



Imperial College London are carrying out research to find out about the physical activity that children do at school

You are being invited to take part in a research study. It is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with your child. Please contact us if anything is unclear or if you would like more information. Our contact details are provided at the end of this information sheet.

What is the purpose of this study?

Research has shown that increased physical activity may help to improve children's overall health and wellbeing. We are therefore investigating the importance of physical activity inside and outside of school to find out how physical activity can impact the health and wellbeing of primary school children.

Why have I been invited?

Schools throughout London have been invited to take part in this study. The school your child attends was approached, and they agreed to take part in this important research.

We would like to invite you and your child to take part in this study to find out more about your child's physical activity.



Do I have to take part?

Yours and your child's participation to take part in this study is voluntary. It is up to you to decide whether or not you wish to take part. If you decide to take part, both you and your child will need to agree, and you are both still free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

There are no adverse effects or disadvantages from taking part in this research. However if you have any concerns or complaints, please contact the Principal Investigator of the study, Professor Sonia Saxena, using the contact details at the end of this leaflet.

What does participation involve for me and my child?

We will arrange a convenient time with your child's school to take measures of your child's height and weight. Please let us know if your child has any important health issues that may affect their everyday activity, such as a pacemaker.



Your child will be given a watch sized wrist pedometer to wear. The pedometer should be worn for 7 days and should not be taken off. It needs to be worn at all times and during all activities, including during a bath/shower and whilst sleeping. The pedometer collects information about your child's different levels of activity.

We will give your child an information pack which includes instructions on how to wear the pedometer and how to return it. Advice on what to do if your child is finding the pedometer uncomfortable to wear, will also be included.

The pack will also include two questionnaires, one for you, and one for your child. Your questionnaire includes questions about your child's health and the activities they do, and a few questions about your own general health. Your child's questionnaire includes questions about what they think about their general health. You will need to complete this with your child.

After your child has worn the pedometer for 7 days, please place it into the information pack along with both your and your child's completed questionnaire. Your child should return the pack to their class teacher. We will collect these from the school. When we receive your

questionnaires and pedometer back, your child will receive a **£5** shopping voucher as a thank you.

What are the benefits of taking part?

You will be part of important scientific research that will help us to better understand how much physical activity children do in schools, and how this improves their health and wellbeing. We hope to follow-up the same children as they move through each year of primary school. However, we will contact you about this and there is no obligation to continue to take part if you do not want to.



Will my data be kept confidential?

Yes. Your child will be given a unique ID number. All the data collected from will not identify you or your child to anyone outside the research team.

What will happen to the results of the study?

We will publish the results from the study in scientific journals, but there will be no data that will identify you, your child, or your child's school. We will keep you informed of our results through yearly newsletters.

Who is leading this research?

This Principal Investigator is Professor Sonia Saxena based in the Child Health Unit in the Department of Primary Care and Public Health at Imperial College London. The research is a collaboration with experts from University of Cambridge, University College London, Tees-side and Loughborough Universities.

Who can I contact if I have any questions?

You can contact the iMprOVE study team by phone or email. Contact details are provided on the back of his leaflet.

My child and I would like to take part, what do I do next?

Please discuss this study with your child (a separate child information leaflet has been included) to ensure that they are happy to take part. Please complete the reply slip that was included with the letter and return this to your child's class teacher by the date shown on the letter.

PLEASE NOTE THAT FOR YOUR CHILD TO PARTICIPATE, YOU WILL ALSO NEED TO AGREE TO TAKE PART

Who has reviewed the study?

The study has been reviewed by the head of the Department of Primary Care and Public Health, and has been given full ethical approval by the Imperial College London Research Ethics Committee.

Contact for further information

If you have any questions about the study, please contact the iMprOVE Study team:

Tel: 020 7594 0879

Email: improvestudy@imperial.ac.uk

Alternatively, please write to us at:

iMprOVE Study

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