deleted as soon as the study finishes. Your email address will not be passed to any third parties.

Anonymised research data will be stored in a password-protected file and may be used in academic publications. Because data is anonymised it will not be possible to withdraw your answers after they have been submitted at each round of completion, but you can decline to complete future surveys at any point. Your IP address will not be stored. The data will be stored in an online repository so that other researchers can use it to learn more about supporting people's mental health during a crisis.

Because the data will all be anonymised, we will not be able to act upon any individual responses to the survey.

### **Who will have access to my data?**

The University of Oxford is 'the data controller' with respect to your personal data, and so will decide how your personal data is used in the study. The University will process your personal data for the purpose of the research outlined above. Research is a task that we perform in the public interest. Further information about your rights with respect to your personal data is available from <https://compliance.admin.ox.ac.uk/individual-rights>.

We would also like your permission to use your anonymised data in future studies and to share data with other researchers (e.g. in online databases). We will also provide all materials, anonymised data, and data summaries to key stakeholders within public health, NHS, Government, and mental health researchers by means of easily

accessible data repositories. Any personal information (your email address) that could identify you will be removed or changed before files are shared with other researchers or results are made public.

Responsible members of the University of Oxford and funders may be given access to data for monitoring and/or audit of the study to ensure we are complying with guidelines, or as otherwise required by law.

This project has been reviewed by, and received ethics clearance through, the University of Oxford Central University Research Ethics Committee (Ethics Approval Reference: R51010/RE001).

### **How do I find out about the results?**

We will provide information about the results of this study through the Oxford ARC study website ([www.oxfordARCstudy.com](http://www.oxfordARCstudy.com))

### **Who do I contact if I have a concern about the study or I wish to complain?**

If you have a concern about any aspect of this study, please speak to Professor Elaine Fox (email: [elaine.fox@psy.ox.ac.uk](mailto:elaine.fox@psy.ox.ac.uk); tel: 01865 271424) or Dr Sam Parsons (email: [sam.parsons@psy.ox.ac.uk](mailto:sam.parsons@psy.ox.ac.uk); tel: 01865 271305), and they will do their best to answer your query. We will acknowledge your concern within 10 working days and let you know how it will be dealt with. If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Medical Sciences Interdivisional Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible:

Email: [ethics@medsci.ox.ac.uk](mailto:ethics@medsci.ox.ac.uk); Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD. The Chair will seek to resolve the matter in a reasonably expeditious manner.

**Thank you for reading this information about the Oxford ARC study and thank you for considering participating in this research**