UNIVERSITY OF BIRMINGHAM

smart SCHOOLS

SMART Schools+: Social Media and Adolescent mental health – the impact of UK national policy Restrictions on social media use and menTal health

What will I be asked to do?

- If you take part you will be asked to fill in an online survey that will take up to 30 mins. Questions will include asking you things about yourself, such as:

AGE	GENDER	POSTCODE	ETHNICITY
SMARTPHONE USE	SOCIAL MEDIA USE	MENTAL WELLBEING	ANXIETY & DEPRESSION
PHYSICAL ACTIVITY & SLEEP	NAME	DATE OF BIRTH	SOCIAL CONNECTIONS

- We will also ask you to answer questions about your social connections, and this will include connections with other participating pupils in your form group. For this part of the survey, you will be able to see which of your form group are taking part (and they can see that you are taking part) – but you cannot see what each other is saying.
- You will also be given an **activity monitor watch to wear for 7 days** which will measure your sleep and how much you move. We will be asking for your name and date of birth, so that we can link the information from your watch and your survey together.
- We will also ask if you would like to be contacted by the University of Birmingham about taking part in future research, and if willing, to provide an email address.
- We will be asking you to participate in this research at **two time points – now, and in a year's time**. You will receive further information from us next year when we are due to complete the second round of data collection.

When will I take part?

You will be given time during the school day to complete the survey. You will do this during lesson time and with a class teacher and the research staff for the study. If you decide not to take part you will be given an activity to do during this time in the same lesson. Other people in your class will not know which activity you are doing, so if you choose not to participate no one will know.

You will wear a watch at home and at school for 7 days.

What other information is being collected about me?

Your form/class tutor will complete a survey for each pupil in your class. The survey will ask them to provide information about your classroom behaviour, whether you're eligible for free school meals, have a special educational need and if English is your second language. We are asking this in order to understand more about pupil characteristics in relation to smartphone and social media use.

Do I have to take part?

No. The choice to take part is up to you and your parents/carers. We will ask you if you are happy to take part at the start of the survey. Your parents have been sent an information letter about the study. If they do not want you to take part, they need to return the form to the school or email or post the form to the research staff.

You can also withdraw at any point if you change your mind about participating in the study. You can do this by telling your teacher and/or a member of the research staff. You do not have to give a reason and you will not be affected if you withdraw.

If you do this within 4 weeks from when you completed the first survey your data will be deleted. However, if you just stop completing the survey and do not inform your school/teacher and/or the research staff that you want to withdraw, any data that you entered into the survey will still be used.

Participating in this phase of data collection (pre-ban) also does not mean that you are required to participate in the next phase of data collection (post-ban).



What will happen to the information I give you?

We will keep information (including your email address) about you very safe and private for 10 years and then it will be destroyed. We will follow data protection law, and your information will be stored in a secure database. We will write a report to share the findings of the study with other researchers and the public, but no-one will be able to identify you from the report.

If you would like to know more about your rights or how we use your information, from surveys and accelerometers, please read our Pupil Privacy Notice at **https://www.birmingham.ac.uk/research/projects/smart-schools**, or discuss it with your parent/carer.

Please email any questions to:
smartstudy@contacts.bham.ac.uk

Will anyone from the school know what I say?

No. Your answers will be confidential, only the researchers will know what you have said and we will not share your individual responses with anyone outside of the research team. However, we may alert a teacher in your school if your answers to questions about depression or anxiety suggest that you may benefit from mental health support.

Why should I take part?

You will be given a **£5 voucher** as a thank you for taking part. Your input may help us to understand the impact of the social media restrictions and if adolescents need further support regarding smartphone use and mental health.

Could I be in any harm from taking part?

We do not anticipate that this study will cause you any harm. However, if you feel uncomfortable or upset for any reason, please inform a teacher in your school or your school wellbeing officer or your parent/carer. You can also contact your doctor if you feel distressed and the following link provides information on how to do that:
https://bit.ly/3rGfehq

For further information about the study, please visit our website:
https://www.birmingham.ac.uk/research/projects/smart-schools

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