



Adolescent Physical Activity During Covid-19 (The APAD-C Study): Information Sheet for Students and their Parent/Guardian

We're thrilled that you are interested in being to be involved in our study. This sheet provides information about the study and what is involved. Before deciding if you want to take part, please read this information and talk to your parent/guardian about participating. If you have any questions, please contact the research team on the details provided overleaf or speak to your parents/ guardian.

Overview

- Researchers at the University of Cambridge have set up the APAD-C study to learn about your experiences of physical activity during and beyond the Covid-19 pandemic.
- This will involve taking part in an informal online interview. If you like you can also send us photos of your activity.
- Everything we discuss will remain confidential.
- All participants will receive a £15 amazon voucher.

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

Researchers at the University of Cambridge want to know whether you think the Covid-19 pandemic has affected your physical activity. We also want to know whether you think the pandemic will have a long-term impact on your physical activity and if anything can be done to help you become more active.

This study is the first of its kind in England, and we are excited to be able to invite you to participate! We want to hear all about your activity and experiences of the pandemic.

What is physical activity?

Physical activity is any activity that involves moving your body. This can be anything from taking out the rubbish to running a 10k.



What does the study involve?

With your (and your parent/guardians') permission we will invite you to be interviewed by a researcher at the University of Cambridge. Whilst we use the word 'interview', this will be an informal conversation between you and the researcher. The interview will be conducted using an online video platform and will last between 30-60 minutes. During the interview we will ask you about your physical activity before and during the pandemic, we will also ask your opinion on the long-term impacts of the pandemic and what could be done to help you become more active.

You will be invited to take photos of how your activity might have changed as a result of the pandemic, we call this Photovoice. We will chat about your photos during your interview. Your photos will only be seen by the research team, unless you give permission for them to be viewed by others. This part of the study is optional, however we would love to see what you get up to.

Who is organising the study?

This study has been designed by researchers at the University of Cambridge in the MRC Epidemiology Unit's Centre for Diet and Activity Research (CEDAR) and a researcher in the Health Sciences School at the University of Sheffield.

Why is this study important?

We know that being active is really important for our health and not being active enough can increase your risk of developing diseases like diabetes. We also know that being active is important for a healthy immune system. We want to hear about your experiences of physical activity so we can help young people, like yourself, become more active and improve their health.

Do I 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 you to complete the study, if you do decide to take part, you are free to withdraw at any time, without giving a reason.

What will happen if I agree to take part?

If you decide you are happy to participate please register your interest on our study webpage (<https://www.mrc-epid.cam.ac.uk/research/studies/apad-c/>). As part of your registration you will be asked to complete a consent form confirming that you are happy to participate and asked to confirm whether you would like to participate in Photovoice. If you are under 16 a parent/guardian will also have to provide consent for you to participate.

We will then contact you to arrange a time and date for your interview. You will need access to a phone, tablet or laptop with a webcam. With your permission the interviews will be voice recorded using a dictaphone (a small recording device).

You can find more information about photovoice on our study webpage (<https://www.mrc-epid.cam.ac.uk/research/studies/apad-c/>). If you opt into this element of the study, we will ask you to take photos of how you are usually active and how this might have changed since the pandemic. We will ask you to send these photos to the research team at least two days before your interview.

What are the possible benefits of taking part?

Sadly not everyone who volunteers may be able to take part. However, as a thank you for volunteering you will be entered into a prize draw and given the opportunity to win a £30 amazon voucher. All those who take part will be reimbursed for their time in the form of a £15 amazon voucher.

As part of the study you will get the opportunity to learn about some of the research we do at the University of Cambridge. You will also be provided information with tips on how you and your family can stay active during and beyond the pandemic.

What are the possible risks of taking part?

There should be no risks involved in taking part in this research study. However, should it become apparent that you are at risk in anyway we may contact your parent/ guardian.

What will the research team do with the information collected?

The results of the study will be reported in a scientific journal and might be presented at conferences. It will not be possible to identify any individual participants (or schools) in any reports. You and your school will also receive feedback on the results of our study.

I am interested in taking part, what do I 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 the research team on the details below or visit our study webpage.

If you are happy to take part then please complete our online form (<https://www.mrc-epid.cam.ac.uk/research/studies/apad-c/>)

Email: APADC.study@mrc-epid.cam.ac.uk

Phone: +44(0) 1223 746877

Website: <https://www.mrc-epid.cam.ac.uk/research/studies/apad-c/>

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