

## **The GoActive Evaluation Study: Information Sheet for Schools**

Thank you for considering taking part in the evaluation of the GoActive programme. This information sheet provides information about the programme itself, how we plan to evaluate it, and what would be involved for you and your school should you decide to participate in our study. Please contact the GoActive team on the details overleaf if you have questions.

### **What is this study about?**

The aim of this study is to evaluate a new programme for increasing physical activity in Year 9 students. The programme is called 'Get Others Active' (GoActive) and has been designed by researchers at the MRC Epidemiology Unit and Centre for Diet and Activity Research (CEDAR) at the University of Cambridge in collaboration with adolescents and their teachers. We have refined GoActive after successful pilot tests in four East of England secondary schools, and now plan to evaluate the programme in a larger number of schools to test effectiveness on a wider scale.

This study is the first of its kind in England, and we are excited to be able to invite your school to take part in this groundbreaking project. The results of the study will be published in peer-reviewed journals and shared at government level. Results will also be shared with local schools and students.

### **Why try to increase physical activity in Year 9 students?**

We know that low physical activity among young people is associated with increased risk of obesity, related metabolic disorders, mental health problems and poor bone development and growth. Physical activity declines rapidly during adolescence. These behaviour changes often track into adulthood, increasing the risk of adverse long-term health outcomes including diabetes and cancer. Adolescence is therefore a critical time for physical activity promotion.

### **Why has our school been invited to take part?**

We are recruiting secondary schools in Cambridgeshire and neighbouring counties. We have refined GoActive after successful pilot tests in four East of England secondary schools, and are now recruiting 16 schools for a full scale evaluation of the programme. In order to effectively test whether GoActive is successful, we need to recruit 2400 students across the included schools.

### **Do we have to take part?**

No, you do not have to take part. If you decide not to take part, we will respect your decision. Although we would like your school to complete the study, if you do decide to take part, you are free to withdraw your school at any time, without giving a reason.

### **What will happen if the school agrees to take part?**

If you decide that you are happy to take part in the GoActive Evaluation Study we would firstly ask you (the Head Teacher) to sign a consent form on behalf of the School. The consent form confirms that your school is happy to take part and have understood all of the information provided in this information sheet.

**All schools** who participate will be asked to:

- Allow us to visit the school for four measurement sessions, in order to evaluate participants and assess their current level of physical activity. These visits will take place:
  1. September-December 2016
  2. March-April 2017
  3. May-July 2017
  4. April-June 2018

Measurement sessions would run over one or more days, and may be required to take place during lesson time.

After the first measurement session, schools will be randomly allocated into one of two groups; either the **“GoActive Programme”** group (i.e. delivering the GoActive programme and participating in measurements) or **“Control”** group (participating in measurements only). There is 50:50 chance of being allocated into each group. Being in the control group is just as important as being in the programme group; without this we won't know if the programme has any effect on increasing physical activity compared to usual curriculum.

**‘Programme’ schools** will also be asked to:

- Implement the GoActive programme to the whole of Year 9 during spring term (2017) and continue until summer term (2017).
- Allow year 9's to take part in the evaluation of the programme
- Recruit mentors (see below)
- Allow us to conduct three sets of focus groups with teachers and students (likely to be scheduled for April and July 2017, and May 2018).

### **What is the GoActive Programme?**

- ✓ GoActive is a physical activity promotion programme for the whole of Year 9 (age 13-14), encouraging students to try new activities and to do physical activity with more people.
- ✓ Each class chooses two different activities from a selection provided each week and students are encouraged to try at least one of these each week.
- ✓ Students will get points for trying new activities and can win prizes for taking part. Points are also entered into a class competition.
- ✓ Students are encouraged to try new activities by their Form Tutors, Mentors (from older years in the school) and Peer Leaders (one boy and one girl from each tutor group, changing weekly) who are all provided with simple, ready-to-use materials for use in tutor time.

### **Permission from the students and parent/guardians**

Before the first measurement session takes place, we would come to the school to explain the study to students, and provide them with full information about taking part. We will also contact (via the school) the parent/guardians of all Year 9 students to provide them with information about the GoActive programme and evaluation measurements, and to check if they have any objections to their son/daughter taking part. We will ask parent/guardians to let us know if they do not want their son/daughter to take part in the measurements (opt-out consent). Given that the programme will be delivered to all Year 9 students, we would discuss with you how to proceed regarding the programme if parent/guardians refused to allow their child to be included in the programme.

All students will be asked to complete an 'Assent' form before measures are taken to give their consent to take part in the study.

## **Measurement sessions**

We would come to the school to measure students at each of the four time points (detailed above). At the measurement sessions, we will ask all participating students if we can measure their height, weight and waist circumference.

We will fit all participating students with a waist-worn activity monitor (ActiGraph) to wear continuously for 7 days. We will also ask them to complete a brief anonymous questionnaire about their lifestyle and current physical activity behaviours.

Any student who chooses not to provide assent or does not wish to take part in any part of the study will have this decision respected. Students who decide not to take part in the measurements are still able to take part in the GoActive programme if they wish.

At the time of the third measurement session (March-July 2017) we would ask students, mentors (in the *Programme group*) and teachers to complete a short feedback questionnaire. At this point, we would also invite them to take part in focus groups, and would request their contact details for this purpose.

## **What are the possible benefits of taking part?**

The school will receive £200-worth of vouchers as a thank-you for participating.

Participation in research (either as a Year 9 student, or as an older Mentor) can be an interesting experience for young people. We would be happy to present our work in an assembly or to smaller groups, and this may be of particular interest to students considering further study or a career in science, sport or healthcare.

Students who complete measurements will receive small gifts after their measurement sessions. This may be a GoActive pen after their first measurement and another low cost gift (e.g. T-shirt) after the final measurement as a token of our appreciation for their participation.

You will have the opportunity to receive school-level feedback on the results of the study.

Year 9 students may enjoy participating in the GoActive programme, and may benefit from increased access to new types of activities and increased peer support for physical activity.

## **What are the possible risks of taking part?**

The GoActive programme seeks to increase physical activity and particularly to encourage participation with 'new' types of activities. With any physical activity, there is a small risk of injury. The GoActive team have sought to reduce this risk by including safety information for all suggested activities and safety issues will be covered during the training of the Mentors and Peer Leaders. Mentors, Peer Leaders, and Tutors will have access to the research team for advice and support throughout the programme.

## **What will the research team do with the information collected?**

We will use the information collected to evaluate the effectiveness and cost-effectiveness of the GoActive programme. The results of this study will be reported in peer-reviewed journals and presented at conferences. It will not be possible to identify any individual participant (or school) from any reports produced.

Participant confidentiality will be protected at all times. Physical measurements and questionnaire responses will be kept separately from personal information (e.g. student name) which will be identifiable only by a unique ID number. The code linking ID numbers with individuals will be stored on

a secured drive, password and firewall protected on computers in the MRC Epidemiology Unit. All research data, both paper and electronic will be held securely in accordance with the Data Protection Act 1998 and Medical Research Council guidelines for a minimum of 20 years.

### **Who is organising and funding the study?**

The study is organised by the MRC Epidemiology Unit and Centre for Diet and Activity Research (CEDAR), University of Cambridge. The Study is funded by The National Institute for Health Research (NIHR) which is funded through the Department of Health to improve the health and wealth of the nation through research.

### **Who has reviewed the study?**

The study has been peer reviewed as part of the grant approvals process. In addition to this, all research involving the public is looked at by an independent group of people, called a Research Ethics Committee, who protect your safety, rights, well-being and dignity. This study has been reviewed and given favourable opinion by the University of Cambridge Psychology REC (RefPRE.2015.126.)

### **We're interested in taking part, what do we do next?**

If you would like to hear more about this study or have any questions about the information included here then you can contact Dr Kirsten Corder on the details below.

If you are happy to take part then please get in touch, we can then arrange a suitable time to come and discuss the study with you further.

**Email:** [goactive@mrc-epid.cam.ac.uk](mailto:goactive@mrc-epid.cam.ac.uk)

**Freephone:** 0800 917 3319

**Website:** [www.goactive-uk.com](http://www.goactive-uk.com)

**Thank you for taking the time to read this information, we look forward to the opportunity to discuss this study with you further.**