



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

This is a National Institute for Health Research Funded Study, led by The University of Birmingham (UOB) and by Dr Victoria Goodyear and Dr Miranda Pallan. This document provides information for *Teachers* who are participating in the study. Further information about the study can be accessed on our website [birmingham.ac.uk/smart-schools](http://birmingham.ac.uk/smart-schools).

**What is the aim of the study?** To evaluate the effects of different school phone policies on pupil mental wellbeing. An overview of the study can be seen in the following video <https://youtu.be/zwmAXw--Fg8>.

### ***Why is this research needed?***

1 in 7 adolescents (age 11-16) in the UK have a diagnosable mental health disorder. At the same time, most adolescents own a smartphone and many use social media. Evidence, suggests that smartphones and social media can be beneficial for mental wellbeing, but the benefits of phone/media for mental wellbeing depends on how they are used. Schools can influence how pupils use their phones and social media during the school day. Some schools permit pupils to use their phones, whereas others restrict phone use all together. This research will help us to establish which types of school phone policies are most supportive for pupil mental wellbeing.

**What will I be asked to do?** We will ask you to complete an online teacher survey (up to 45 minutes duration), which we will email to you.

- The survey will ask you to provide information regarding each pupil in your form/class, including, attainment, free school meals eligibility, if registered as having special educational needs and whether English is an additional language. This data can be entered manually, via document upload and/or be provided by another member (e.g. admin assistant, subject teacher). We are collecting this information in order to understand more about pupil characteristics and the differences in school phone policies
- The survey will also ask you to report on each individual pupils level of disruptive classroom behaviour
- The survey will also ask you questions about your school phone policy
- The survey is to be completed during the school day on a school device

**What will my pupils be asked to do?** Your form/class pupils will attend a timetabled lesson facilitated by a researcher in which they will complete an online pupil survey (up to 30 minutes) on tablets provided by the University of Birmingham. We will ask you to attend this lesson and provide additional support to pupils if needed.

- The pupil survey will include a range of topics, such as, mental wellbeing, quality of life, anxiety and depression, smart phone and social media use
- At the end of the timetabled lesson, pupils will also be provided with an activity monitor watch (measuring sleep and physical activity), to wear at home and in school for 7 days. Pupils will need to return these watches to you in the same lesson, the following week
- 4-8 weeks after completing the first online survey, your class will complete another brief survey (5 minutes) about mental wellbeing. We will email your school the link to this survey, and pupils will complete this during lesson time
- For further information about what your pupils will be asked to do, please read the 'Pupil Participant Information Leaflet' on our website [birmingham.ac.uk/smart-schools](http://birmingham.ac.uk/smart-schools)

**What are the benefits to taking part?** This study will offer your school the opportunity to play a key role in the development of new guidelines for policy regarding phone and social media use in schools. You will be provided with free access to resources and materials developed from this study and can request a summary of findings related to pupils' uses of smartphones and social media use specific to your school that can be used to inform your school's phone/media and mental health policies and practices.

Your school will receive £600 for participating in this study. Each pupil will also be provided with a £5 voucher for taking part and this will be distributed through the school.

**What are the risks to taking part?** Any risk or harm is not expected to you as a direct result of this research, as you will be reporting on pupil characteristics and the school phone policy.

**Will information be kept confidential?** All information that we collect will be kept strictly confidential. This means that your name will be removed from any reporting of the findings. All information will be stored electronically and securely. Only the research team will have access to the data. Electronic files will be deleted from the system after ten years. For further information on how we store data, please read our Teacher / Senior Leadership Team Participant Privacy Notice on our website [birmingham.ac.uk/smart-schools](http://birmingham.ac.uk/smart-schools).

**Can I withdraw myself from the study?** Yes. You can withdraw yourself from the study. If you do this within 4 weeks of completing the survey, all documents and data generated will be destroyed. Your consent will not be destroyed to ensure we remain within legal processes. Any data stored electronically will be deleted.

**What will happen with the results of the study?** The results will be presented in academic journal papers and at national and international conferences. We will produce blogs, podcasts, videos and infographics targeted at pupils, parents and the wider public on the study findings and these will be made available on our website and sent to your school.

**Do I have to take part?** No. The choice to take part is up to you. Before you start the online survey, you will be asked to give your consent to participate. If decide you do not want to take part, you can just tick 'no' to this question. You do not have to give a reason for this and you will not be affected in any way.

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

If you would like to speak to someone about the study, please call us on 0121 414 3158

Further contact details:

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**Thank you for considering taking part in the SMART Schools Study**