



STUDY TITLE: ‘Brighter Futures’: investigating the impact of combining sporting, extracurricular, and school commitments on adolescents’ life satisfaction, academic achievements and mental health. A pilot study.

PARTICIPANT INFORMATION SHEET

Dear Participant,

You are being invited to take part in a research project. Before you decide whether you wish to take part it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

The purpose of this study

This study aims to gain a better understanding of the pressures (role strain) experienced by adolescents who are aged from 14 to 18 and still attend secondary school. In particular, this research will explore the type of role strain experienced by the adolescents when trying to combine educational, extracurricular, and sporting commitments.

What’s the criteria to participate?

We require people aged from 14 to 18 who are in full time secondary education.

Why have I been chosen?

You have been selected as you fit all the inclusion criteria of age and being in full-time secondary education.

What do I have to do? / What will happen to me if I take part?

You will be asked to respond to some questionnaires through completing them online as accurately as possible, this will take approximately 30 minutes of your time. It is entirely up to you to decide whether or not to take part. If you **do** decide to take part, you will be given this information sheet to keep (and be asked to sign a Participant Agreement Form) and you will then complete the research. Please be aware that you can still withdraw up to the point where the data are processed and become anonymous, so your identity cannot be determined. You do not have to give a reason for your withdrawal.

What type of information will be sought from me and why is the collection of this information relevant for achieving the research project’s objectives?

The data we will use in this study will be your responses to the questionnaire and this will enable us to understand more clearly how individuals of your age experience strain arising from your competing commitments during teenage years.

What are the advantages and possible disadvantages or risks of taking part?

Whilst there are no immediate benefits for you participating in the project, it is hoped that this work will help us better support adolescents of the future and to understand how they can best balance education, extracurricular activities and sporting endeavours. We do not see any risk in your participation, and the only disadvantage would be through your time commitment to completing the questionnaires.

Will my participation be confidential?

All the information that we collect about you during the course of the research will be kept strictly confidential. You will not be able to be identified in any reports or publications. All data relating to this study will be stored securely according to BU data policy: In a secure password protected drive. All your data will be stored for at least 5 years after the project has ended.

Your rights

We require your informed consent before we admit you into any study, and this requires us to give you the above facts before you make a decision. However, if you give us your informed consent and you enter the study, you are free to withdraw that consent and exit the study at any time up to the point of data analysis, without any detriment to yourself.

We will ask you to sign a separate consent form before we begin the data collection.

What will happen to the results of the research study?

The results will be used to inform seminar/conference presentations and submissions to academic journals.

Who has reviewed the study?

The study has been reviewed by the BU Research ethics committee.

If you have any queries about the research, you can contact the Principal Investigator on the details below.

Dr Erika Borkoles (eborkoles@bournemouth.ac.uk) or 01202961535
Principal Investigator
Faculty of Management, Department of Sport & Physical Activity, Room 157A
Bournemouth University, Fern Barrow, Poole, Dorset
BH12 5BB

Dr Emma Kavanagh (ekavanagh@bournemouth.ac.uk)
Professor Remco Polman (rpolman@bournemouth.ac.uk)
Sporting Success UK (Sportingsuccessuk@bournemouth.ac.uk)

If I am not happy with any aspect of the study who should I contact?

If you have any concerns about the study please contact Professor Stephen Page (email: spage@bournemouth.ac.uk or phone: 01202 962306) as an independent for this research project.