



## Smartphones, social Media and Adolescent mental wellbeing: the impact of school policies Restricting daytime use (SMART Schools Study)

### What will I be asked to do?

- Fill in an online survey that will take up to 30 mins and will ask you about:

AGE	SMARTPHONE USE	DEPRESSION
GENDER	SOCIAL MEDIA USE	PHYSICAL ACTIVITY
POSTCODE	MENTAL WELLBEING	SLEEP
ETHNICITY	ANXIETY	D.O.B. / NAME

- Wear a watch for 7 days to measure your sleep and how much you move
- Complete a follow up online survey 4 weeks later to measure your mental wellbeing that will take 5 minutes to complete
- We will 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

For further information about the study, please visit our website  
[www.birmingham.ac.uk/smart-schools](http://www.birmingham.ac.uk/smart-schools)

### When will I take part?

You will be given time during the school day to complete the survey, 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 keep the watch on and wear it at home and at school for 7 days.

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

If you do this within 4 weeks of when you completed the survey your data will be deleted. However, if you just stop completing the survey and do not inform teacher/researcher team, any data that you entered onto the survey will still be used.

### 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 suggest that you may benefit from mental health support.

# Hello!

We are a team of researchers at the University of Birmingham.

We are undertaking an exciting new study about smartphone and social media use in schools across England.

### Why should I take part?

You will be given a £5 voucher as a thank you for taking part. Your input may help to change national school policy on mobile phone use.

### Who can take part?

Pupils in year 8 and year 10

### 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, please read our Pupil Privacy Notice at [birmingham.ac.uk/smart-schools](http://birmingham.ac.uk/smart-schools) or discuss it with your parent / guardian.

Please email any questions to:  
[smartstudy@contacts.bham.ac.uk](mailto:smartstudy@contacts.bham.ac.uk)

### 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>