

Who will receive the information collected, and what will happen to the information?

Dr Niina Kolehmainen, the lead researcher at Newcastle University, will receive the information. The information will be held securely in Newcastle University for ten years. Niina is a senior researcher and an NHS children's therapist. She is bound by a professional code of conduct and the University rules on confidentiality, and is responsible to ensuring that your data is handled appropriately and kept confidential.

Will the information be confidential?

Yes, all information will be strictly confidential. The research team have signed a confidentiality agreement.

How will you publish the study findings?

We plan to publish the findings to parents and children, policy makers, children's healthcare providers, and other researchers. In the publications, we will not involve any information that could be used to identify you or your child. We will not make details about you or your child public at any point. If you would like to receive alerts about any publications, please let us know. We can add you on the study mailing list.

Who is paying for and conducting the research?

This study is funded by the National Institute for Health Research, the UK NHS "research arm". It is carried out by Newcastle University in collaboration with your local NHS Trust as well as other Trusts in England.

Is there an NHS Research Ethics Committee approval?

The study has an approval from North East - Newcastle & North Tyneside 2 Research Ethics Committee (Ref: 17/NE/0051, IRAS 218313) and it has been approved by the local NHS organisation.

What if I want more information, or if there is a problem?

Please contact the researchers. You can call us on 07964329630 or by email activechild@newcastle.ac.uk

Thank you!



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ActiveCHILD Physical Activity in Under5s

A 3-year study to understand children's movement and activities

What is the purpose of the project?

To find out how children's activity changes and develops from birth to age 5 years. We are particularly looking at how children with different abilities play and are active, and how this changes over time.

This study is part of a wider programme of research. This present study is a significant part of that research, and will make a major contribution to it.

Why have my child and I been invited for the study?

Your local NHS children's service is involved in this research. We are looking for a wide range of children and families to participate.

We are inviting children and families to take part if:

- the child is under 5 years old, and
- the child is due to be seen for a routine health visiting appointment.

What will happen to me and my child as part of the research?

The study runs for three years. We will ask information from you and your child six times during that three years. The next page tells you about the different types of information.

BASIC INFORMATION about your family and your child. This would involve:

- you completing a 5-minute questionnaire; and
- us obtaining basic health information about your child from your health visitor. This includes any medical diagnoses and impairments your child may have, and whether the health visitor has any concerns about your child's development. For details about the information we will ask, please see an example attached, titled "THERAPIST FORM".

DATA ABOUT YOUR CHILD'S ACTIVITY and YOUR FAMILY LIFE

This would involve:

- your child wearing a tiny 'mini-computer' a size of a watch (an "accelerometer"). This records the child's movements. Your child would wear it during the day, for six times over 3 years, up to 7-days at each time.
- you completing a brief, daily activity log for the days when your child wears the mini-computer.
- you completing a set of brief questionnaires (total 15-20min). This is easy tick-boxes.

MORE IN-DEPTH INFORMATION ABOUT YOUR FAMILY ROUTINES

There is much that we do not yet know about active play and physical activity in very young children. To understand things better, we would like to interview parents once.

We will approach a small proportion of parents to take part in the interviews. This is an optional part, and you can still do the study without doing the interview. If you decide to take part in the main study, you will receive more information and can then make a separate decision about the interview.

Will me or my child be tested for an intervention?

No. This study will not test any interventions on you or your child. This study seeks to understand children's activity in order to develop better interventions. We will not test any interventions.

Can I refuse my and my child's participation?

Yes, absolutely. You are free to say either yes or no. Your decision will not affect you or your child in any way, and we will not contact you further.

I am interested in this project – what should I do next?

Please contact the researchers. For details, please see cover letter or the back of this leaflet.

What are the possible risks and burdens?

We do not think that this study will have risks to you or your child. The study does not involve intrusive treatments or interventions. The study does not involve denying any treatment or advice from your or your child. The data collection does not address sensitive topics.

Reminding your child to wear the mini-computer and complete the brief questions in the evenings can feel tough. We will work with you to make this as easy as possible.

What are the possible benefits?

You will help NHS services to understand what children do and how they develop. This will enable better treatments and better ways to support families.

Young children and their families do not often get to take part in research. This means treatments for them do not develop as fast as treatments for older children and for adults. It is important that young children and families are involved in research too, and treatments for them can be improved.

As part of the research, you will also get feedback on your child's activity. You and your child will also receive small fun rewards (e.g. activity toys, parent resources), and will have early access to the study results.

What information will be held about me, my child and my family?

At the moment, we do not hold any information about you or your child. If you will take part, we will hold the data collected from you via the questionnaires and interviews, the data the therapist passes to us, and your child's accelerometer and interview data.