

The National Institute for Health Innovation
School of Population Health
Tamaki Campus
The University of Auckland
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Participant Information Sheet – Principal

Games for Health

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Researchers: Professor Ralph Maddison, Dr Rinki Murphy, Dr Justin Heke, Dr Rosie Dobson, Dr Samantha Marsh, Dr Nilufar Baghaei, Varsha Parag

This survey is funded by the Health Research Council of New Zealand and is being undertaken by researchers at the University of Auckland. If you have any questions about the survey, please contact a member of the research team, Professor Ralph Maddison.

‘Games for Health’ is a study investigating games designed to improve knowledge about healthy lifestyle behaviours in young people. The study is randomised, which means the children will be randomly allocated to a control group or one of two games: Ari and Friends or Diabetic Jumper. The control group will also play a game, but the control game is not designed to improve knowledge about healthy lifestyle behaviours. We would like to work with your school to help recruit potential study participants. To help you decide if you would like your school to help with the recruitment process, please read the following information. Before you decide, you may want to talk about the study with other people, such as work colleagues. Feel free to do this.

Who is undertaking the research?

This study is being undertaken by researchers at the National Institute for Health Innovation (NIHI; University of Auckland), and UniTec. The research is funded by a Health Research Council Feasibility Study grant.

What is the purpose of the study?

We want to investigate whether serious games can be used to help young people understand their health better.

Who can take part in the study?

To take part in the study, we are looking for children who are:

- Aged between 9 and 16 years
- Have either a family history of type 2 diabetes, be overweight/obese, or have been told by their doctor that they are at risk for type 2 diabetes
- Be able to provide assent to participate in the study
- Speak and understand English
- Live in the Auckland region
- Have a parent/caregiver who:

- Is over the age of 18 years and able to provide written informed consent on behalf of the child to participate in the study (if the child is under 16 years old)
- Can speak and understand English.

Where and when will the study take place?

There are three options available. Parents will be asked to choose one of the following options.

Option 1: The baseline visit will take place at Tamaki campus, outside of school hours, with the parent present.

Option 2: The baseline visit will take place at your school, outside of school hours, with the parent present.

Option 3: The baseline visit will take place at your school, inside or outside of school hours, with a school staff member present (consent for a staff member to be present in place of the parent during the baseline visit will need to be given beforehand by the parent).

The 1-month follow-up can take place either in person at Tamaki Campus (with the parent) or your school (with the parent or staff member), or online.

What is involved if my school takes part?

If after reading the information sheet, you decide you would like for your school to be involved, then you will need to advise the School Board that NIHI wishes to engage with the school for recruitment and to use the school facilities for recruitment. You will then be asked to sign a form consenting to the use of the school grounds and staff for this study.

The individual school and school staff (e.g. teachers, school nurse) will decide how best to distribute the participant information sheets and consent forms to parents.

The NIHI research assistant will then book the child in with the school staff member for screening and baseline, or contact parents of potential participants on the list over the phone to explain the study in detail. If the parent is interested, the researcher will commence the screening procedure over the phone. If eligible, the researcher will then book the parent and child in for their baseline appointment:

1. At Tamaki Campus where they will attend with their child outside of school hours
2. At the school where they will attend with their child outside of school hours
3. At the school where the school staff member involved in the study will be present on behalf of the parent. In this instance, the staff member does not need to do anything other than be present. The parent will already have provided consent for the child to take part in the study.

After the baseline visit, a \$40 Countdown voucher will be sent directly to the parent of the participating child. The research assistant will also email the game to the parent.

The 1-month follow-up visit will take place either in person at Tamaki Campus (with the parent), at the school (with the parent or staff member), or online. A second \$40 voucher will then be delivered to the parent.

What are the benefits and risks of this study?

Possible benefits

Participation in the study will help us understand whether a serious game can be used to help children manage and understand their own health. To acknowledge Pt England Primary's time and involvement in this study, the school will receive a \$300 koha voucher.

Possible risks

There are no anticipated risks from taking part in this programme over and above the risks associated with playing a game on a mobile device.

Will the information be kept confidential?

While it is unlikely that a child may be identified, total confidentiality cannot be guaranteed. The study files and all personal information that the school and child provide will be strictly confidential. No material that could identify school or child will be used in any reports on this study. The National Institute for Health Innovation stores and backs up data either on The University of Auckland owned servers or on cloud services operated by a vendor with whom The University of Auckland have a contractual relationship. All computer records are password protected and paper records stored in a secure storage area. All future use of the information collected will be controlled in accordance with the Privacy Act, 1993. Any hard copy data will be kept in a locked cabinet in the Principal Investigator's office and kept separately from any other data.

During the study only the researchers and study monitors will have direct access to the children's information. This access will only be to check the accuracy of the information collected for the study and the information will remain confidential.

What are my rights?

Participation in this study is entirely voluntary (your choice). You do not have to take part. If you choose not to take part in this study you will not be affected in any way. You may withdraw from the study at any time, without having to give a reason. Your withdrawal from the study will not affect your future health care or your relationship with the University of Auckland. You are encouraged to ask questions at any time. In addition to parental consent, the assent of any child under 16 years old must be obtained for participation in research.

Who do I contact for more information or if I have concerns?

If you have any questions, concerns or complaints about the study at any stage, you can contact:

Professor Ralph Maddison

Research Fellow, National Institute for Health Innovation, The University of Auckland, Private Bag 92019, Auckland 1142.

Phone: 08003676444

Email: r.maddison@auckland.ac.nz

Or you can contact the Head of Department:

Associate Professor Chris Bullen

Telephone (09) 373-7999 x 84730.

Email: c.bullen@auckland.ac.nz

For any queries regarding ethical concerns you may contact the Chair, University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, University of Auckland, Private Bag 92019, Auckland 1142.

Telephone 09 373-7599 ext. 83711.

Email: humanethics@auckland.ac.nz

*Approved by the University of Auckland Human Participants Ethics Committee on the 01 of July 2019
for three years. Reference Number 022616.*

**Please keep this sheet for your information.
Thank you for taking the time to read about this study.**

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Consent Form Principal

Games for Health

This form will be held for a period of 6 years

Name of researchers: Professor Ralph Maddison, Dr Rinki Murphy, Dr Justin Heke, Dr Rosie Dobson, Dr Samantha Marsh, Dr Nilufar Baghaei, Varsha Parag

I have read the Participant Information Sheet, and I have understood the nature of the research. I have had the opportunity to use support of work colleagues to help me ask questions and understand the study and the questions have been answered to my satisfaction.

- I agree for my school to be involved in this study.
- I understand that taking part in this study is voluntary (my choice) and that I may withdraw from the study at any time.
- I agree that, if the school withdraws from the study, information collected up to the point of withdrawal may continue to be used in the study.
- I understand that the study information collect is confidential and that no material, which could identify either the school or study participants personally, will be used in any reports on this study.
- I understand that information may be shared with other studies or registers but that no information that identifies study participants personally will be used.
- I understand that any data collected as part of this study will be stored securely at The University of Auckland, in accordance with the Privacy Act, 1993, and that all electronic data will be stored on the University of Auckland servers or cloud services.
- I understand the possible benefits and risk of the study.
- I know whom to contact if I have any questions about the study in general.

As school principal, I give consent on behalf of this school:

_____ [name of school]

I agree that this school can take part in this research:

Signature: _____

Name (please print): _____

Date: _____

*Approved by the University of Auckland Human Participants Ethics Committee on the 01 of July 2019
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