



INFORMATION SHEET FOR PARENTS AND CARERS OF YOUNG PEOPLE AGED 13-15 YEARS OLD INVITED TO TAKE PART IN BRIEF INTERVIEW

Ethical Clearance Reference Number: 20/LO/1187

Study title

Social media, Smartphone use and Self-harm in Young People (or 3S-YP for short).

What is the purpose of this interview?

Your child took part in the 3S-YP study to understand how social media and smartphone use are associated with changes in mental health and wellbeing in young people. We want to understand how young people found taking part in the study. This will help us improve the way that we do research in the future.

Why has my child been invited to take part in this interview?

Your child is invited to take part because they took part in the 3S-YP study and gave permission for us to contact them about other studies we are doing.

Does my child have to take part?

No, it is up to you and your child. Your child should only take part if they want to and you agree. You and your child's decision for them to take part or not take part will not affect their care from South London and Maudsley NHS Foundation Trust.

What would taking part involve?

If your child would like to take part in the interview and you agree, your child will need to confirm this by completing an assent form. You will also need to confirm this by completing a consent form. Taking part in the interview will involve us having a brief chat with your child to ask some questions about their experience of taking part in the 3S-YP study. We can do this interview in person or on the phone, whichever your child prefers. We will audio record this interview and we may use quotes in study reports. Any quotes we use will be fully anonymised.

What are the possible disadvantages and risks of taking part?

We do not anticipate any disadvantages or risks to taking part in the interview. If your child is not comfortable answering a question, they can skip it and move on, or they can end the interview if they want.

Please note, we are not able to offer your child any medical advice or treatment.

If you think your child needs support, you should speak to their GP or other healthcare provider, or call NHS 111, as soon as possible. If your child needs urgent medical care, please go to a local hospital Emergency Department or call 999. You will find details for other organisations that your child might find helpful on our website: <https://3syp.co.uk/useful-contacts.html>. Also, YoungMinds offers free confidential support Monday to Friday 9:30am–4pm via telephone, email and webchat for adults in need of advice about a child. Tel: 0808 802 5544. Website: www.youngminds.org.uk/find-help/for-parents/parents-helpline/.

What are the possible benefits of taking part?

There is no direct benefit to your child in taking part in this interview. Your child may like to contribute to improving future research.

Travel and payment

We will reimburse travel expenses if your child would like to do the interview in person. Your child will get a £20 Love2Shop voucher as a thank you for taking part in the interview.

What will happen if my child changes their mind about taking part?

Your child is free to stop taking part in the interview at any time, without giving a reason.

How will we use information about your child?

- King's College London is the sponsor for this study based in the United Kingdom. This means that King's College London is responsible for ensuring your child's information is stored and used properly. King's College London will keep identifiable information about your child for 10 years after the study has finished.
- We will use information from the interview in this study.
- People will use this information to do the research or to check your child's records to make sure that the research is being done properly.
- We will share the audio files with a transcription service for the purposes of transcribing the audio file for written verbatim.

- People who do not need to know who your child is will not be able to see you or your child's name or contact details. Your child's information will have a code number instead.
- We will keep all your child's information strictly confidential. The only time we may need to break confidentiality is if we are aware of a serious risk to your child or to someone else, in which case we may need to share this information with the relevant authorities. But we would contact you and your child first to discuss this.
- When we have finished the interviews for the 3S-YP study, we will write our reports on the results in a way that no-one can work out that your child took part. You can keep up to date on the progress of the 3S-YP study by visiting our website: www.3syp.co.uk.

What are your choices about how your child's information is used?

- Your child can stop taking part in the interview at any time, without giving a reason, but we will keep information about your child that we already have.
- We need to manage your child's study records in specific ways for the research to be reliable. This means that we will not be able to let you or your child see or change the data we hold about them.

Where can you find out more about how your child's information is used?

You can find out more about how we use your child's information:

- at www.hra.nhs.uk/information-about-patients/
- by contacting us on the contact details on page 4
- by contacting King's College London's Data Protection Officer, Mr Albert Chan at info-compliance@kcl.ac.uk

What if something goes wrong?

If you or your child have a concern about any part of this study, first you should contact us and we will do our best to answer your questions. If you or your child remain unhappy, you can contact the South London and Maudsley NHS Foundation Trust Patient Advice and Liaison Service using the freephone 0800 731 2864 (option 2) or by email at pals@slam.nhs.uk.

If you have a complaint, you can contact the Director of Research Quality:

Dr Gill Dale, Director of Research Quality
 South London and Maudsley NHS Foundation Trust, R&D Department,
 Room W1.08, Institute of Psychiatry, Psychology & Neuroscience (IoPPN),
 De Crespigny Park, London SE5 8AF
 Tel: 020 7848 0339

Who has reviewed the study?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect participants' interests. This study has been reviewed and given favourable opinion by the London - Riverside Research Ethics Committee.

Statement about insurance cover

In the event that something does go wrong and your child is harmed during the study you may have grounds for legal action for compensation against King's College London and/or South London & Maudsley NHS Foundation Trust, but you may have to pay your legal costs. The normal NHS complaints mechanisms will still be available to you (if appropriate). King's College London has obtained insurance which provides no-fault compensation i.e. for non-negligent harm, you may be entitled to make a claim for this.

Who should I contact for further information?

If you or your child have any questions or would like more information about the study, please contact the Study Coordinator, Dr Amanda Bye, by email at 3syp@kcl.ac.uk or call 07775 247 753.

Or you can contact the Chief Investigator, Dr Rina Dutta, by email at rina.dutta@kcl.ac.uk.

**Thank you for taking the time to read this – please ask us
if you have any questions**