

Participant Information Sheet (Adolescent Interview)

Study title: Improving Support for Physical Activity in Adolescents with Type 1 Diabetes (ISPA-T1D): Understanding needs and preferences for supporting young people with type one diabetes with physical activity



Hello! My name is Emma Cockcroft and I will be leading this project. I work at the university of Exeter where the project is being run.

We would like to invite you to take part. This leaflet will explain the aims of the study and what this would involve for you. Please also discuss taking part with your parent or carer.

What is the study about?

As you might know, keeping active is important to stay healthy and to help manage your diabetes. Lots of adolescents with type 1 diabetes find it hard to be active. This might be because they worry about low blood sugar levels or are not sure how to manage changes in insulin or what they eat around activity. At the moment there aren't any programmes specifically for adolescents that provide support for being active.

Our team is looking to develop a programme to support adolescents with Type 1 Diabetes to be active. This would provide advice on how to manage blood sugar levels with activity and help encourage young people to be activity. We need your help in thinking about how we do this and what the programme should include.



Why have I been approached to take part?

We would like to hear from adolescents (aged 12-18 years) with type 1 diabetes. We believe you might be able to help us to develop new ideas about how to support adolescents with type 1 diabetes to be active.

What would taking part involve?

If you agree to take part you would take part in an informal chat (interview) with one of the research team. This would take place over the telephone or using a video call on Zoom or Microsoft Teams.

The research will ask some questions about your experience of T1D, with a focus on management around physical activity. There are no right or wrong answers to these questions. We are interested in your own experiences. The interview will be audio recorded and will last for about 45 minutes.

We would like you to join the interview from a quiet and private space, so that you are free to talk to us without interruptions and can concentrate on the interview. You can be joined by a parent or carer if you'd like.

What will happen to the results?

What you say in the interview will be recorded. The recordings will then be sent to someone who will type it out into words and remove any names.

We will use what you say to produce a report that we will publish in a academic article and present at conferences to people interested in type one diabetes. We can also share what we find with you.

What are the possible benefits of taking part?

By taking part, you will help us gather information which will be used to help develop a programme to support adolescents with type 1 diabetes to be physically active.

As a thank you for your time you will receive a £25 voucher for taking part in this research

What are the possible disadvantages and risks of taking part?

We do not think that there are any downsides to taking part. However, if you find talking about any of these topics to be uncomfortable or upsetting, you can decide not to answer a question.

How will my information be kept confidential?

All information collected in this study will be kept strictly confidential and stored on password protected computers, which can only be accessed by the research team. You will be allocated a unique participant number, to ensure your information will be protected and cannot be identified by anyone outside of the research team. Any personally identifiable information will only be kept for a limited time (up to five years) and securely destroyed at the end of the project. The only exception to this would be if you disclose something that presents a safeguarding risk, either concerning yourself or another person. At that point, for safety reasons, we would share this information with appropriate services.

We will use professional transcribers to change the recording of the interview into written text. They will be asked to sign a Confidentiality Agreement. This means they will keep the information from the interviews safe and secure.

All data will be identified only by a code, with personal details kept separately in a secure computer with access only by the immediate research team. The only exception to this will be if you tell us something that suggests a serious risk to any person (including yourself). At that point, for safety reasons, we will share this information with appropriate services, but if possible, we will try to let you know we will do this first.

These interviews are being led by the University of Exeter. The University of Exeter processes personal data for the purposes of carrying out research in the public interest. The University will try to be clear about using your personal data and this information sheet should explain this. If you have any questions, please speak to the researchers.

Your rights to access, to change, or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study prior to your interview, any personal data can be withdrawn. After taking part in the interview, you will be given 14 days to indicate if you want to withdraw your research data (i.e., interview data). If withdrawal of this research data is requested, this data will be permanently deleted and not used in data analysis. If withdrawal of this research data is not requested, we will keep this data and you will not be able to withdraw it. Published data will be anonymous. However, you can request withdrawal of personal data at any time point by contacting the Principal Investigator.

You can also find more information about how the University uses personal data here and what to do if you are unhappy with how your data are being handled: <https://www.exeter.ac.uk/privacy/research/>

What if there is a problem?

If you have any questions or concerns about our project, either now or in the future, or would like to talk to us about the project, you can contact us at any time.

My email address is e.j.cockcroft@exeter.ac.uk and my phone number is 01392 722764 or 07476 943278

Do I need to take part and what will happen if I don't want to carry on with the study?

No you do not need to take part. It is entirely up to you to decide. This information sheet has been written to help you decide if you would like to take part or not. Please talk to your parent or carer about taking part.

If you do decide to take part you are also free to change your mind and withdrawal from the study at any time, without giving a reason.

Sources of support

Further support and information for people with T1D is available from these organisations:

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

<https://www.diabetes.org.uk/>

JDRF

<https://jdrf.org.uk/>

Thank you for taking the time to read this information sheet and to consider this study. Please discuss taking part with your parent/carers.