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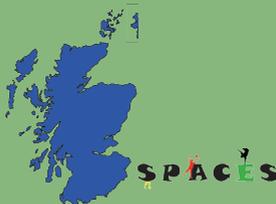
Medical  
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# PARTICIPANT INFORMATION BOOKLET



Studying Physical Activity in Children's Environments across Scotland

This sheet outlines the details of the study and what participation will involve for you. Please take the time to read the information carefully and discuss it with others (for example your parents/carer) if you wish. Please take time to decide whether or not you wish to take part.

## *What is the study all about?*



This study hopes to gain more information about your views on how you experience your local area, and how this might affect how physically active you are. To find this information out, you will be asked to describe the areas around your home by doing drawings and writings, and by taking photographs about where you walk, play with your friends, hang out outside and why you choose not to spend time in certain areas.

## *Who are the researchers?*



Felicity Hayball is the main researcher involved in this study. Felicity is doing this study as part of her PhD.

## *Why you?*

We want to see where your age group are physically active and why. By finding this out, we can hopefully increase the amount of people going outside. For your age group, it's important to keep healthy and continue to develop in a healthy manner as you grow older. Physical activity is seen as a part of this process.



## *What do we need you to do?*



You will be given a scrapbook and a disposable camera. You will be asked to take pictures with the camera and/or draw pictures in your scrapbook. The photos and drawings should be of where you go outside (like journey to school, parks, and the walk to a friend's house). You will be given sentences that will give you an idea of what to photograph/draw.

We will then arrange a time to come and pick up the data around nine days after our initial meeting. We will spend some time looking at what you have given us.

Once we have had a chance to look at what you have put together, we may ask to meet for a third time to talk about your pictures in groups of about six.

We may then ask you to participate in one-to-one interviews which would last around 45 minutes.



## *Do I need to do it?*

No, it's totally up to you. If you don't want to do this, or any part of it, then feel free to say 'no'. Nothing will happen to you if you say 'no'. If you decide to take part but then change your mind at any time that's absolutely fine too - nothing will happen if you do this either.

## *Any benefits, disadvantages or side effects if I take part?*

You will be able to talk about where you go in your neighbourhood and the things you like to do, which you may find interesting. You might also enjoy being part of this important research study where you can find out more about what researchers do in their jobs.

Most of the study will not interfere with your normal day-to-day life.

After we've finished we'd be very happy to give you a copy of our results of your week's activity - all you need to do is ask.



## *I've heard about something called confidentiality. What's that?*

Confidentiality is a word that is used to explain who has access to the information you provide (personal information as well as any other data) and to assure you that there are strategies in place to keep the data you provide secret from anyone else who isn't allowed to see it. Confidentiality is only lifted if the researchers are concerned something you have told us might be harmful to you or others.

For this study, we use made up names for each participant involved and any details that may identify you are removed as early as possible, and held in separate and secure locations from any other data you provide.



## *What happens to the results of the study?*

At the end of the study the results will be published as written reports and presented in talks at scientific conferences. Your name and any identifiable details (such as your home address) will be completely removed, which means no-one will be able to tell who you are from any report or publication.

## *Will I get to keep anything?*

Yes, you will be able to take home your drawings and photographs once we have taken photographs of them.

## *Who is organising and funding the research?*

The project is funded by the Medical Research Council, a government funded but independent body. The study is being carried out by scientists from the Medical Research Council/Chief Scientist's Office Social and Public Health Sciences Unit, Glasgow, who specialise in public health research. We are based at the University of Glasgow.



## *Has anyone reviewed the study?*

The research we want to carry out has been reviewed by an ethics committee at the University of Glasgow.





## *How to contact us*

If you have any questions or queries about taking part in this study please feel free to contact the following:

**Primary investigator** - Felicity Hayball  
Email: [f.hayball@sphsu.mrc.ac.uk](mailto:f.hayball@sphsu.mrc.ac.uk)  
Phone: 0141 353 7500

**Supervisor** - Professor Anne Ellaway  
email: [anne.ellaway@glasgow.ac.uk](mailto:anne.ellaway@glasgow.ac.uk)



## *Can I speak to someone if I have any concerns?*

If you have any concerns regarding the conduct of the research project please feel free to contact the College Ethics Officer:

Dr Muir Houston, College of Social Sciences Ethics Officer,  
[Muir.Houston@glasgow.ac.uk](mailto:Muir.Houston@glasgow.ac.uk)



# Consent Form

Title of project: Children's Opportunities for Outdoor Physical Activity (COOPA)

Name of researchers: Professor Anne Ellaway and Felicity Hayball

Please initial boxes below

Child Parent  
Carer

Participant Information Booklet for the above study and have had the opportunity to ask questions.

We understand that participation is voluntary and that the participant is free to withdraw at any time, without giving any reason.

We understand that cameras will be used and photographs will be taken in this study.

We understand that audio recording will be used in this study

We consent to the participant's artwork being published and presented at scientific outlets, and understand that the participant will not be identifiable from this.

We understand that the participant will be referred to in any written documents by a false name and will not be identifiable in the research.

We agree to the participant taking part in a group discussion about their and others' artwork.

I agree to take part in the above study.

Participant **NAME**

Participant **SIGNATURE**

Parent/Guardian **NAME**

Parent/Guardian **SIGNATURE**

Date

After both you and your parent/carer have filled in and signed the consent form, please **carefully**

**TEAR OUT THIS PAGE**

and send it back to us in the enclosed FREEPOST envelope.

Then, please fill in and sign the matching form which comes next. It will stay in this booklet for you to keep, so that you and your parent/carer will know what you signed.

# Consent Form

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Carer Carer

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Participant **NAME**

Participant **SIGNATURE**

Parent/Guardian **NAME**

Parent/Guardian **SIGNATURE**

Date \_\_\_\_\_

## How to work your disposable camera

If you do decide to take part in this study you will be given a disposable camera. These are the instructions to operate it.

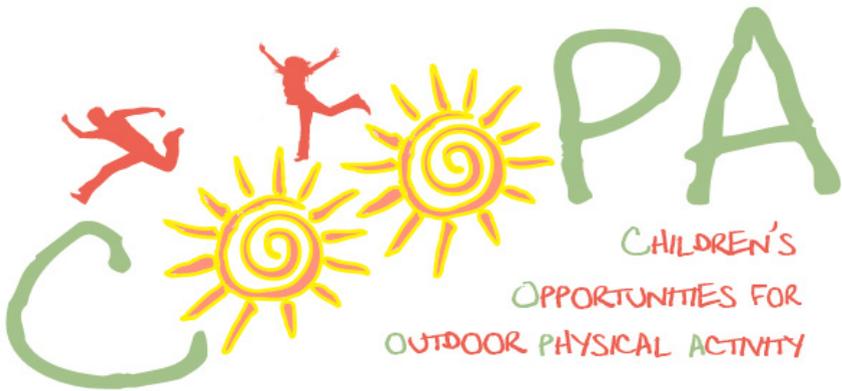


- 1 In order to take the first photo you will need to wind the black dial on the upper right corner to the right until it stops. When you feel the dial won't wind anymore, you are ready to take the picture
- 2 You will need to wind the dial before you take every picture from now on.
- 3 If you are in the dark you will need the flash - to work the flash you will need to hold down the black button. Hold this button down until the red light at the front of the camera appears.
- 4 I will go over these points at our first meeting when you come and collect the equipment.
- 5 If you forget any of these pointers or still aren't sure, ask your parent or carer to help you.



*Felicity Hayball*

# NOTES



Thank you for  
taking the time to  
read our booklet!

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