



ReSET Parent/Carer information sheet Wellbeing Questionnaire

Your child is invited to take part in a new project being run by University College London at your child's school.

Please read the following information sheet and contact us if you have any questions.

This is an OPT-OUT form.

You only need to return the form below if you DO NOT wish for your child to be considered for this project.

If you do not return this form, we will assume that you are happy for your child to take part if they want to.

Scan the QR Code
to watch our
parent information
video!



Meet The Team



Professor Essi Viding
Co-Principal Investigator

Essi's Research focuses on trying to understand how our thoughts and emotions shape our social interactions.



Professor Pasco Fearon
Co-Principal Investigator

Pasco's Research focuses on what places some young people at greater risk of struggling socially, academically, or with their mental health.

There are also lots of other researchers, clinicians and experts in the field who help with our project!

Background

Adolescence is a challenging stage of our lives where we must navigate changing social relationships as well as heightened emotions and feelings. We know that good emotion processing skills, and strong social relationships are linked to positive mental health. In this project, we want to find out if training these specific skills in 12-14 year olds can promote good mental health and wellbeing.

- An 8-week school-based training programme that aims to improve emotion processing, communication, social relationships and overall wellbeing.
- Designed by experts and young people to ensure that it is fun, engaging and relevant for adolescents.
- Workshops running from April '23-July'24. for students in Year 7-9.

Who has approved the project?

This study has been approved by UCL Research Ethics Committee (project number: 21815/001). If you wish to make a complaint about the conduct of the study, you can contact the Chair of the UCL research ethics committee by emailing: ethics@ucl.ac.uk

Who is paying for the project?

This study is funded by the Medical Research Council. It is one of seven research projects chosen as part of a £24 million investment into improving the mental health and wellbeing of adolescents in the UK.





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What is my child being asked to do?

Your child is invited to complete a 15-20 minute questionnaire including questions about their:

- demographics (age, gender, ethnicity etc.)
- emotions and feelings
- behaviour and social relationships

The survey will be used to identify students who might benefit the most from our training programme (such as those who experience low mood and difficulties in getting on with other people).

“Students began to support each other outside the group and developed new bonds from taking part. Overall, it was a really positive experience for the students, they got a lot out of it.”

Teacher feedback 2023

“I would recommend to friends, because it's good, all of the strategies that you learn and the role play; you get to try and put them into use.”

Student feedback 2023

Risks

We believe that there are no risks in taking part in this questionnaire.

All of our researchers are experienced in working with children and young people and the questionnaires have been used previously with young people.

We will work in accordance with Government guidance at the time of our school visits and will be guided by each school's Covid-19 policy.

Benefits

We hope that the students taking part will see benefits to their social relationships and overall wellbeing. A summary of questionnaire data will be provided to schools to help ensure that they understand the wellbeing of their students (no specific individual data will be provided).

Students get the opportunity to play an important role in a UCL project (CV opportunities!). Students may be invited to take part in our ReSET groups which is an opportunity to learn crucial skills to improve their wellbeing.

Does my child have to take part?

No, it's up to you and your child to discuss this and make a decision. Your school have agreed to run this questionnaire with the entire Year 7/8 year-group. We are happy to answer any questions you may have to help you decide whether to take part, but it is entirely your decision and you do not need to give us a reason if you decide that your child should not take part. If you DO NOT wish for your child to take part, you are required to OPT-OUT of the questionnaire by completing our opt-out form.



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Wellbeing Questionnaire

What's next?

Once we have collected responses from all pupils at your child's school, we will notify you and your child if they are eligible to take part in the ReSET workshops. If your child is selected to take part, you will receive another information sheet providing details about what the training programme involves and you will be able to decide whether you wish for them to participate.

What happens to the information we collect?

The information we collect from your child is completely confidential. Every child will be given a unique ID code and their name removed from their data. The linking information is stored in a secure data repository meaning the only people able to link the code with your child are the primary researchers. This ensures that any personally identifying information cannot be traced back to any individual participant, other than by the researchers. All the anonymised data that we collect is stored in a big database on UCL data repository where it can be used by other researchers to answer important questions about adolescent wellbeing. No individual data will be reported, and you or your child won't be personally identifiable in any materials produced from this study. We are unable to provide any feedback on your child's individual responses to the screening questionnaire.

Data protection declaration

Data from this study will not be made available to any commercial organisations. Information will be stored securely in accordance with General Data Protection Regulations. Your child's school will not have access to the information we collect. Please note however, that we do have a duty of care to alert relevant authorities of any potential harm to your child or others. At your child's school's request, we will provide a summary of the responses of the entire year group. This can help them to monitor the wellbeing of the pupils in your school. Any personally identifying information will be removed from this data, meaning teachers will not be able to identify your child's, or anyone else's individual responses.

UCL data protection privacy notice

The data controller for this project will be University College London (UCL). The UCL Data Protection Officer makes sure that your child's personal data is kept safe. UCL's data protection legislation can be found [here](https://tinyurl.com/2p888vxv): <https://tinyurl.com/2p888vxv>

Your child's data will be processed under the lawful basis of 'Public task' for personal data and 'Research purposes' for special category data. Your child's personal data will be processed as long as it is required for the research project.

If we are able to anonymise or pseudonymise the personal data they provide (remove their name and any identifying information), we will make sure to do this and will try to minimise the processing of personal data wherever possible.

If you are worried about how your child's personal data is being processed, or if you would like to contact us about your rights, please contact UCL first at data-protection@ucl.ac.uk



Please ensure that you have read all the information provided. If you have any questions, you can contact our research team using the details above and they will do their best to answer.

By completing this opt-out form, you are confirming that you DO NOT wish for your child to be considered for the ReSET programme. If you do not opt-out then your child will be considered as a participant in the ReSET programme

If preferred, you can complete our [ONLINE OPT-OUT FORM HERE](#).

I have read the attached information and I DO NOT wish for my child to be considered for the ReSET programme.

Please tick the box to opt-out

Child's Name:

Child's Form Group:

Child's School:

Your name:

Relationship to child:

Date:

Signature:

We are keen to understand why some families choose to opt-out of this project. If you are able to, please provide a reason for opting out:



Please return this opt-out form to the ReSET team: reset.project@ucl.ac.uk