



An online Parenting Intervention to Prevent affective disorders in high-risk Adolescents:  
**The PIPA Trial**



## Young Person Information Sheet

### An online parenting intervention to prevent affective disorders in high-risk adolescents: The PIPA Trial

**Investigators:** Professor Andrew Thompson, Professor Jason Madan & The PIPA Trial Team

#### Introduction

You are invited to take part in The PIPA Trial, which is looking at preventing anxiety (feeling worried and scared) and depression (feeling sad) in young people. Before you decide whether you want to take part, you need to understand why this research trial is being done and what you would have to do. Please take the time to read this information carefully and talk to others about deciding to take part in the trial if you would like.

If you have any questions, or would like more information, there are details of who to contact at the end of this information sheet.

#### What are the possible benefits of taking part in this trial?

Taking part in this trial will help you and your family find out more about mental health and emotions. The results of this trial could help create better ways of helping young people and their families with their mental health.

#### What is the PIPA research about?

We think the internet is a good way to teach people how to deal with things like mental health. We have been working with researchers in Australia (at Monash University) on the 'Partners in Parenting' website to help parents/carers and young people with their mental health. We are trying to find out whether a personalised programme of nine online modules about parenting or a standard educational package which offers five factsheets, is a good way to help families learn about mental health. Over 400 families in England will take part in the PIPA research study.

#### Who is organising and funding the trial?

PIPA is being organised by the University of Warwick and led by Professor Andrew Thompson and Professor Jason Madan. It is funded by the National Institute for Health and Care Research, has been reviewed and

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approved by the University of Warwick's Biomedical & Scientific Research Ethics Committee (BSREC): BSREC 20/19-20 and is being sponsored by the University of Warwick.



### What would taking part involve?

We are inviting families of young people aged 11-15 years in the UK to be involved. The chart below shows what you will have to do if you agree to take part.



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- The online questionnaires will ask about your emotions and mental health and we will also ask about your age and gender. *(Our online questionnaires won't work in Internet Explorer. If you have any problems, you might need to try a different browser like Chrome or Edge).*
- Recruitment for the trial will finish in early 2023 so families that would like to take part must register before then.
- Around 30 parents/carers and young people will also be invited to do an interview about what it was like to take part in the trial. These interviews will be recorded and kept according to the University of Warwick's rules on managing personal information. If you and your family are asked to take part in an interview but you don't want to, this is completely fine and won't affect you taking part in the trial. We will be asking parents/carers and young people about this in 2022/23.

### Who can take part?

All of the information we will gather through PIPA will be online so you won't need to go to any meetings with the researchers. There are some things, however, that you must be able to say yes to, if you are to take part in the study:

- Are you between 11 and 15 years old?
- Has your parent/carer said that they are happy for your family to take part?
- Are *you* happy to take part?
- Do you understand what PIPA is about and what you would have to do?
- Do you have a mobile phone so we can text you?
- Do you have access to the internet to fill in the questionnaires?



You will also need to score a certain amount on an online questionnaire about your emotions. This is to make sure that the PIPA Trial is suitable for you and your family.

### What if I can't take part in the trial?

If you have answered NO to any of the above questions, or score a certain amount on the online questionnaire about your emotions, then, unfortunately, you won't be able to take part in the trial and we will let you and your parent/carer know.

If you have already given us some information about yourself and then find out that you can't take part, we will need to keep some information about you and your parent/carer. This is to make sure that you are not entered into the trial more than once. We will delete all this information once we stop inviting people to take part in the trial (early 2023).

### Do I have to take part?

No, you don't have to take part in the trial if you don't want to, this won't affect you or your family in any

way. If you do decide to take part in the trial but change your mind later on, this is also completely fine. You just need to let the research team know and you don't have to give a reason. More information about this is given later on in this sheet.

### **What are the possible disadvantages, side effects or risks, of taking part in PIPA?**

We have designed PIPA very carefully in order to minimise any disadvantages, however, there is a small chance that you may find some topics in the online questionnaires upsetting. If this happens you should speak to your parent/carer/a member of staff at your school. The research team will also be able to support you and your family by signposting to useful information. If the research team becomes concerned about you, we will follow guidelines on how to deal with this. This will likely involve a phone call from the team to your parent/carer/school.

### **Expenses and payments**

When we receive your completed 6- and 15-month parent/carer and young person questionnaires, the research team will send you a £25 voucher as a thank you for your time.



### **Will my taking part be kept private?**

Information we collect about you and your parent/carer will be kept private and we will follow rules to keep this safe. This will only be used to help us run the trial and we won't use this information for anything else without your permission.

Details about your gender, name, address and mobile phone number will be stored at Warwick Clinical Trials Unit. There will be also be some people helping us to make phone calls to parents/carers during the trial and your name and gender will be shared with them. When we've finished texting and phoning all families at the end of the trial (around the end of 2024), we will safely delete your name and contact details.

We need your contact details and address in case the trial team is worried about you and/or your parent/carer and is only collected in the unlikely event that we need to contact you or let other people know. This could include your parent/carer, school, doctors at Warwick Clinical Trials Unit and/or the emergency services.

You and your parent/carer will be given a code, made up of letters and numbers, which we will use as much as we can during the trial, instead of using your names. For example, there will be some times on the trial where other teams of people need to check that the information we are collecting is ok. We will use this code, instead of your name, so that they won't know who you are. These teams are used to checking this sort of information and this happens on other trials too.

Your school will not be told if you and your parent/carer decide to join the trial, except if we are worried about you.

### **What will happen to the information collected about me?**

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The University of Warwick needs to make sure that it is in the public interest when we collect the personal information of people who take part in research. We will only use your information to help us run the trial and not for any other reason.

The University of Warwick will act as the 'data controller'. This means that we are responsible for your information and will follow rules to help us make sure it is kept safe. Warwick Clinical Trials Unit will keep all documents and participant information for at least 10 years after the trial is finished. All trials need to keep such information for a while after trials have finished. This won't include your names and contact details.

Monash University (in Australia) will be a 'data processor' for the trial and the 'Partners in Parenting' website (where your parent/carer will enter information about themselves and you) will be managed by them and kept safe in a Google cloud in the UK.

All other information we collect about you and your parent/carer will be collected via the PIPA Trial database. Only people working on the PIPA Trial will be able to log into this database.

If you give us some information and then ask us to change it, we might not be able to. This is because we need to follow rules on managing information and manage it in specific ways to keep it reliable and correct.

For further information, please follow the link to the University of Warwick Research Privacy Notice which is available here:

<https://warwick.ac.uk/services/sim/privacynotices/research/>  
or by contacting the Information and Data Compliance Team at [GDPR@warwick.ac.uk](mailto:GDPR@warwick.ac.uk).

University of Warwick's rules about managing information:  
<https://warwick.ac.uk/services/sim/dataprotection>



## Sharing information

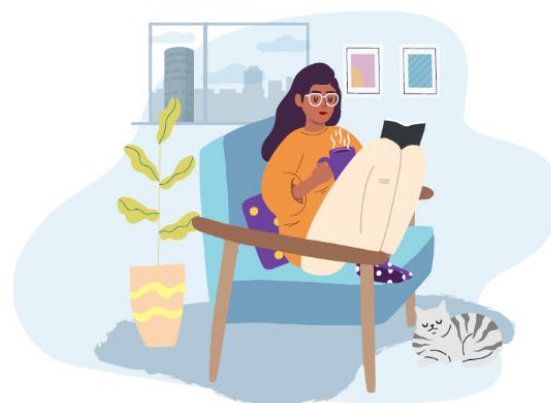
We will be using a text messaging service called 'Twilio' during the trial to help send out reminders to you to complete questionnaires. Your name and mobile phone number will be shared with 'Twilio' but this information will be deleted at the end of the trial (2024). Twilio's privacy statement can be found here <https://www.twilio.com/legal/privacy>.

If information is shared between the University of Warwick and other companies about the online questionnaires you fill in we will use your code and NOT your name, and the information will be kept anonymous. The only time your name and gender will be shared is with the people helping us to make the phone calls/texts during the trial and if we are ever worried about you.

We have data sharing agreements for all these reasons and information will be shared according to University of Warwick rules. We may use your anonymised information (not your name) for future research projects if your parent/carer lets us know at the start of the trial that this is okay.

## What will happen if I don't want to carry on being part of the trial?

Taking part in this trial is entirely up to you and you can stop taking part at any point without giving a reason and this won't affect you in any way. If you choose to withdraw, we will use any data that you have given us up to that point. Your parents/carers, however, can carry on working through the online resources if they want to. If you would like your parent/carer to stop completing the questionnaires about you, you can contact us and we will let them know that they will have to stop taking part.



## What will happen to the results of the trial?

We will write up the findings of this trial in a report and in some educational journals. You and your parent/carer will not be named in any of the publications. If you would like to find out about the results of PIPA after it has ended, please contact the research team on the email given at the end of this information sheet.

## Who should I contact if I want more information?

If, at any point during the trial, you have any questions, please contact the PIPA trial team using the details below:

Dr. Charlotte Connor – Assistant Professor  
Warwick Clinical Trials Unit, Warwick Medical School  
University of Warwick,  
Coventry, CV4 7AL  
Email: [pipa@warwick.ac.uk](mailto:pipa@warwick.ac.uk)  
Tel: 02476575078

## What if there is a problem?

This trial is covered by the University of Warwick's insurance and indemnity cover. If you have any worries about this trial, please contact the trial team:

The PIPA Trial Team  
Warwick Clinical Trials Unit  
Warwick Medical School, University of Warwick  
Coventry, CV4 7AL  
Email: [pipa@warwick.ac.uk](mailto:pipa@warwick.ac.uk)

## Who should I contact if I want to make a complaint?

Any complaint about the way you have been dealt with during this trial or any possible harm you might have suffered will be addressed. Please address your complaint to the person below, who is a senior University of Warwick official, entirely independent of this trial.

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**Head of Research Governance**  
Research & Impact Services, University House  
University of Warwick  
Coventry, CV4 8UW  
Email: [researchgovernance@warwick.ac.uk](mailto:researchgovernance@warwick.ac.uk)  
Tel: 024 7657 5733

If you would like to raise a complaint on how we have handled your personal information, you can contact our Data Protection Officer, Information and Data Director who will investigate the matter:  
[DPO@warwick.ac.uk](mailto:DPO@warwick.ac.uk).

If you are not satisfied with our response or believe we are processing your personal information in a way that is not lawful you can complain to the Information Commissioner's Office (ICO): [casework@ico.org.uk](mailto:casework@ico.org.uk)

**Thank you for taking the time to read this Young Person Information Sheet**

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