

# Information

We are exploring the relationship  
between sleep and emotional  
processing in late adolescence

This information is designed to help you decide whether you would like to take part in this study. It is important that you understand why the research is being done and what it will involve. You are encouraged to read the information carefully and ask questions if anything is unclear. You are welcome to discuss it with others, but it is up to you to decide whether or not to take part. If you are happy to participate, you will be asked to sign a consent form.

My name is Hannah and I am completing a doctorate in Educational Psychology at the University of Southampton. If you are aged between 16 - 18, living in the UK, I invite you to participate in this research project about sleep and emotional processing/mental health. We are hoping to recruit around 200 participants.

## What will happen if I take part?

- 1) If you wish to participate after reading this information, you will be asked to provide consent.
- 2) Then, you will be asked to spend approximately 30 minutes completing:
  - Questions about yourself (e.g. your age, gender, lifestyle)
  - Questions about your sleep
  - Questions about your feelings and emotions
  - Tasks involving recognising emotions



## Are there benefits to taking part?

Whilst you will not receive direct benefits for taking part, your participation will contribute to the knowledge of sleep and mental health/wellbeing in adolescence. If you wish, you can also provide your email address to enter a prize draw and the chance of winning a £20, £50 or £100 Amazon voucher.

## Are there any risks involved?

We note that some of the questionnaires address sensitive or personal information, for example, regarding how you feel and your sleep patterns, and therefore, there is a possibility that it might induce some psychological discomfort or distress. Should you feel uncomfortable at any time, you can leave the survey at any time without having to give a reason. If you require any further support, you are encouraged to speak to supportive adults you know. You may also find these links to organisations helpful: NHS ([sleep](#) or [mental health](#)), [ChildLine](#) or [YoungMinds](#).

## What data will be collected?

All information collected will be stored securely on a password protected computer and backed up on a secure server. The information collected will be analysed, pooled, and compiled into data summaries or reports. The University of Southampton conducts research to the highest standards of ethics and research integrity. In accordance with our Research Data Management Policy, data will be held for 10 years after the study when it will be securely destroyed. Data will be anonymised and will not be linked to your personal data i.e. you will not be able to be singled out from the research data. Any identifiable personal information (i.e. your email address) will not be held for more than 12 months.

## Will my participation be confidential?

Your participation and the information we collect about you during the course of the research will be kept strictly confidential. Only members of the research team and responsible members of the University of Southampton may be given access to data about you for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your data. All of these people have a duty to keep your information, as a research participant, strictly confidential.



## Do I have to take part?

No, it is entirely up to you to decide whether or not to take part. If you decide you want to take part, you will need to sign a consent form to show you have agreed to take part.

## What happens if I change my mind?

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. You can do this by leaving the online survey. Once you have submitted your survey, you will need to provide your participant ID to withdraw, otherwise, it will not be possible to identify your responses. If you are not able to provide your participant ID, we will keep the information that you have already provided for the purposes of achieving the objectives of the study only.

## What will happen to the results?

Your personal details will remain strictly confidential. Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

## Where can I get more information?

If you would like any further information, please contact a member of the research team (details can be found at the bottom of this document).

## What happens if there is a problem?

If you are unhappy or have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions via [h.ravenhall@soton.ac.uk](mailto:h.ravenhall@soton.ac.uk). If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Head Research Ethics and Governance (023 8059 5058, [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)). Please quote the ERGO-II number and note that by making a complaint, you might no longer be anonymous. More information on your rights as a study participant is available via this [link](#).

## How will we use information about you?

For the purposes of data protection law, the University of Southampton is the 'Data Controller' for this study, we will need to use information that you provide us for this research project. People will use this information to do the research or to check your records to make sure that the research is being conducted properly. We will keep all the information about you safe and secure. Once we have finished the study, we will keep some of the data so that we can check the results. The write up will ensure that no-one can work out that you took part in the study.

- You can stop being part of the study at any time, without giving a reason. If you want to withdraw after submitting your questionnaire, you will need to provide your participant ID.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

## Where can I find out more about how your information is used?

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

- by sending an email to University's Data Protection Officer ([data.protection@soton.ac.uk](mailto:data.protection@soton.ac.uk)).
- by asking one of the research team or from our [general privacy policy](#).
- by sending an email to a member of the research team: Hannah Ravenhall ([h.ravenhall@soton.ac.uk](mailto:h.ravenhall@soton.ac.uk)), Professor Matthew Garner ([m.j.garner@soton.ac.uk](mailto:m.j.garner@soton.ac.uk)) or Dr Sarah Chellappa ([s.chellappa@soton.ac.uk](mailto:s.chellappa@soton.ac.uk))

**Thank you for taking the time to read the information and for considering taking part in this study.**