

Dear Parents/Guardians,

I am Jordan and I am undergraduate student studying Physical education at Liverpool John Moores University and I am undertaking a research project as part of my degree programme. The title of the research project is:

Examining the effects of the COVID-19 pandemic on the physical activity levels of 10-12-year-old children.

The study will involve parents/guardians and teachers completing online questionnaires about their 10-12-year-old child/pupils' physical activity levels and screen time before and during the COVID-19 pandemic. You have been identified as a potential participant because you have a child between the ages of 10-12 years old and have been identified by the headteacher of the school your child attends, by whom this letter should have been sent from, as an eligible candidate.

I am writing to ask whether you would be willing to participate in the research which involves completing a short, anonymous online questionnaire about how COVID-19 has affected your child/children's levels of physical activity.

Further details of the research project are included in the **Participant Information sheet** which I have attached to this letter.

If you would like further information on the study please contact me via email J.Roberts1@2018.ljmu.ac.uk.

If you want to take part in the study, there is no need to contact me to do so, please read the **Participant Information sheet**, click on the link to the questionnaire and begin. If you have more than one child within this age range, please complete a separate questionnaire for each child.

If you do not want to take part in this study, there is also no need to contact me or the school to include/exclude yourself from participating.

Thank you for taking the time to read this letter and I hope you consider participating in this study.

Kind regards,

Jordan Roberts

LJMU level 6 student
Physical Education
E: J.Roberts1@2018.ljmu.ac.uk

Link to questionnaire: <https://ljmu.onlinesurveys.ac.uk/child-physical-activity-questionnaire-for-parents-2>



PARTICIPANT INFORMATION SHEET

LIVERPOOL JOHN MOORES UNIVERSITY Participant Information Sheet for Parents/Guardians.

LJMU's Research Ethics Committee Approval Reference: 20/SPS_Marsh/PE/005

Title of Study

Examining the effects of the COVID-19 pandemic on the physical activity levels of 10-12-year-old children.

You are being invited to take part in a study examining the effects of COVID-19 on your child's physical activity. Before you decide whether or not you want to take part, it is important for you to understand the reasoning behind the study, and to what extent you will be participating. Please take the time to read the following information carefully to decide whether you wish to take part. If there are any questions or concerns regarding your participation in this study, if there is anything that is not clear or, if you would like more information, do not hesitate to get in touch with a member of the research team.

Who will conduct the study?

Study Team

Principal Investigator: Jordan Roberts- Final Year Physical Education Student

Email: J.Roberts1@2018.ljmu.ac.uk

Supervisor: Dr Jonathan Foulkes

Lecturer/Senior Lecturer in Physical Education

Email: J.D.Foulkes@ljmu.ac.uk

School/Faculty within LJMU: Sports and Exercise Sciences.

What is the purpose of the study?

The purpose of this investigation is to examine the effect of the COVID-19 pandemic on the physical activity and screen time levels of children aged 10-12 years. I have chosen this age range as there is not much research with this age range, in this area relating to COVID-19.

Why have I been invited to participate?

You have been invited to participate as you have a child/children aged 10-12 years attending **St. Aidans Catholic Primary School**.

Do I have to take part?

Your involvement in this study is completely voluntary. If you decide to take part, you will be given this information sheet to keep and be emailed a hyperlink to an online questionnaire. Your responses to the questionnaire will be completely anonymous questionnaire and during the analysis of the data collected. If you decide not to take part or decide to withdraw from the

study at any point, there will be no consequences and none of the information that you have provided will be stored or included within the study.

What will happen to me if I take part?

If you agree to take part in this study, you will receive a hyperlink via email from the school your child attends that will direct you to an online questionnaire. The questionnaire will contain an initial page thanking you for taking part in the study and asking you to confirm that you have read the Participant Information Sheet and that you consent to take part in the study. After consenting you will be asked a series of questions based on your child's physical activity before and during the COVID-19 pandemic. The questionnaire will take approximately 5 minutes to complete and you will only be required to complete the questionnaire once. If you have more than one child within this age range attending the same school, please complete a separate questionnaire for each child. The questionnaire is required to be completed before the 4th April 2021. The investigator will offer guidance on how to complete the questionnaire if needed and can be contacted via the email provided on this Information Sheet.

Are there any possible disadvantages or risks from taking part?

The likelihood of any disadvantages or risks occurring from participating in this study is exceptionally low. However, there is still the possibility that you may not feel comfortable answering some of the questions asked. This will be minimised by conducting the questionnaire via an anonymous online platform and by providing you the option to skip any questions you do not feel comfortable answering. Additionally, you have the right to withdraw from the study at any point, without any consequences. If you have any concerns please notify the lead researcher at first point, or please contact researchethics@ljmu.ac.uk to make further comments/ complaints.

What are the possible benefits of taking part?

There are not any direct benefits from taking part in this study. However, it is hoped that the data collected from this study will help to add to the literature that has looked at the effects of Covid-19 on children's physical activity levels.

What will happen to the data provided and how will my taking part in this project be kept confidential?

The information you provide as part of the study is the **study data**. Any study data from which you can be identified (e.g. from identifiers such as your name, date of birth, audio recording etc.), is known as **personal data**. This includes more sensitive categories of personal data (**sensitive data**) such as your race; ethnic origin; politics; religion; trade union membership; genetics; biometrics (where used for ID purposes); health; sex life; or sexual orientation. Your personal data will not need to be collected and stored for the purpose of this study. However, the only data that will be collected from you, will be the type of school, age range/year group you teach and the school you teach at. Just to clarify, the only data that will be noted as identifiable data is the school that you teach at. This is not identifiable to you as a participant but is identifiable to the school. Necessary action to anonymise the school will be taken. When we do not need to use personal data, it will be deleted, or identifiers will be removed. Personal data does not include data that cannot be identified to an individual (e.g. data collected anonymously or where identifiers have been removed). However, your informed consent at the beginning of the questionnaire, will be kept until the study has been completed in April 2021. To confirm you as the participant or the school that your child attends will not be identifiable in any ensuing report or publications, or indeed this study.

What will happen to the results of the study?

The investigator intends to use the data to complete their final year dissertation to support the completion of their BA (Hons) Physical Education degree and also to potentially inform scholars researching within the same subject area of their findings to provide a foundation for future investigations.

Who is organising this study?

This study is organised by Liverpool John Moores University and the lead researcher who attends this institution. The study requires no funding to carry out and complete and there will be no personal financial gain of the researcher.

Who has reviewed this study?

This study has been reviewed by, and received ethics clearance through, the Liverpool John Moores University Research Ethics Committee (Reference number: **20/SPS Marsh/PE/005**).

What if something goes wrong?

If you have a concern about any aspect of this study, please contact the relevant investigator via email who will do their best to answer your query. The investigator should acknowledge your concern within 10 working days and give you an indication of how they intend to deal with it. If you wish to make a complaint, please contact the chair of the Liverpool John Moores University Research Ethics Committee (researchethics@ljmu.ac.uk) and your communication will be re-directed to an independent person as appropriate.

Data Protection Notice

Liverpool John Moores University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information (if any is retained and using it properly. Liverpool John Moores University will process your personal data for the purpose of research. Research is a task that we perform in the public interest. Liverpool John Moores University will keep identifiable information (if any is collected) about you for until the study is completed in April 2021.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the study to be reliable and accurate. If you withdraw from the study, no data will be saved as it is an online platform which only saves data once the questionnaire is completed. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information by contacting secretariat@ljmu.ac.uk.

If you are concerned about how your personal data is being processed, please contact LJMU in the first instance at secretariat@ljmu.ac.uk. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

Contact for further information

Principle researcher-

Jordan Roberts- Level 6 student- Physical Education

Email: J.Roberts1@2018.ljmu.ac.uk

Supervisor-

Dr Jonathan Foulkes

Lecturer/Senior Lecturer in Physical Education
Email: J.D.Foulkes@ljmu.ac.uk

Thank you for reading this information sheet and for considering taking part in this study.

Note: A copy of the participant information sheet should be retained by the participant with a copy of the signed consent form.
