



PARTICIPANT INFORMATION SHEET: PARENT/GUARDIAN

Study title: CO-Production of a Nature-based Intervention For children with ADHD Study (CONIFAS) - User Testing

We would like to invite you and your child to take part in the CONIFAS research study. Before you decide whether or not to participate, it is important that you understand what the research is about, why it is being done, and what it will involve.

A researcher from our team will go through this information sheet with you and answer any questions you may have. We encourage you to discuss this information with other people if it will help you to decide whether or not to take part.

Please ask us if anything is unclear or if you would like any further information. We encourage you to take time to consider whether or not you would like yourself and your child to participate.

What is the purpose of the study?

The main aim of this present study is to test and gather feedback on a new intervention to support children with ADHD with families to engage with nature. The intervention has been designed in partnership with families, children with ADHD, a range of relevant professionals, and our team of researchers. We are seeking to understand whether this intervention is accessible and acceptable as a self-directed tool for families to use at home.

What is a nature-based intervention?

Nature based interventions use the outdoors, nature, and wildlife to support people to manage their mental health. **Evidence suggests that spending time in nature can be beneficial to children with ADHD.** Research has suggested this is due to the opportunities for children to engage in physical activity or 'burning off energy', learning new skills such as attentional control, and relaxation and immersion in the sensory aspects of the outdoors. Evidence suggests spending just a short amount of time outdoors each day can lead to significant benefits to wellbeing.

Why have we been approached?

You and your child have been chosen as you have indicated that your child has a diagnosis of ADHD and has experiences that we are interested in. **We believe that you can provide valuable feedback about the usefulness and acceptability of the new intervention.**

Do we have to take part?

No. **Participation is entirely voluntary.** If you agree to take part now you can still withdraw at any point during the study if you want to. You do not have to give a reason if you decide to withdraw.

What will we have to do if we agree to take part?

We would like you and your child to test this intervention during a period of 6 weeks. If you both agree to participate in the study we will ask you to complete a consent form and your child to complete an optional assent form, if they would like to, to prove that you understand what we are asking of you and that you are happy. We will then ask you to complete some short questionnaires to give us information about your child before using the intervention.

Following this, we will ask that you both use the intervention in a way that suits you for a period of 6 weeks. This includes receiving a box containing:

- **Education booklets for yourself and your child**
- **Activity cards to help you get started**
- **Taking on our challenge to interact with nature for at least 10 minutes each day.**

We would like you to complete a ‘diary’ to record your experiences of using the intervention. Once you’ve used the intervention for 6 weeks, we will ask you to complete some of the same questionnaires you did at the beginning of the study to give us information about your child after using the intervention.

What are the possible disadvantages and risks of taking part?

The research team does not foresee any disadvantages or risks to participating in this research study. Some of the activities in the intervention will need to be completed outdoors which may include typical risks associated with this such as slips, trips, and falls. If you believe there may be any particular risks for yourself and/or your child related to this please inform the research team.

What are the possible benefits of taking part?

Taking part in this study will offer you and your child an opportunity to contribute to the creation process of a nature-based intervention for children with ADHD. This study may also inform health and education professionals who may help children and young people in the future. You will receive a £20 voucher after completing the final questionnaires as a thank you for your time.

What if there is a problem?

If you have a concern about any aspect of this research study, you can speak to the research team who will do their best to answer your questions. Contact details for the researchers are listed at the end of this document.

If you wish to place a complaint to the joint chief investigators of this research study, please contact:

Dr Hannah Armitt
Senior Research Clinical Psychologist
Research and Development, Humber
Teaching NHS Foundation Trust
Research Team, Willerby Hill
Beverley Road, Willerby
HU10 6ED

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Dr Peter A Coventry
**Senior Lecturer in Health Services
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of York
Seebohm Rowntree Building, Heslington
York, YO10 5DD

Tel: 01904 321 528
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If you remain unhappy and wish to complain formally, you can contact:

Sinead Audsley
Research Manager
Leeds and York Partnership NHS Foundation Trust
Leeds, West Yorkshire
LS7 3LA

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E-mail: sinead.audsley@nhs.net

What will happen if we don't want to carry on with the research?

You are free to withdraw from the research study at any time, without providing a reason. Withdrawing will not affect any care that you and/or your child receive from any services. Any personal data will be retained up to the date of withdrawal, unless you specifically request for your or your child's data to be removed.

Will taking part in this study be kept confidential?

All information collected during this research study will be kept strictly confidential. Any information collected about you and/or your child will have your name and address removed so that you cannot be identified from it. Copies of the consent forms which contain your name will be held securely at Leeds and York Partnership NHS Foundation Trust (LYPFT) sites for monitoring purposes. Once the study is complete, all information collected,

except contact details, will be kept for five years. Your and your child's information may also be looked at by other people involved in running or supervising the study to check that it is being carried out correctly. Our procedures for handling, processing, storage, and destruction of data are compliant with the Data Protection Act 2018.

LYPFT will collect information from you and your child for this research study in accordance with the General Data Protection Regulation (GDPR) and will act as the data controller. This means that we are responsible for looking after your information, using it properly, and ensuring that the research study is compliant with GDPR at all times.

LYPFT will use your name and contact details to contact you about the research study, to make sure that relevant information about the study is recorded for your care, and to oversee the quality of the study. Individuals from LYPFT and regulatory organisations may look at your research records to check the accuracy of the research study. LYPFT will hold these details along with the information collected from you and your child. The only people in LYPFT who will have access to information that identifies you will be people who need to contact you or audit the data collection process. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

How will my data be used?

LYPFT is the sponsor for this study. We will collect information from you for this research and will act as the Data Controller. This means that we are responsible for looking after your information, using it properly, and ensuring this research project is compliant with data protection laws.

LYPFT will use your name and contact details to contact you about the research study, and make sure that relevant information about the study is recorded to oversee the quality of the study. Individuals from LYPFT will hold these details along with information collected from you. **The only people in LYPFT who will have access to information that identifies you will be people who need to contact you or audit the data collection process.** The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

For more information about how your data is used in research please visit <https://www.leedsandyorkpft.nhs.uk/research/> and click on the heading 'How we use your information for research'.

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 research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimally personally identifiable information possible.

What will happen to the results of the research study?

When the study has finished we will present our findings at conferences and we will put the outcomes in research papers and on websites so that it can inform future support for children with ADHD. **All data that is publicised will be anonymous**, which means that you or your child will not be identifiable.

Who is organising and funding the research?

This study is organised and run by LYPFT's Child Oriented Mental Health Innovation Collaborative (COMIC) research team, Humber Teaching NHS Foundation Trust, and the University of York. It is funded by the National Institute for Health Research's (NIHR) Research for Patient Benefit (RfPB) funding stream. This study is also supported by the Yorkshire Wildlife Trust and the ADHD Foundation.

Who has reviewed this study?

This study was reviewed and given favourable ethical opinion by the University of York's Department of Environment and Geography Research Ethics Committee. It has also been approved by the Research and Development department at LYPFT

Contact for further information

If you would like any further information or have any additional questions, please contact:

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Thank you for taking the time to read this information sheet.

If you and your child decide to participate in the study, you will be given this information sheet and a copy of your signed consent form to keep.