

Information Sheet for Young People (11-15)

Using Community Activities (Social Prescribing) to Help Improve your Mood and Feelings

What is Social Prescribing?

Social Prescribing is where someone in healthcare (often called a Link Worker or Social Prescriber) helps you get better by helping you access activities such as art or sports (rather than medicine or talking treatments).

Who is carrying out this research and what is it about?

This research project is being carried out by researchers at University College London (UCL). We want to know how social prescribing can help young people and what stops and helps young people access it.

Here is some more information on the project

You have contacted a researcher as you have taken part in a socially prescribed activity and told them you would like to tell them your views. We want to give you some more information to help you and your parent/guardian make a decision about taking part. If you both decide that you can take part, we will first ask to have a short 5-minute call with you to make sure you are eligible to take part (e.g. your age and more details about the social prescribing you were involved in)

If you pass screening, we will ask you both to sign a form. We will also ask you to fill out a short 'about you' form to help us know what types of people are talking to us, but this is optional, and you can decide not to do this if you don't want to.

Unfortunately, if you do not pass screening you will no longer be able to take part in an interview

What does taking part in this research project involve?

Taking part in this research means agreeing to talk with a researcher (an interview). This will take place online (via Microsoft Teams) or over the phone.

We will ask you some questions about how, if at all, social prescribing has helped, as well as what stopped or helped you access it. The conversation can last for as long as you would like to talk (up to a maximum of 1 hour). The interview will be audio recorded. It will then be typed up afterwards as a 'transcript' – this will either be done by a researcher or sent to a transcription company in England approved by UCL

You are free to stop taking part in this research project at any time, without saying why. If you do wish to leave the study, you can ask for your interview transcript to be deleted up to 2 weeks after the interview has taken place. After this point it will not be possible to remove it as it will have been used in analysis.

If, during the discussion you suddenly go offline and the researcher is concerned about your welfare and is unable to contact you, they will either phone your parent/guardian or your GP.

We will ask for your parent/GP details prior to you taking part. If you do not provide these, you will be unable to take part.

An Ethics Committee has checked the research project

All research projects are looked at by an independent group of people, called a Research Ethics Committee, to protect your rights. This research has been reviewed and agreed by the UCL Research Ethics Committee (Project ID Number: 6735/015).

Why may I want to take part?

- It may help us to understand more about how to improve social prescribing for young people to improve mental health/wellbeing.
- Some people find taking part in research like this an interesting experience.
- We will provide you with a £10 voucher for your time if you pass screening and participate in an interview

Why may I not want to take part?

Sometimes, someone may feel upset about something that they are talking about. However, you will not be pressured to speak about anything that you don't want to. If you want to talk to someone further after your interview, please speak to the researcher, parent/guardian or another trusted adult. There are also sources of support available at the end of this information sheet.

Will information about me be kept private?

- Your interview will be kept strictly confidential or private. The only time that we might need to break this rule is if you tell us something that makes us think that you, or someone else, is in danger, or if you go offline suddenly and we can't contact you. In that case, we will have to tell someone who can stop that danger from happening. This would be a safeguarding officer at UCL, as well as your GP or parent/guardian.
- When the recordings are typed up as transcripts, any details that can identify you as an individual will be taken out. This means that your name will be changed and names of others or places that you may mention. If we ask a different organisation to transcribe the recordings for us, we will make sure that this organisation has signed an agreement which keeps your interview strictly confidential.
- Audio recordings, the optional short 'about you' form, and the form you sign agreeing to take part will be kept in a secure platform called the UCL Data Safe Haven.
- Transcripts (with identifiable information removed) will be kept on a secure UCL Drive which only the research team can access.
- We may use quotes from your interview when we share our results with others (e.g. in reports or published papers) but you will not be identified in any publication.
- Information on how UCL will use and store your data: GDPR and Data Protection Notices: <https://www.ucl.ac.uk/legal-services/privacy/ucl-general-privacy-notice-participants-and-researchers-health-and-care-research-studies>

What happens next?

Please discuss the information above with others or ask the researchers if you would like more information. You can keep this information sheet to look at whenever you need to. If you decide to take part, you will need to give consent (on a written form) before you do the interview and we also need your parent/guardian to sign a form too.

Researcher contact details

If you have any questions about this project, please contact:

Dr Daniel Hayes at D.Hayes@ucl.ac.uk . Dr Daniel Hayes is the lead researcher and has overall responsibility for the study.

Participant Information Sheet (Privacy notice)

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at data-protection@ucl.ac.uk

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice:

For participants in health and care research studies, [click here](#)

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the 'local' and 'general' privacy notices.

The lawful basis that will be used to process your personal data is: 'Public task' and 'research purposes' will be the lawful basis for processing special category data.

Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at data-protection@ucl.ac.uk

Further support

If you feel sad or upset after the interview has finished, talk to a parent/guardian, OR your GP/another trusted adult. Further information for further support is also outlined below:

The Mix www.themix.org.uk/get-support provides information and support if you are 25 or under. You can telephone 0808 808 4994 for free from 11am-11pm or text 'THEMIX' to 85258 if you are experiencing a crisis.

Childline www.childline.org.uk provides information and support. You can call them on 0800 1111 or access help from their website