

Information for Young People

BRIGHT: Brushing RemInder 4 Good oral HealTh



What is BRIGHT?

BRIGHT is a research project which aims to find out how we can help young people stop getting tooth decay and toothache and your school has been chosen to take part. If you are in Year 7 or 8 and have a mobile telephone, we would like to invite you to be in the BRIGHT study.

Some classes at your school will get a lesson about dental health and the students in those classes will get text messages if they want to. Some classes will not be getting the dental health lesson or the text messages. This is so we can compare them. A computer will randomly decide this, like tossing a coin.



Why are we doing this research?

Researchers from Cardiff and Vale University Health Board, Tayside Health Board and the universities of Dundee, Sheffield, Cardiff, Leeds and York (York Trials Unit) are doing this research. We want to find out if a lesson about dental health and then text messages can help young people look after their teeth, because tooth decay is very common and affects many young people's daily lives.



Do I have to take part?

No, you can decide whether you would like to take part. Please read this leaflet and talk about it with your parents/carers and the researchers visiting your school. Your school will check with your parents/carers that they are happy for you to take part. You can ask us more about the research. Our contact details are on this leaflet.



If you don't want to take part, it won't change things at school, or your usual dental care, and you do not have to give us a reason. If you choose to take part now, you can always change your mind later on. If you want to stop taking part in BRIGHT, please let your teacher, parent/carer, or a researcher/dentist who visits the school know. If you just want to stop getting the text messages, you can reply STOP for free to the text message. If you stop taking part, we will keep information about you that we have already collected.

What will I be asked to do?

If you want to take part, you will need to:

1. **Write and sign your name** on a consent form so we know you want to take part.
2. Be willing to **share your mobile phone number** with the research team. The phone number will be stored safely. If your class is chosen to have text messages, the messages will only be about toothbrushing.
3. **Answer some questions.** The questions are not difficult. We just want to find out things about your health and your teeth. We will send a paper booklet to you at school with the questions in, 6 or 8 times over 3 years.
4. A dentist and dental nurse will visit your school. You will need to **let the dentist see your teeth**. This will take about 10 minutes and will be done at school. The dentist will check your teeth and may also ask you to brush your teeth. This will happen 3 times: 1) at the beginning of the study, 2) 2 years after that, and 3) another year later. You might be asked to let the dentist see your teeth again on the same day or in the same week, this is so we can check how good the dentist is at checking your teeth.

Some young people may also be asked to talk to one of the BRIGHT researchers about what it was like taking part in the project. Deciding whether to take part in this will not change your participation in BRIGHT.

Your school will tell us some things about you, such as the number of days off school you have had and your home postcode. We will ask your parents/carers some questions too.

We may also use your information (such as your name and postcode) to find out other information about your dental health, that is collected by the NHS, for up to 5 years at the end of BRIGHT (such as NHS Digital and NHS National Administrative Health Data).



Will this study help me?

If you choose to take part, we hope you will enjoy it; it is a good chance to be part of a large important research project. Although taking part may not help you directly, we hope what we find out will help other young people in the future to have healthy teeth.

If you complete the questionnaires and dental assessment at the beginning of the study, you will be given a £10 shopping voucher. If you complete the questionnaires and dental assessment at the end of the study, you will be given a £5 shopping voucher to say thank you for your time.

Are there any risks?

There are no known risks to you from taking part in the study. You don't have to tell us about anything you don't want to.

What happens to information about me?



The University of Dundee, Tayside Health Board, and York Trial Unit (University of York) will make sure that the information we collect about you is used properly.

All information about you will be kept confidential (private). This includes your phone number, the information your school gives us, the information collected by the dentist, the answers your parents/carers give, and the answers you give in the questionnaires. We will use numbers, not your name, to identify the information.

Personal information we collect about you during the study will be stored safely in York Trials Unit, University of York (your mobile telephone number, name for text messages, and any text messages you send back will also be stored at the University of Dundee). We will keep personal information about you until the youngest person in the study is 25 years old.

Certain people from Cardiff and Vale University Health Board, Tayside Health Board and the universities of Dundee, Sheffield, Cardiff, Leeds and York (York Trials Unit) will collect information about you for this study and will be able to see your name and contact details. We may share information with other researchers to help other research in the future, but they will not be given your name.

Sometimes other responsible people need to check the research is being done well and they may look at the information collected about you. To help keep you safe, we may need to let your parent/carer or your school know if a response you give raises concern.

Questionnaire 
BRIGHT

How often do you usually brush your teeth?

More than three times a day

Three times a day

Twice a day

Once a day

The information will help us find out what makes young people look after their teeth better. Your name will not be used in any reports we write.

You can find out more about how we use your information by contacting the research team or looking in the Parent/Carer Information Sheet that was sent to your home (available here: <https://www.york.ac.uk/healthsciences/research/trials/research/trials/bright/>)

What else do I need to know?

The study will not replace your regular visits to see a dentist and you will still need to visit your dentist as normal. If you have any problems with your teeth you should see your **own dentist**. All researchers working on the project who have contact with you have undergone security checks. This study was funded by the National Institute for Health Research, Health Technology Assessment (NIHR HTA; project number 15/166/08).

If you are unhappy about anything to do with the project, you should tell your parents/carers and teacher, or you can contact the Chief Investigator (Professor Nicola Innes, University of Dundee) by phone (01382 381631) or by email (n.p.innes@dundee.ac.uk).

If you would like any advice from a person who is not part of BRIGHT, you can contact Professor Helen Rodd by email (h.d.rodd@sheffield.ac.uk).

What happens next?



Please complete a consent form and give it to your teacher. Your school will check with your parents/carers that they are happy for you to take part.

Your school will then let you know when you need to be seen by the dentist and when you need to complete a questionnaire.

If you have any questions, or want to talk to a researcher, please contact:

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Thank you for reading this information