Participant Information Sheet for Children and Adolescents (13-18 years) (Version no: Three, date: 17.03.2016)

Study Title: Predictors of Quality of Life in Adolescents with Dysmenorrhea.

Researcher: Polly Langdon.

ERGO and RGO reference number: 18838

We are asking whether you would join in a research project to find out the answer to this question:

1. *How does period pain affect a teenager’s life?*
2. *What factors influence how much period pain affects a teenager’s life?*

If you decide to, you can help us to answer these questions.

Before you decide if you want to join in, it‘s important to understand why the research is being done and what it will involve for you. So please consider this carefully and discuss with your parents/teacher/nurse/ the researcher if you want to.

There are 2 parts to this information sheet:

Part 1: We will describe our research; tell you why it is being done, and what you would do if you decide to join in.

Part 2: Go into a little bit more detail about the research **Part One:**

**Why are we doing this research?**

We would like to understand how period pain affects teenagers. We also would like to know what type of factors can influence how period pain affects teenagers’ lives. We would like to know this so that more people can learn about it. This might help doctors and other healthcare professionals take care of teenagers with period pain in the future.

**Why have I been invited to take part?**

You have been invited because you are a teenager who experiences period pain. Because you are living with this pain, you (and other girls with period pain) will be able to answer our questions to help us to better understand it.

**Do I have to take part?**

No! It is up to you. We will ask you for your permission before you start the survey. You are free to stop taking part at any time during the research without giving a reason. If you decide to stop, this will not affect any care you receive.

**What will happen to me if I take part?**

If you would like to take part in this study then we would like you to take part in an online survey. The survey will last for around 60 minutes and consist of 122 very short questions. During the survey, you will be asked questions about your periods (e.g., how long you have been having periods for), period pain and other period symptoms (e.g., back pain). You will also be asked to fill out questions about your quality of life, depressive feelings (sadness), feelings of anxiety (worry), and family life. Finally, your will be asked questions about you cope with period pain and how you feel about some other bodily symptoms (such as dizziness). Finally, we will ask if you would like to be entered into a raffle. It is up to you if you would like to take part in the raffle.

**What will I have to do?**

You will be asked to fill out a survey which will ask you questions about your periods, how you cope with period pain, depression, anxiety, and quality of life. You will be asked to answer as honestly as possible about your experiences and feelings. You will not have to answer anything that you do not want to.

Also, you won’t have to miss any school because you can fill out the survey anytime.

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

If you feel upset at all during the survey, you can take a break from the survey and come back to it later. If you feel distressed at all or would like to stop, you can just stop the survey. If this happens, any care that you receive will not be affected. The researchers will understand if you would like to stop taking part at any time.

**What are the possible benefits to taking part?**

We cannot promise that there will be benefits to taking part. We hope that our findings will improve understanding and help to improve care for teenagers with period pain in the future. If you participate, you can choose to be entered into a raffle where the winners will receive a prize worth approximately £50 for 1st prize, £25 for 2nd prize, and £10 for 3rd prize.

**Contact Details:**

If you have any questions and would like to contact one of the researchers:

Name of researcher: Polly Langdon

Telephone: 02380 594719 Email: plhj1e12@soton.ac.uk

Thank you for reading this so far, if you are still interested, please go to part 2:

**Part 2:**

**What if there is a problem?**

If you do not feel comfortable with the way you have been treated in the study, please tell your parent/ guardian or one of the research team. We will try to solve the problem immediately, listen to any complaints and try to resolve it as best we can.

If you would not like to discuss the complaint with a researcher and would like to make a formal complaint then please contact the Chair of the Ethics Committee, Psychology, University of

Southampton, Southampton, SO17 1BJ. You can phone on: (023) 8059 3091 or email C.A.Graham@soton.ac.uk.

**Will anyone else know I’m doing this?**

We will keep your information in confidence. This means we will only tell those who have a need or right to know. You will not be asked your name or date of birth during the survey however, if you would like to be entered into the prize draw then we will ask you to enter your personal contact details so that we can contact you if you win.

**What will happen to the results of the research study?**

If you would like to find out about the findings of our research, you will be able to contact any member of the research team who will be happy to provide you that information or links to the published report. Your parent/guardian will also be able to help you with this.

**Who has reviewed the study?**

Before any research goes ahead it has to be checked by a Research Ethics Committee.

They make sure that the research is fair. Your project has been checked by the University of Southampton Research Ethics Committee.

Thank you for reading this – please ask any questions if you need to.

**Contact Details:**

If you have any questions and would like to contact one of the researchers:

Name of researcher: Polly Langdon

Telephone: 02380 594719

Email: plhj1e12@soton.ac.uk

**Assent Form for Children (aged 13-15 years)** Version: Three; Date: 17.03.2016

Project title: Predictors of Quality of Life in Adolescents with Dysmenorrhea

Name of researcher: Polly Langdon

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Young person to circle all they agree with:

Has somebody else explained this project to you? Yes/No

Do you understand what this project is about? Yes/No

Have you asked all the questions you want? Yes/No

Have you had your questions answered in a way you understand? Yes/No

Do you understand it’s OK to stop taking part at any time? Yes/No

Are you happy to take part? Yes/No

If any answers are “no” or you do not want to take part, don’t sign your name!

If you do want to take part, you can write your name below

Your name

Date

Thank you for your help!



CONSENT FORM (Version no Three, date 17.03.2016)

Study title: Predictors of Quality of Life in Adolescents with Dysmenorrhea.

Researcher name: Polly Langdon

ERGO Study ID number:18838

*Please initial the box (es) if you agree with the statement(s):*

I have read and understood the information sheet (17.03.2016/Version Three.) and have had the opportunity to ask questions about the study

I agree to take part in this research project and agree for my data to

be used for the purpose of this study

I understand my participation is voluntary and I may withdraw at any time without my legal rights being affected

Name of participant (print name)……………………………………………………

Signature of participant……………………………………………………………..

Date…………………………………………………………………………………