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The Shame, Guilt, and Pride Questionnaire and Eating in Adolescence.
The SGPED Student Survey

INFORMATION SHEET FOR PARENTS / GUARDIANS

Central University Research Ethics Committee Approval Reference: **R90254/RE001**

In partnership with researchers at the University of Oxford, your child's school has agreed to take part in a research study investigating the SGPED student study investigating emotions around eating. We would like to invite your child to be part of this research. We very much hope you would like your child to take part, but before you decide, it is important that you understand why the research is being done and what it will involve.

Why is this research being conducted?

We are interested in the emotions of shame, guilt, and pride, which play an important role in eating. However, these emotions are not well understood. One of the problems is that we do not have a good, easy-to-use measure of these emotions. The aim of this study is, therefore, to develop such a questionnaire to measure these self-conscious emotions. More information about this study can be obtained on the researcher's (Dr James) [webpage](https://www.psych.ox.ac.uk/team/anthony-james) with a video explaining the study (<https://www.psych.ox.ac.uk/team/anthony-james>) or by contacting Dr A James at: anthony.james@psych.ox.ac.uk.

Why has my child been invited to be involved in this research?

We are inviting your child to take part because they are a young person, aged 11 to 18 years, currently in school year 7-13, attending [insert school/institution name here]

We are inviting 3,000 young people to take part.

Does my child have to be involved?

No. You can ask questions about the research before deciding whether to allow your child to participate. If you do agree to participation, you may withdraw your child at any time before the session in school is completed, without giving a reason and without any effect on their education, by advising the school or researchers of this decision. The data collected are anonymised so it is not possible to withdraw any specific person's information once collected.

If your child is not involved in the research, they will receive alternative provision of equivalent educational value.

What will happen if my child takes part?

During a designated school class lesson of around 30 minutes, students will be invited to log in to the SGPED Student Survey, to answer around 112 questions. The survey is once only. The survey is about the emotions young people feel and how this relates to eating habits and body image. At the end of the survey, appropriate advice and guidance is provided with links (e.g., <http://www.childline.org.uk>). We do not wish to identify students and, therefore, we do **not** ask for names, addresses, date of birth, or use unique logins. The survey data is collected as part of a service provided by Foster and Brown Research Ltd (<http://www.fabresearch.com>).

We would ask you as parents to consider this research. We have also provided an information sheet for your child to read, and it would be helpful to discuss the project with your child.

We take consent very seriously and if you as parents do not want your child to take part, please fill in the attached opt out form and please return it to your school within a week. If you do agree for your child to take part you do not need to do anything further. Your child will be asked to assent to the research at the start of the questionnaire. The research will not go ahead if your child does not assent.

What are the possible disadvantages and risks in taking part?

One potential risk of this study is that your child could be upset by the questions. However, this would be a rare occurrence: the questions have been selected and reviewed by adolescents themselves and most questionnaires are widely used without problem. Schools and students are provided with links to websites offering information and guidance.

In the event that the survey highlights any safeguarding concerns then the relevant school safeguarding leads are informed of the number of concerning responses in the whole school, but this only takes place several weeks after the survey has been collected (as the data needs to be prepared for analysis).

Are there any benefits in taking part?

While there are no immediate benefits to your child in participating, it is hoped that this research will lead to a better understanding of the emotions around eating, as a possible step to improving treatments.

What information will be collected and why is the collection of this information relevant for achieving the research objectives?

The information your child provides as part of the study is research data. In this study we do not wish to identify students and have taken measures to minimise this, so we do not collect names, addresses, dates of birth, IP addresses, or use individual logins to the survey. A school login is provided to students, and opt-out records will be held by the school until data collection is completed at that school, then will be destroyed. We do ask some sensitive questions that relate to mental health, but make it clear that any questions can be left blank. Data will be stored confidentially in password protected files on secure servers at the University of Oxford, and in secure databases by Foster and Brown Research Ltd. We would like to use collected data in future studies, and to share data with other researchers (e.g., in online databases). Responsible members of the University of Oxford may be given access to data for monitoring and/or audit of the study. All research data will be stored by the University of Oxford for 5 years for ongoing research studies. Foster and Brown Research Ltd will keep the data for at least 5 years so that we can check the original data as the questionnaire is put into clinical use. Summaries of our findings will be given to local authorities, Clinical Commissioning Groups, Child and Adolescent Mental Health Services and Public Health teams who can use the results to guide the services they provide.

Summaries of our findings will also be given to the school and will be available to interested families. I will not identify the school, teacher or any students in any reports of the research.

Will the research be published? Could my child be identified from any publications or other research outputs?

The findings from the research will be written up in a thesis, dissertation, academic publications and conference presentations. It will not be possible for participants to be identifiable from the outputs.

A copy of my thesis will be deposited both in print and online in the Oxford University Research Archive where it will be publicly available to facilitate its use in future research. The thesis will not contain any identifiable data

Data Protection

The University of Oxford is the data controller with respect to your personal data, and as such will determine how your child's personal data is used in the research.

The University will process your child's personal data for the purpose of the research outlined above. Research is a task that we perform in the public interest.

Further information about your rights with respect to your personal data is available from <https://compliance.web.ox.ac.uk/individual-rights>.

Who has reviewed this research?

This research has received ethics approval from a subcommittee of the University of Oxford Central University Research Ethics Committee. (Ethics reference: **R90254/RE001**).

Who is organising and funding the research?

The research project is organised by Dr Anthony James, Consultant Child and Adolescent psychiatrist, Honorary Senior Lecturer and DPhil student at the University of Oxford. Professor Mina Fazel is the Supervisor for the study.

Who do I contact if I have a concern about the research, or I wish to complain?

If you have a concern about any aspect of this project, please contact Dr A James, the researcher on anthony.james@psych.ox.ac.uk / 01865 902682. He will endeavour to respond within 10 working days. If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Medical Sciences Interdivisional Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible.

Email: ethics@medsci.ox.ac.uk; Address: Research Services, University of Oxford, Boundary Brook House, Churchill Drive, Oxford, OX 3 7GB.

What should I do next?

Please fill in the enclosed form and return it to your child's class teacher if you would not like your child to take part in this research. Please remember that you may withdraw your child at any time, without affecting their education and without giving a reason, by notifying the researcher. It is not possible, however, to withdraw data once collected as all data are anonymised.

Further Information and Contact Details

If you would like to discuss the research with someone beforehand (or if you have questions afterwards), please contact:

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