

College of Health, Medicine and Life Sciences
Department of Life Sciences

PARTICIPANT INFORMATION SHEET

PLEASE NOTE: THE PARENT/CARER AND THEIR CHILD SHOULD READ THIS TOGETHER. THANK YOU.

Study title

Young People's Travel Behaviour, Physical Activity, and Wellbeing: An Online Survey Study

Invitation Paragraph

You are being asked to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please do not hesitate to contact **Dr Dan Bishop**, the Primary Investigator on this project, if anything is unclear or if you require more information; his email address is at the bottom of this document. Please take your time to decide whether you wish to take part. Thank you.

What is the purpose of the study?

We want to examine the relationship between young people's travel behaviour, physical activity, and wellbeing.

More specifically, we want to determine whether young people who completed Bikeability training when in primary school have greater subjective wellbeing, life satisfaction, and physical activity levels than those who did not.

A secondary aim is to determine the extent of relationships between various predictors, including Bikeability training, and the stated outcome measures (i.e., subjective wellbeing, life satisfaction, and physical activity levels).

Associated objectives are to determine (a) whether Bikeability graduates are more prosocial road users than non-graduates and (b) the extent to which participants' household circumstances contributes to their subjective wellbeing, life satisfaction, and physical activity levels.

Why have I been invited to participate?

Collectively, you are (1) a young person aged 11-19 years and attend a school or sixth form college that is participating in the Modeshift Active Travel Ambassador programme and (2) a parent/carer of the young person.

We aim to recruit a maximum of 1,000 young people and one of their parents/carers to take part in this survey. PLEASE NOTE: once this maximum number has been reached, the survey will automatically close.

Do I have to take part?

As participation is entirely voluntary, it is up to you to decide whether to take part. If you do decide to take part, you will sign a consent form that follows this information sheet.

If you do take part, you can still withdraw the information you provide at any time up until 6th September 2024 and without having to give a reason.

Your right to decline or withdraw from the project will in no way adversely affect you, including your right to participation in other research studies.

What will happen to me if I take part?

- You will log into an online survey. You will both read an online information sheet, and will provide your joint consent to take part, if you are still willing to take part. **The survey will take ~20 minutes to complete.**
- You will both provide some personal information (PARENT/CARER: name and preferred contact email address & telephone number. BOTH: age, gender, physical & mental impairments) details of your cycling qualifications, experience and attitudes, and your travel behaviour
 - PARENT/CARER: Your name and contact details will only be used to contact you in relation to completion of this survey (please see below). All other personal information will be anonymised and only used as part of an overall summary, to characterise the people taking part in the survey, so that readers of any reports or papers emanating from this survey (please see 'What will happen to the results of the research study?' below) can understand the findings of the survey more fully. That said, you will have the option to choose 'Prefer not to say' for these items (NB: not your name and contact details).
- YOUNG PERSON: you will detail your physical activity levels over the preceding week, and your subjective wellbeing.
- PARENT/CARER: you will indicate their satisfaction with various elements of their household circumstances, both present and past
- YOUNG PERSON: Your PARENT/CARER will also be required to have a very brief (1-2 min) conversation with a member of the research team, to verify their participation in the survey; this is to confirm that you have not completed the survey without their involvement. Your PARENT/CARER will be called from a withheld number between the hours of 9.00 and 15.00 on a weekday. Multiple attempts will be made to call the mobile number they provide, so that the researcher can have an in-person conversation with them. They will be required to confirm their first name and their responses to one or more of the survey questions. Thank you.
 - PLEASE NOTE: All surveys for which a telephone conversation has not been held with the parent/carer will be withdrawn.
- YOUNG PERSON AND PARENT/CARER: You will jointly be entered into a **prize draw for one of twenty £50 Amazon gift cards**

Are there any lifestyle restrictions?

There are no lifestyle restrictions relevant to this study.

What are the possible disadvantages and risks of taking part?

There are no tangible disadvantages of taking part, although it is possible that you will be prompted to think about your wellbeing, life satisfaction and household circumstances. You may find this uncomfortable or disconcerting – but it is entirely your decision to take part, and you can also withdraw any information you provide, as indicated in the sections above.

What are the possible benefits of taking part?

You will have the opportunity to win one of twenty £50 Amazon gift cards in a prize draw, and you will have the opportunity to consider the relationship between your travel patterns, your physical activity levels, and your wellbeing; the positive relationships between these factors are well documented in peer-reviewed published research.

What if something goes wrong?

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action, but you may have to pay for it. However, if you have any concerns relating to your

participation in the study, including the handling of your personal information, then you may choose to either contact the Principal Investigator, Dr Dan Bishop (daniel.bishop@brunel.ac.uk), or alternatively, contact the Chair of the College of Health, Medicine and Life Sciences Research Ethics Committee, Prof Louise Mansfield at louise.mansfield@brunel.ac.uk.

Will my taking part in this study be kept confidential?

All information which is collected about you during the research will be kept strictly confidential.

Any information about you which leaves the University will have all your identifying information removed. With your permission, anonymised data will be stored for a period of up to 10 years, in secure file storage and under password protection, in accordance with the University policy, and may be used in future research; you can indicate whether you give permission for this on the Consent Form.

Should you wish to, you can withdraw your data at any point until the completion of data collection for the study – 17.00 on 6th September 2024.

What will happen to the results of the research study?

It is our intention that the findings of this study are distributed widely, so that they may be used to benefit future research and practices regarding active travel. Accordingly, we will aim to publish the findings in one or more journal articles, and to present them at national or international conferences. We may also produce a report of our findings from the project for Active Travel England and the Department for Transport.

As stated above, all reports of our findings will be entirely anonymised to maintain confidentiality of your data.

Who is organising and funding the research?

The research is being organised by The Bikeability Trust, Modeshift, and Brunel University London; it is also being funded by Brunel University London.

What are the indemnity arrangements?

Brunel University London provides appropriate insurance cover for research which has received ethical approval.

Who has reviewed the study?

This study has been reviewed by the College of Health, Medicine and Life Sciences Research Ethics Committee.

Research Integrity

Brunel University London is committed to compliance with the Universities UK Research Integrity Concordat. You are entitled to expect the highest level of integrity from the researchers during the course of this research

Contact for further information and complaints

For general information

Researcher name:

Dr Dan Bishop

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For complaints and questions about the conduct of the Research

Professor Louise Mansfield, Chair College of Health, Medicine and Life Sciences Research Ethics
Committee Louise.Mansfield@brunel.ac.uk