

INFORMATION SHEET FOR PARTICIPANTS

REC Reference Number: LRS-17/18-6465



YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of study

An Evaluation of The Daily Mile: A Feasibility Study

Invitation Paragraph

This study evaluates the impact of The Daily Mile as implemented in 'real life' settings in schools. We are examining in this study what taking part in The Daily Mile means to schools, children, and teachers.

We would like to invite your child to take part in our research study.

Before you decide we would like you to understand why the research is being done and what it will involve. Please read this information sheet and discuss it with others if you wish. You can ask one of the research team if there is anything that is not clear or that you would like more information on.

What is the purpose of the study?

This study is being carried out to prepare for a larger study which will evaluate the impact of the Daily Mile on public health. The current study aims to identify all the issues that are important to those taking part (or not) and to test various ways of measuring what happens when children do take part.

Why has my child been invited to take part?

Your child has been chosen because he/she participates in a school that has either implemented The Daily Mile project, or is considering implementing The Daily Mile project soon.

Does my child have to take part?

Participation is voluntary. You can decide at any point to say no to participation, or to withdraw from the study at any point up to the 30th Dec 2018, at which time we will begin reporting findings from this study.

What will happen to my child if we agree to take part?

The study involves a researcher observing class participation in The Daily Mile activities at the school. The researcher will take field notes about the participation of children in the classroom, but will not record any child's name. The researcher will also take photos of the setting, these will not include photos of any persons face. The study will take place over approximately three weeks. The exact dates will be decided in consultation with your child's teacher.

Your child might also be asked to join a group discussion with other children in their class about what they think of The Daily Mile project. This will last for about 30 minutes, and take place during free time, such as lunch, so that your child will not miss out on any schoolwork. If your child agrees to participate in a group discussion, then an imaginary name will be used during the group discussion for confidentiality purposes. This conversation will be audio-recorded if your child provides consent for the researcher to record the discussion.

What are the possible benefits and risks of taking part?

We hope that the information will help us to plan a useful and feasible evaluation of The Daily Mile. In the long term, this will help in planning for healthier lives for children. We do not anticipate any risks to you or your child from participation in this study.

Will my taking part be kept confidential?

All data for analysis will be anonymised, and no identifying information will be recorded. In reporting the research findings we will not reveal the names of any participants or schools involved. At all times there will be no possibility of you or your child, as individuals being linked with the data.

The UK Data Protection Act 1998 will apply to all information gathered and will be held on password-locked computer files and locked cabinets within King's College London. No data will be accessed by anyone other than the research team; and anonymity of the material will be protected by using false names. No data will be able to be linked back to any individual taking part in the study.

However, other people at the school may know your child has taken part in the study, and other schools may know that your school is taking part. In any reports we write about the project any data on what your child says or does will not be identifiable.

How is the project being funded?

This study has received funding from the Medical Research Council (grant number MR/R014094/1). Their web site is <https://www.mrc.ac.uk/>

What will happen to the results of the study?

We will write up a report of our findings which we will aim to publish in academic journals and present at academic conferences. A summary of these findings will be sent to all schools who took part in the study. We will also use our findings to inform a larger, national evaluation of The Daily Mile.

Who should I contact for further information?

If you have any questions or require more information about this study, please contact the lead investigator of this study, using the following contact details:

Professor Judith Green;
Email: Judith.green@kcl.ac.uk;
Phone: 020 7848 6693

What if I have further questions, or if something goes wrong?

If this study has harmed you in any way or if you wish to make a complaint about the conduct of the study you can contact King's College London using the details below for further advice and information.

The Chair, Biomedical Sciences, Dentistry, Medicine and Natural & Mathematical Sciences Research Ethics Subcommittee Chair, rec@kcl.ac.uk

Thank you for reading this information sheet and for considering taking part in this research.