



## Participant Information Sheet – Child 8-12 (Phase 2,3)

# Study title: Relationships in Good Hands Trial (RIGHT)

*To be shown to and read by adults who care for child, if required.*

We are inviting you and *adults who care for you* to take part in a study called **Relationships in Good Hands Trial (RIGHT)**.

Research helps us to find out the answers to important questions and we would like your help in doing so. Before you decide if you want to take part, please read this information and discuss it with the adults who care for you. You can ask us if there is anything that you don't understand or if you would like more information from us.



### ▪ Why is this study being done?

There are different ways to help children who might be struggling with how they feel inside and how they act or behave on the outside. We sometimes call this our 'mental health' and there are different ways to help children feel better with it. The people who can help are adults, sometimes doctors or nurses, who work and help children in what we call 'services.' Each service has a different way of helping children. This study is trying to find out which way is best for children who are between 5 and 12 years old and who live in a foster or adoptive family.

### ▪ Why me?

We are inviting you because you are between 8 to 12 years old and your health team is looking for a way to help you better manage your mental health. We will invite around 240 families to take part in this study.

- **Do I have to take part?**

No, it is up to you. If you want to take part now, you can still change your mind later. If you decide later that you want to stop taking part, just tell adults who care for you and they will let us know.

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- **What will happen to me if I take part?**

If you decide to take part, we will invite you and adults who care for you for two visits. The first visit will be very soon and the second visit after a year. During your visits a friendly adult



called a researcher will ask you and adults who care for you some questions about yourself, and you will play some fun games. We would like to video record a small part of the visit if that is ok with you.

After the first visit, the researcher will find out from the computer which service you will get. The computer decides without us knowing between two available services, just like if you were tossing a coin. Once we know, we will let your health team know, and they will arrange the service for you.

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- **What happens if something goes wrong?**

We are not expecting anything to go wrong. For each visit you will need around 2.5 to 3 hours of your time. If at any time during the visit you get tired or upset, we will help you and adults who care for you. We will take a break and, if necessary, we can see you another time.

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- **Who will know I am doing this?**

The people in our research team and your health team will know you are taking part. We will tell your family doctor if adults who care for you are OK with that. No one else will know. We must protect all your details like your name or address very carefully and not share them with anyone. We need to keep all the documents and records about you in locked cabinets and computers where no one else can see them. To ensure that no one (except researchers)

knows that you are in the study, you will get a study number that will be used on all documents instead of your name.

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- **What happens once the study is finished?**

Once the study is finished, we will let other researchers know what we found out. We will write about it in the medical magazines and talks at conferences, but we will not use anyone's name. We would also share the information (where no one can be recognised) with other researchers interested in this topic, so we can all learn as much as possible.

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- **Who is conducting the research?**

This study is done by researchers that are experts in children's mental health. They are based in the University of Glasgow, University of Oxford, and University of Nottingham.

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- **Did anyone else check the study is OK to do?**

The study has been reviewed by an Ethics Team. They make sure that everything we do is suitable for children.

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- **How can I find out more about this study?**

Adults who care for you have more detailed information and can answer your questions. You can ask us on 0141 201 9239 Research Fellow Dr Lucy Thompson

**THANK YOU for taking the time to read this information sheet.**