



## CO-production of a Nature-based Intervention For children with ADHD Study (CONIFAS) – User Testing

### PARTICIPANT INFORMATION SHEET: CHILDREN AND YOUNG PEOPLE

We are asking you and your parent or guardian to help us to:

**Try a new way for children and young people with ADHD  
to play in nature to help their health!**

Before you decide if you want to join in, it is important that you understand why we are doing this and what will happen if you take part. Please read this leaflet carefully with your family.

If something doesn't make sense or if you have any questions, you can ask your parent to ring us and we can discuss your questions with you and your family.

### Why are we trying to create this new way for children and young people to interact with nature?

Sometimes, children and young people with ADHD find it difficult to concentrate and are distracted easily, or sometimes they have a lot of energy. This can make them feel tired out and a bit worried. Playing outdoors in nature may help these children and young people to cope with their ADHD and be happier. To see if nature might help, we'd like you and your parent or guardian to help us test a fun new way for children and young people with ADHD to be outside and get the most out of being in nature.

## Why have I been asked to take part?

You have been asked to take part because you might have some great ideas about how we could make being outdoors in nature fun and valuable for children and young people with ADHD.



## Do I have to take part?

No, it is your choice if you want to take part in this project.

If you decide you do want to take part but then change your mind and want to stop, that is absolutely fine. You can tell your parent or guardian if you would like to stop and you will not have to carry on with the study.

## What will happen if I take part?

You and your parent or guardian will try out a new activity that will include doing different things with nature outside or inside your home. You will be given a box that has a booklet for your parent or guardian, an activity book for you, some activity cards with information about lots of different things you can do in nature. It also includes a calendar to help you complete the '10 minute challenge', and a game to get you started.

The '10 minute challenge' is a challenge to see if you can do an activity outside in nature or using nature in your home every day, or maybe you can do more than 10 minutes! You can choose whatever you want to do, and if you run out of ideas the activity cards have ideas of things to do as well.

You can pick whichever activities you like. You can also use your imagination and choose your own games to play in nature!

We will then ask you and your parent or guardian what you thought of doing these activities.

### What if there is something I don't like?

If there is anything you don't like or if there is a problem, you can talk to your family or any of the researchers. You can ask your family questions or ask them to ring the researchers whenever you want to.



**Thank you for reading this –  
you can ask any questions if  
you have them!**