



The GoActive Evaluation Study:

Information for Students and Parents/Guardians

Version 2, 12.02.2016



We're thrilled that your school has agreed to be involved in the evaluation of the GoActive programme. This booklet provides information about the programme itself, how we plan to test it, and what you would do if you decide to take part. Before you decide whether you want to be involved, please read this information leaflet and talk to your parent/guardians and teachers about taking part. If you have any questions, please ask the GoActive team or one of your teachers.

What is this study about and why am I being asked to take part?

Researchers at the University of Cambridge (MRC Epidemiology Unit and Centre for Diet and Activity Research (CEDAR)) have worked with students and their teachers to design a new programme to increase physical activity in Year 9 students.

The programme is called 'Get Others Active' (GoActive).

We have already tested GoActive in four local secondary schools, and now plan to see if it works on a bigger scale by running the programme in more schools. Your school has agreed to help us find out if the programme works, which is why we are inviting you to help us.

What is GoActive?

- GoActive is designed for Year 9 students and aims to increase physical activity in the whole year group, not just in those students who already enjoy activity.
- Year 9's are encouraged to try at least one new activity each week, e.g volleyball; juggling; yoga; boxing.
- Form-tutors and mentors (from older school years) will help classes to try these new activities.
- Points are given for trying new activities and prizes can be won for taking part. Points are also entered into a class competition.

Why are we running the GoActive Evaluation Study?

The main aim of the study is to increase physical activity in Year 9 students.

We know that teenagers do less activity once they go to secondary school. Doing less activity when we are younger means that we are more likely to be less healthy when we are older. This means we can be at a higher risk of developing some diseases. The GoActive programme is trying to get teenagers to be more active. We want to find out if taking part in GoActive makes Year 9's more active or not.

How will you know if GoActive works or not?

A good way to test if something like GoActive works is to compare it to 'normal life'. We plan to do this by asking half of the schools to run the new programme and for half of the schools to carry on as normal – we call this Programme Vs Control.



Will my school get the programme?

There is a 50:50 chance of your school being asked to run the GoActive programme. The decision is random (the same as 'tossing a coin'). Both groups are really important to the study; without the control group, we won't know if the programme can increase physical activity compared to your usual school timetable.

How will you measure if we're more active?

With your (and your parent/guardians') permission we will measure you and all the students in Year 9 before the programme and after the programme - we will do this in **both the Control group and the GoActive programme group**. We can then see if you are any more or less active during the time that the programme is running.

Our measurement team will come to your school four times to do '**measurement sessions**'. There will be one at the beginning of the study, one at the end and two in between. At these visit we will ask the following from you:

- **Questionnaire** – We will ask you to fill out a short questionnaire about what activities you do and how you feel about physical activity.
- **Your height, weight and body composition** - We will use scales and tapes to measure these, and will ask you to take off only your shoes and socks. All the measurements taken will be kept private.
- **Physical activity** - We will fit you with a waist-worn activity monitor (ActiGraph) to wear continuously for seven days. This is a little red box worn around your waist (see picture). It measures how much you are moving around during the day. It can't be worn if you go swimming but we'll give you a diary sheet to log if you go swimming.



We would like you to complete all of the measures mentioned above. However, if for any reason you chose not to, then you are free to refuse.

Students will also be asked to complete another questionnaire, to help us improve the GoActive programme. In this questionnaire, we will ask you how you found taking part. For students in the programme group, you will be asked if you would like to join a discussion group to talk about your experience. These groups will be recorded, and recordings would be made anonymous (so that no participants can be identified from them). Unfortunately, not all students will be able to participate in a discussion group.

We'll be taking measurements from you at your school at four different times:

1. September-December 2016
2. March-April 2017
3. May-July 2017
4. April-June 2018



When do we find out if we're doing the GoActive programme or not?

After the first measurement session (September-December 2016), your school will find out if it has been allocated to either 'programme' or 'control'. If your school is a 'programme' school, the programme will start in the Spring term (2017) and carry on until the Summer term (2017). If your school is in the 'control' group we will just come and take measurements at the times above.

Do I have to take part?

No, your participation is voluntary, it is up to you (and your parent/guardians) if you wish to take part or not. Before the study starts, we would ask you to complete a consent form which confirms that you understand what the study involves and that you are happy to take part. Your parent/guardians will be sent this information sheet and given the chance to tell us if they don't want you to take part. You are free to withdraw from the study at any point without having to explain and without your care or education being affected.

What are the possible benefits of taking part?

-  You will receive a **small gift** after completing each measurement (e.g. a GoActive pen after the first measurement, and another gift (e.g. T-shirt) after the final measurement).
-  You'll be part of a study designed to **improve the health and well-being** of other students your age.
-  If allocated to the '*programme*', you may enjoy taking part in the GoActive programme, and get the chance to try exciting new activities.
-  Participation in research can be an **interesting experience**, particularly if you are keen to go into a career in sport, science, or healthcare.

What are the possible risks of taking part?

With any physical activity, there is a small risk of injury. For those in the programme schools, we aim to reduce this risk by including safety suggestions on all suggested activities.

What will the research team do with the information collected about me and my school?

We will use the information collected to test whether the GoActive programme is able to increase physical activity among Year 9 students. The results of this study will be reported in scientific journals and presented at conferences. It will not be possible to identify any individual participant (or school) from any reports produced. We will also feed the results back to schools and students.

All information collected about you during the study will be kept strictly secure and private. Physical measurements and questionnaire answers will be kept separately from your personal information (e.g. name). You will be allocated a unique ID number which will be used instead of your name. Information which could identify you will be stored on a secured computer drive, on password and firewall protected computers in the MRC Epidemiology Unit. Only the GoActive research team will have access to your data. All research data, both paper and electronic will be held securely in agreement with the Data Protection Act 1998 and Medical Research Council guidelines for a minimum of 20 years. Anonymous data may be used for future related research projects.



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.

What should I do next?

If you want to take part then you don't need to do anything yet, we will see you at the first measurement session!

If you **don't wish** to take part, then please let your Form Tutor or another teacher know as soon as possible.

You can also contact Dr Kirsten Corder in the GoActive team if you have any questions or wish to opt-out.

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Thank you for reading this information