

Information Sheet (under 16) Screen Time and Mental Health

We would like to invite you to take part in a research project

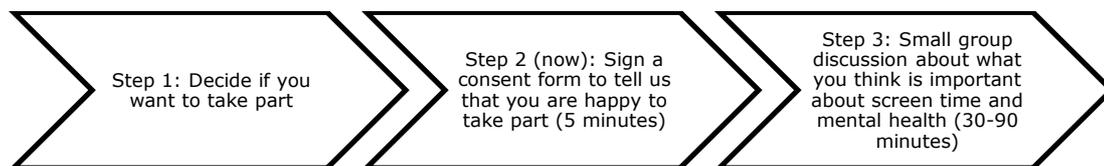
We want to find out what you think is important about screen time and mental health. By screen time, we mean time watching TV shows and videos, playing games, using social media like Snapchat, or browsing the Internet for personal and social use – so we don't mean time spent working or studying. We think it is really important to give young people like you a chance to be heard, and we want to hear in your own words about what matters to you.

In this research we will ask you to take part in small group discussions

We are inviting you to take part in this study as you are in a school or organisation participating in the study and you expressed an interest in taking part to someone there. Taking part in the study involves talking in a group discussion of around 10 people about what you think is important about screen time and mental health. The discussion will last between half an hour and one and a half hours. It will be audio-recorded so we can be sure that we don't miss anything people say, and we will then write up these recordings. You will be reimbursed for your travel costs and will receive a £10 Love2Shop voucher.

We are asking for your permission for you to take part. It is up to you to decide if you would like to take part or not. **You are free to stop at any time without giving a reason.** If, after you have taken part, you decide that you want us to remove your responses, you can contact us and ask us to delete them. If you do choose to take part and there are any questions you don't feel comfortable answering, you don't have to answer them and can stop straight away. You can take as much time as you need. You do not have to talk about anything that makes you feel unwell or upset.

There are three steps to this study



Advantages	Disadvantages
Help shape policy guidelines that will benefit young people in the future.	There are no known risks or disadvantages to taking part – if any become known you will be informed straight away.
Many people find taking part in research rewarding as they provide a valuable contribution to the development of knowledge.	If you do feel upset by anything discussed, you can stop taking part and talk to us about this.

If you do feel unwell or upset, below are some suggested options for you to contact for some help:

Shout: Text Shout to 85258. It is the free 24/7 text service for anyone in crisis anytime, anywhere.

The Mix: Call 0808 808 4994. The Mix are there to help you take on any challenge you're facing.

Samaritans: Free to call service 24 hours a day, call them on 116 123.

Childline: Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, their trained counsellors are there to support you. You can call Childline anytime, day or night, on 0800 1111.

All the information we collect about you is confidential

All the things spoken about during the group discussion are kept strictly confidential. We will not share what you have told us with anyone else, including your parents or carers. We will only tell someone if we feel it is an emergency or if you tell us something that puts you or others at risk. If this happens, we will talk with you about it first and inform you that there is a need for us to discuss it with others.

The information is saved using a unique confidential code instead of your name, and only the research team will have access to this information. We will keep the information about you and the group discussion safe, protected and locked, following the rules of data protection law.

Group discussions will be audio-recorded so that they can be written and analysed later. When they have been written up, names will be replaced with the confidential codes and the audio-recording will be deleted.

The researchers will remind everyone in the group discussions to respect the privacy of their fellow participants and not repeat what is said in the discussion to others.

If we ask a different organisation (The Transcription Centre, The Colmore Building, 20 Colmore Circus Queensway, Birmingham, B4 6AT UK; <https://www.transcriptioncentre.co.uk/>) to transcribe the recordings for us, we will make sure that this organisation also keeps your interview strictly confidential.

Results of the study will not use your name

Results will be shared with other researchers and people interested in this topic, but you won't be identified from any report. The anonymised results (without your name) will be shared with the funders and published in project reports, scientific journals, presented at conferences and relevant websites. **You will not be identified in any report or publication.**

UCL Ethics Committee has approved the study

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This research has been reviewed and given a favourable outcome by University College London Research Ethics Committee.

Who are we?

This research is insured and sponsored by University College London and funded by the National Institute for Health Research (NIHR). This research is being carried out by researchers at the NIHR Mental Health Policy Research Unit, based at University College London and King's College London. If you have any questions, please contact any of the following:

Julian Edbrooke-Childs

- Chief Investigator
- Tel.: 020 7794 2313
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Norha Vera

- Research Associate
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What next?

It is up to you to decide to take part. If you would like to, please complete the form attached to this information sheet.

Privacy Notice

This note is to outline the basis for data processing for this research project and to outline your rights with respect to processing of those data. These rights are as set out in the General Data Protection Regulation (GDPR), which superseded the Data Protection Act from May 2018.

This research project will hold up to 2 types of your data:

- Your focus group audio recording and (anonymised) interview transcript
- Your name and contact details

The legal basis for processing these data for the research project is public interest (Article 6 (1)(e) and Article 9(2)(j) of the General Data Protection Regulation). This means that personal data can be processed where necessary for the performance of a task carried out in the public interest and 'Research purposes' for special category data. In this case it is to carry out research and inform future health provision.

Please see our privacy notice on the UCL website for further information:

<https://www.ucl.ac.uk/legal-services/privacy/participants-health-and-care-research-privacy-notice>

The organisation in control of personal data collected for this research is UCL who is collecting and processing these data.

We will not be transferring any identifiable information outside the EU and will be taking appropriate measures to ensure it remains secure at all times.

We will keep the pseudonymised information, where individuals will not be readily identifiable, for a two-year period while the research project is active. After that we will change it to make individuals in the dataset completely unidentifiable. This anonymous information may then be used for research for another 20 years. After this, the information and data will be securely destroyed.

Please note that the consent processes described in the previous pages relate to involvement in the research but these are not the legal basis for data processing.

If you have any questions about this Privacy Notice or want a say in how information about you is being used or want to complain, then contact our Data Protection Officer using the details set out below:

Data Protection & Freedom of Information Officer
data-protection@ucl.ac.uk.

You can contact us by telephoning +44 (0)20 7679 2000 or by writing to: University College London, Gower Street, London WC1E 6BT.

As described above, the legal basis for data processing is public interest and 'Research purposes' for special category data. Your data rights with regard to data processing have been set out in this notice and will be respected. For further information, please see <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/> and <https://ico.org.uk/for-the-public/is-my-information-being-handled-correctly/>