



BBC Terrific Scientific, Investigation 3: Time: Do I change when the clocks change

PARTICIPANT INFORMATION SHEET FOR PARENTS / GUARDIANS

Ethics Approval Reference: R49352/RE001

In partnership with researchers at the University of Oxford and The British Broadcasting Corporation (BBC), your child's school has agreed to take part in a study investigating the effects of the clock change (from Greenwich Meantime to British Summer Time) on sleep and reaction times. We would like to invite your child to be part of this study. We very much hope you are happy for your child to take part, but before you decide, it is important that you understand why the study is being done and what it will involve.

What are we trying to find out?

The project is part of a larger education campaign, where we are working with teachers to bring new lessons to the classroom. Part of the campaign involves collecting data on your child's sleep (when they prefer to go to bed, how long they sleep for), and how sleep affects their performance during the day. Performance is measured using reaction times. We are interested in finding out how the clock change affects amount of sleep and sleep quality and whether or not this has an effect on performance.

More information about the project can be obtained by contacting the team at the BBC (terrific.scientific@bbc.co.uk) or the research team (Christopher-james.harvey@ndcn.ox.ac.uk; Katharina.wulff@ndcn.ox.ac.uk).



What will happen if my child takes part?



Your child will be getting lessons in school about the planets, and about how the way the Earth revolves creates the 24 hour day, and how that affects our sleep wake patterns. During the period of the clock change, your child's teacher will be giving your child a sleep diary to record their sleep from the Wednesday before to the Wednesday after the clock change. Your child will be asked to fill this in every day for a week. They will also be giving your child a task in class to measure their reaction times. This task involves one student dropping a ruler and assessing how long it takes your child to catch it. We will also be giving your child a questionnaire to ask what their preferred times of day is- i.e. when they feel most alert.

All of the data will be gathered by the pupils and then put into an online survey to be sent to the researchers. The pupil's will be completing this work as part of their science lessons. We are asking for permission only for anonymous information about sleep and reaction times to be shared with us, at the University of Oxford.

What happens to the results of the study?

Results for each child are kept strictly confidential. Only a code number will be used to identify children, and all information and results are kept on secure servers operated by the University. Regular summaries of our findings will be given to the school and will be available to interested families.

If you agree for your child to participate in this project, the results from your child will contribute to a larger pool of data to be published on a BBC web page for the project. We also aim to publish our findings in scientific journals, but this may be two to three years from the end of the study. No-one will be in anyway identifiable from the information contained in these reports.

Research data (not sensitive/personal data) will be kept securely for a minimum of three years according to University Policy.



Statement of any benefits or risk

Your child will receive no direct benefit from sharing their data with us, but the information they provide will help us to better understand sleep in this population and how the clock change affects performance. There are no risks to your child in sharing their data with us. Whether they share the data or not has no influence on their school assessments.

Who is conducting this research?

The research project is organized by Dr Katharina Wulff, University Research Lecturer of Oxford University and Dr. Christopher-James Harvey, a researcher and teacher at the University of Oxford. The research is in partnership with the BBC and funded by the Wellcome Trust (Wellcome Trust Strategic Award

(098461/Z/12/Z) to the Oxford Sleep and Circadian Neuroscience Institute (SCNi). This study has received ethics clearance through the University of Oxford's Central University Research Ethics Committee, R49352/RE001

What if there is a problem?

If you have a concern about any aspect of this project, please speak to the project coordinator at the BBC (terrific.scientific@bbc.co.uk) who will do their best to answer your query. The coordinator should acknowledge your concern within 10 working days and give you an indication of how to deal with it. If you remain unhappy or wish to make a formal complaint, please contact the chair of the Research Ethics Committee at the University of Oxford (Chair, Medical Sciences Inter-Divisional Research Ethics Committee; Email: ethics@medsci.ox.ac.uk; Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD). The chair will seek to resolve the matter in a reasonably expeditious manner.

What should I do next?

If you have any questions about the study then you should contact the project coordinator, Matt Gallop. You are free to ask any questions about the study before you agree to participate. Participation is entirely optional and you can choose not to participate.

If you **do not** want to participate please fill in the enclosed form and return it to your child's class teacher. If you are happy for your child to participate then you do not need to do anything. Please remember that you may withdraw at any time before the stated deadline above without penalty and without giving a reason by notifying your child's teacher. If you would like to discuss the research with someone beforehand, please contact the project coordinator: terrific.scientific@bbc.co.uk;



BBC Terrific Scientific: Time Opt Out Form

If you **do not** want the information gathered during the course of the lessons by your child to be shared with researchers at the University of Oxford please **initial** the boxes below return this form to your child's school by **26th March 2017**. If we do not receive an opt-out form from you by this date, your child may be invited to take part in this study, as described in the accompanying information sheet.

I **do not** want information about my child's sleep to be shared

I **do not** want information on my child's reaction times to be shared

I **do not** want information on my child's time-of-day preferences to be shared

Parent/Carer Signature _____ Date _____

Child's School _____