**PARENT INFORMATION SHEET**

(Version Number 08, 30/03/20)

**Study Title**: Exploring night time fear, fears and phobias and sleep habits in childhood

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

**Ethics number**: 40890

*You are being invited to take part in the above research study. To help you decide whether you would like to take part or not, it is important that you understand why the research is being done and what it will involve. Please read the information below carefully and ask questions if anything is not clear or you would like more information before you decide to take part in this research. You may like 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.*

**What is the research about?**

My name is David Keep. I am a PhD student at the University of Southampton. My research focuses on understanding fears and worries and particularly night time fears in childhood, and the impact on sleep and bedtime routines.

Some children have night time fears. Night time fears can be linked to other worries in childhood 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, not being able to concentrate, or fear of animals, or difficulties in situations that are new or different. We want to understand night time fears and things that might be linked to them in childhood.

We are keen to find out how thoughts and feelings change over time. If you are happy to take part, we will ask as part of your consent if you are happy for us to contact you about this project. In this case, we will ask to contact you after a period of period of 6 months. You will be asked to complete the same questionnaires again.

**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 have a child aged six to eleven years of age.

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

The study involves your child and you (their parents/caregiver) to complete a series of questionnaires that measure night time fears and other things that might be linked to these, e.g., further worries and concerns, sleeping and bedtime routine, feelings about new or novel situations, attentional difficulties. You will be asked to complete the study online. For parents and children, the questions will take about 30-40 minutes to complete.

**Are there any benefits in my child taking part?**

You will benefit from knowing you are involved in a study which could help your child and other children to worry less, not be scared at night and to get more sleep. Also, by taking part in this research, you will be awarded a £5 amazon e-voucher which will be sent to you via email. This payment will be awarded upon completion of all questionnaires.

**Are there any risks involved?**

Sometimes talking or thing about things that might worry you or your child can be difficult. If you get upset by thinking about your own worries and fears, then we encourage you to talk to your GP or another adult who could help. You can also encourage your child to talk to you about their own worries and concerns, or another adult, like a teacher in school.

**Will my participation be confidential?**

Your participation and the information we collect about you during 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 these people have a duty to keep your information, as a research participant, strictly confidential.

You and your child are assigned identification numbers, so that information stored within electronic data files will be anonymous.

**Data Protection Privacy Notice**

The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, ‘Personal data’ means any information that relates to and is capable of identifying a living individual. The University’s data protection policy governing the use of personal data by the University can be found on its website (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page).

This Participant Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about you.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at: http://www.southampton.ac.uk/assets/sharepoint/intranet/ls/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20Participants.pdf

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University’s policies in line with data protection law. If any personal data is used from which you can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason (‘lawful basis’) to process and use your Personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the ‘Data Controller’ for this study, which means that we are responsible for looking after your information and using it properly. The University of Southampton will keep identifiable information about you for 10 years after the study has finished after which time any link between you and your information will be removed.

To safeguard your rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, in order for the research output to be reliable and accurate. The University will not do anything with your personal data that you would not reasonably expect.

If you have any questions about how your personal data is used, or wish to exercise any of your rights, please consult the University’s data protection webpage (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page) where you can make a request using our online form. If you need further assistance, please contact the University’s Data Protection Officer ([data.protection@soton.ac.uk](mailto:data.protection@soton.ac.uk)).

**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 about taking part?**

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. To withdraw your data and any contact details you provide, please contact the main researcher, David Keep ([nightimestudy1@soton.ac.uk](mailto:nightimestudy1@soton.ac.uk)) if you no longer what to take part.

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

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.

**What happens if something goes wrong?**

If you have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions.

If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)).

In the unlikely event that you feel that you have been placed at risk, you can contact the Chair of the Ethics Committee at the University of Southampton: Phone: +44 (0)23 8059 3856, email: fshs-rso@soton.ac.uk.

**Where can we get more information?**

If you have any questions about the study after reading this information sheet, please contact Mr David Keep at the University of Southampton. Email: nighttimestudy1@gmail.com

**What should I do if I want to take part?**

If you would like to take part, then complete the consent form below. This will tell you how to proceed.

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

The results of the research will be analysed and presented both by publishing and presentation. The data may also be used for future papers where you may be asked to take part in future studies which may use the data to compare to new data collected. The data will be collected and kept for a minimum of 10 years as per University of Southampton policy. Resulting published data will also be made available through the institution repository.

**Thank you for taking the time to think about whether you would like to be involved in this research.**

**Yours faithfully**

**Mr David Keep**