

DIORA: Dynamic Interplay of Online Risk and Resilience in Adolescence

We invite you and everyone in your year group at school to participate in a study called DIORA. It's about digital activities and adolescents' mental health.

Please read this information carefully.

If either of you are not happy about you taking part, please, let your school know. To withdraw from the study, email your school by Friday the 1st March 2024.

Why have I been invited to take part?

We want to find out whether digital activities affect young people's mental health. We are inviting 300 young people aged 13 to 14 years old (Year 9/S3) to fill in online questionnaires 3 times over 12 months. We would also like a parent/guardian of each young person to fill in some online questionnaires if they agree.

Do I have to take part?

No, it is completely up to you. Even if you join the study, you can change your mind later.

What will happen if I take part?

If you choose to take part, you will be asked to complete online questionnaires 3 times over the next 12 months (a set of questions every 6 months). The questionnaires will be about who you are, what you do online and offline, your interactions with other people, and how your mental health has been.

The first questionnaire will be done at your school. It will take about 45 minutes.

Then, 6 months and 12 months later, we will ask you to complete online questionnaires again, though not as many. It's important that you do them again. In total, you'll spend about 2.5 hours taking part in this study.

We may ask some people to take part in a short interview. If you get an invitation to an interview, you can decide later.

Parents or carers

We will also ask your parent or carer to complete questionnaires about you and themselves. Just like you, they will do this 3 times over 12 months and it should take them about 25 minutes each time.

If you think your parent/carers would like to take part, please enter their contact details on the online form when asked to. Make sure that your parent/carers agrees for their contact details to be shared with us. We will then email or text them a link to a website where they can fill in the questionnaires at a time and place that suits them. Each will take about 25 minutes. They will have 7 days to do this, after receiving the link.

What do I gain?

As a thank you for taking part, you will receive a £15 Amazon gift card via e-mail for completing each of the 3 questionnaires and a bonus of £15 at the end for completing all 3 (£60 in total). If you take part in the interview, you will receive another voucher. You can sign up for the study only once. There are no vouchers for parents/guardians.

What should I do if I want to take part?

Your school will organise a session where you will be able to do the online questionnaire. Please, make sure your guardian knows about and agrees with your participation before you do the survey at school.

If you miss your school session but still want to take part, email us at DIORA@kcl.ac.uk.

What are the possible risks of taking part?

You might find some of the topics sensitive. For example, we ask about depression, anxiety, and negative experiences online and offline. By answering, you might become concerned about your wellbeing or be reminded of a negative experience. You can skip any question you want or leave the study at any time without telling us why. If you feel you need help with your mental health, please speak to your GP. Also, we will give you contact details for support organisations and websites in case you want to contact them.

Approval and data handling

Our study was approved by the Ethics Committee of the London School of Economics and Political Science (LSE), ref number 249287. This is an expert body that makes sure that the study is fair and ethical.

Your data will be processed under the terms of UK data protection law. We will always protect your privacy and ensure the confidentiality of your data. All information about you will be kept strictly confidential and any identifying details (your name, your contact details) will be removed. We will store your information securely and will not share it with anyone outside the project.

Where to get more information?

For more detailed information about the study, scan the QR code or follow this link: bit.ly/DIORAstudy



If you have any questions, please contact us at DIORA@kcl.ac.uk.

You can read about the project and the team here: <https://bit.ly/DIORA>

Thank you for reading this information sheet and for considering taking part in this research.