



YOUNG MINDS
fighting for young people's mental health

NHS
South London
and Maudsley
NHS Foundation Trust

KING'S
College
LONDON

INFORMATION SHEET FOR 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?

You 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 have I been invited to take part in this interview?

You are invited to take part because you took part in the 3S-YP study and gave permission for us to contact you about other studies we are doing.

Do I have to take part?

No! It is entirely up to you. Just tell your parent/carer or us if you don't want to take part.

What would taking part involve?

If you would like to take part in the interview and your parent/carer agrees, you will need to confirm this by completing an assent form. Your parent/carer will also need to confirm this by completing a consent form. Taking part in the interview will involve us having a brief chat with you to ask some questions about your experience of taking part in the 3S-YP study. We can do this interview in person or on the phone, whichever you prefer. We will audio record this interview and we may use quotes in study reports. We will anonymise any quotes of yours that we use so that no-one can work out that you took part.

Is there anything I need to be worried about if I take part?

We do not think taking part in the interview will be upsetting or difficult for you. If you are not comfortable answering a question, you can skip it and move on, or you can end the interview if you want.

Please note, we are not able to offer you any medical advice or support. If you think you need support, you should speak to your parent/carer, GP or other healthcare provider, or call NHS 111, as soon as possible. If you need urgent medical care, please go with your parent/carer to a local hospital Emergency Department or call 999. You will also find details for other organisations that you might find helpful on our website: <https://3syp.co.uk/useful-contacts.html>.

Will the interview help me?

No, but you may like to contribute to improving future research.

Travel and payment

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

What if I change my mind?

If you do decide to take part in the interview, you can change your mind about taking part at any time during the interview without giving a reason. Just let us know if you no longer want to take part. Stopping taking part will not affect you in any way. Information collected up until that time will still be used unless you ask us not to.

Will my information be confidential?

King's College London is responsible for making sure your information is stored and used properly. King's College London will keep identifiable information about you for 10 years after the study has finished. We will share the audio files with a transcription service to transcribe the files. People who do not need to know who you are will not be able to see your name or contact details. Your information will have a code number instead. We will keep all your information strictly confidential. The only time we may need to break confidentiality is if we are aware of a serious risk to you 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 parent/carer first to discuss it. 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 you took part. You can find out more about the study by visiting our website: www.3syp.co.uk.

How can I find out more about this study?

Your parent/carer may be able to answer your questions. You can also ask us if you have any questions.

You can 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