**CHILDREN’S INFORMATION SHEET**

(Version Number 05, 23/03/20)

**Study Title**: Fearing the Unknown: An investigation into Intolerance of Uncertainty amongst children with Night Time Fears.

**Researcher names**: David Keep, Professor Matt Garner, Dr Julie Hadwin, Dr Denis Golm

**Ethics number**: 47287

**Dear Young person**

Some children of your age group have night time fears. Night-time fears can be about lots of worries like fear of the dark, bad dreams, noises in the house, monsters, or being left alone at night. Children who say that they have night-time fears can also have problems going to bed and falling or staying asleep. Some children who say they have night-time fears might also feel worried about lots of different things, like not doing well in school, have fears of animals, or have problems in situations that are new or different. We want to understand night-time fears and why children of your age have them.

**What do I need to do?**

You will be asked if you can answer some questions on your computer with your parent. You will then be asked if you could play a game on a computer at home. This will ask you to listen to some sounds and choose if a good sound or a bad sound will follow. You will be asked to do so for each sound you will hear, and you will have four breaks to rest in between. This should only take around 30 minutes all together. You will then be asked to score each sound that you heard before the good or sounds on whether you expected to hear something good or bad after you heard them. You will finally be asked to say how you feel when you hear each of the good or bad sounds.

**Why is the study important?**

Understanding why some children feel night-time fears and other worries can help researchers to think about how best to help so that these don’t continue when children get older.

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

You have been chosen to take part because you are a child aged six to eleven years of age.

**Are there any good things in me taking part?**

You will feel good about taking part in a study which could help you yourself and other children to worry less, not be scared at night and to get more sleep.

**Are there any risks involved?**

Sometimes talking about things that you might worry about can be difficult. If you get upset by thinking about your own worries and fears then we encourage you to talk to your parent or caregiver, or another adult, like a teacher in school. You may become upset or worried about some of the sounds you may here, if you do, you can stop at any time you like or take a break to have a rest. There are also other adults who can help you. We will give you some suggestions about who you can contact when we finish.

**What data will be collected?**

You will be asked to complete an assent form before you begin. You will also be asked about your age and when you were born. You will then be asked some questions where you can answer about how you feel, your thoughts and things that have happened to you at night time. The task that you may complete will record your actions for the researcher to look at.

Anything about you as a person (like your name) will be safely hidden and will not be shared outside the research team (David Keep, Professor Matt Garner, Dr Julie Hadwin, Dr Denis Golm). Your answers will be kept in a locked folder on the researchers computer where the lead researcher, David Keep, has the only access.

**Will anyone know I am taking part?**

No-one else will know your answers or know they you are taking part other than the lead researcher, your parent/guardian and if you are taking part at school, your teacher. You will be given an identification number, so that any information we have about you is kept hidden.

**What happens if I change my mind about taking part?**

You can change your mind and stop answering questions at any point. This is up to you. No-one will mind if you decide you no longer want to take part.

**What happens if something goes wrong?**

If you are not happy with anything you have been asked to do, then you can ask your parent/guardian to ring someone at the University of Southampton where they study is being carried out. This person is called the Chair of the Ethics Committee: Phone: +44 (0)23 805 25058, or email risethic@soton.ac.uk.

**Where can we get more information?**

If you have any questions about the study after reading this information sheet, you can speak to one of the researchers at the University. Ask your parent or guardian to email: nightimestudy1@soton.ac.uk.

