



PARTICIPANT INFORMATION SHEET: PROFESSIONALS

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

We would like to invite you to take part in the above research study. Before you decide whether or not to participate, it is important that you understand what the research is, 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 there is anything unclear or if you would like any further information. We encourage you to take time to consider whether or not you would like to participate.

What is the purpose of the study?

We know that children and young people with ADHD are highly creative and dynamic and sometimes experience excessive activity and energy which can affect their attention and behaviour. Developing skills to help support these difficulties can be helpful for education, relationships, and general mental wellbeing. It can sometimes take a long time to access this support which might impact upon the difficulties children and young people with ADHD experience.

Engaging with nature has been shown to have a positive impact on the things children and young people with ADHD may have difficulties with. Although policies are increasingly moving towards prescribing 'green treatment' (such as outdoor exercise and learning), these are not yet designed for children and young people with ADHD.

The main aim of this study is to co-design a nature-based intervention, or tool, specifically for children and young people with ADHD with children, families with lived experience, and professionals who have relevant experience.

What is a nature-based intervention?

Nature based interventions use the outdoors, nature, and wildlife to support people to make changes to their mental health and behaviour. Evidence suggests that spending time in nature can be beneficial to children and young people with ADHD. Green/blue spaces have been associated with alleviations in ADHD symptoms via the availability of space and the associated benefits of physical activity to 'burn off' excess energy, and the relaxing effects of natural spaces can impact on a number of behavioural difficulties seen in ADHD.

There is increased recognition of the potential of preventative nature-based interventions with recommendations for increases in the public health budget for programs promoting access to green space in the NHS in Child and Adolescent Mental Health services (CAMHS). The NICE guidelines for children with ADHD also recognise the need for a healthy lifestyle through physical activity and social connectedness.

Why have I been chosen?

You have been chosen as you have relevant professional experience. We believe that you may be able to provide valuable insight throughout our project.

Do I have to take part?

Participation is entirely voluntary. You do not have to take part in the study. If you agree to take part now you can still withdraw at any point during the study if you want to.

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

This study is a “co-production” study, which means that we want you to have an equally important role in everything that we do. We wish to work in partnership with you and your views and ideas will be central to our work. This study involves four separate phases involving different activities and we ask that you attend phases 1, 2, and 4. We ask that you please attend each phase, and please let us know in advance if you cannot attend an activity.

In-person events will be held at Barlow Common and run in partnership with Yorkshire Wildlife Trust staff. This venue has parking, public transport links, and accessible toilets (please see the Workshops Additional Information sheet for more information about the location). Lunch will be provided when you attend an in-person event.

- **Phase 1 - Discovery Phase August 2022:**

The first step is to understand the problem we are hoping to address. To do this, we will explore what the main areas of difficulty may be for children with ADHD, what the current barriers are, how we could create change, and how nature-based activities could be useful. You will be supported during these discussions, but we want your experiences and ideas to lead us.

- 1) We will hold workshops with parents and children during which we will discover their views on what the challenges are for children with ADHD and how nature-based interventions may support them. You will not attend these workshops.

- 2) We will then be holding a half-day, in-person workshop with relevant professionals to explore your views on what the challenges are for children with ADHD and how nature-based interventions may support them. We will try out some nature-based activities.

- **Phase 2 - Define Phase September and November 2022:**

Next, we will all use the information from the first workshops to develop a nature-based intervention.

- 1) We will hold more workshops with parents and children during which we will try some more nature-based activities and begin talking about what our intervention may look like. We will look at some existing tools for inspiration, discuss what elements are important, and how to make it user-friendly and fit for all families. You will not attend these workshops.
- 2) We will be holding another half-day, in-person workshop with professionals to explore your views on what the intervention should look like, what elements are important, and how it may align with support provided by Child and Adolescent Mental Health Services (CAMHS).
- 3) In November, parents, children, and professionals will all come together at a half-day, in-person workshop to share their thoughts and to finalise the intervention.

- **Phase 3 - Development Phase January - April 2023:**

The research team will then go away and recruit new children and families to test the intervention that we have created. This is to gain outsider views on what works and what can be improved. We will keep you updated with how this goes. You will not be required to do anything during this phase.

- **Phase 4 - Delivery Phase TBD:**

During the final phase we will look at the results from the user testing together to improve our intervention and overcome any difficulties. We will then create a booklet and guidance describing our final 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. You will be asked to attend a day participating in nature-based activities, which may be outdoors, during the study and so typical risks associated with being outdoors apply. If you believe there may be any particular risks for yourself related to this please complete the risk form and let a member of the research team know as soon as possible.

What are the possible benefits of taking part?

Taking part in this study will offer you an opportunity to contribute to the creation of a nature-based intervention for children and young people with ADHD. You will be able to share your ideas, thoughts, and experiences about this along with other professionals and families. This study may also inform health and education professionals who may help children and young people in the future.

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

Tel: 01482 301 726
E-mail: hannah.armitt@nhs.net

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

Tel: 01904 321528
E-mail: peter.coventry@york.ac.uk

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

Tel: 07779 416 847
E-mail: sinead.audsley@nhs.net

What will happen if I 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. As you will be working with a team of other professionals in workshop formats, information collected up until the point at which you choose to withdraw will still be used. Any personal data will be retained up to the date of withdrawal, unless you specifically request for your data to be removed and destroyed.

Will my taking part in this study be kept confidential?

All information collected during the course of this research study will be kept strictly confidential. Any information collected about you 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 sites for monitoring purposes. Once the study is complete, all information collected, except contact details, will be kept for five years. Your 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.

Leeds and York Partnership NHS Foundation Trust will collect information from you for this research study in accordance with the General Data Protection Regulation 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.

Leeds and York Partnership NHS Foundation Trust 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 Leeds and York Partnership NHS Foundation Trust and regulatory organisations may look at your research records to check the accuracy of the research study. Leeds and York Partnership NHS Foundation Trust will hold these details along with the information collected from you. The only people in Leeds and York Partnership NHS Foundation Trust who will have access to information that identifies you will be people who need to contact you for follow-ups in the research study 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?

Leeds and York Partnership NHS Foundation Trust is the sponsor for this study. We will collect information from you for this research study 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.

Leeds and York Partnership NHS Foundation Trust 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 Leeds and York Partnership NHS Foundation Trust will hold these details along with information collected from you. The only people in Leeds and York Partnership NHS Foundation Trust 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 results 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 research study is organised and run by the Leeds and York Partnership NHS Foundation Trust's children's research team, the Child Oriented Mental Health Innovation Collaborative. 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 Humber Teaching NHS Foundation Trust, the University of York, the Yorkshire Wildlife Trust, and the ADHD Foundation.

Who has reviewed this study?

All research is reviewed by an independent group called a Research Ethics Committee (REC). This study was reviewed and given favourable ethical opinion by the University of York's Department of Environment and Geography REC. It has also been approved by the Research and Development department at the Leeds and York Partnership NHS Foundation Trust.

Contact for further information

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

Leah Attwell
Research assistant
COMIC research, IT Centre
Innovation Way, York
YO10 5NP

Tel: 07790 892045
E-mail: leah.attwell@nhs.net

Ellen Kingsley
Research fellow/trial coordinator
COMIC research, IT Centre
Innovation Way, York
YO10 5NP

Tel: 07870 992859
E-mail: e.kingsley@nhs.net

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