

**PARTICIPANT INFORMATION PACK**

We would like to invite you to participate in a research study titled:

**“Is the relationship between motivational climate and older adolescents’ enjoyment of and intention to continue in sport mediated by individual personality factors?”**

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**What is the research about?**

The aim of this study is to understand the factors that influence teenagers enjoyment of and intention to continue participating in sport. To do this, we are inviting teenage members of your school to complete a questionnaire that asks questions about coach and parent influences, the climate you have with your peers in the club, and other individual personality traits that you have that might help explain your enjoyment of and intention to continue participating in sport.

**Why is a questionnaire being used?**

The questionnaire helps us to focus on your perceptions. It is not a test, and there are no right or wrong answers. It also enables us to compare our findings with studies undertaken in different sports, or in different countries for example.

**Why is this research being done?**

Participating in sport is well known for providing a range of health benefits to adolescents. However, despite these benefits, the rates of physical activity decline substantially in the teenage years. There is research evidence that coaches, parents and peers can influence the psychosocial well-being of youth in sport. However, additional studies are required to assess the role of individual factors that affect adolescents’ enjoyment of and intention to continue in sport. Specifically, research is required to look at the relationships between parental, peer, and coach influence on adolescents enjoyment of and intention to continue in sport, whilst also assessing the role of the adolescent’s individual personality and general temperamental factors. This has never been done in the same study before.

**What will happen if you decide to participate in this study?**

If you agree to participate in the study, you will be asked to complete a structured questionnaire. The questionnaire will take no longer than 20-25 minutes to complete. The researcher will ask you to complete the questionnaire in your club/school with your coach/teacher present.

**How will you protect my privacy?**

Information given by you will not be identifiable since the questionnaire won’t ask you any personally identifiable questions. The completed hard copy questionnaires will be kept in a locked filing cabinet in the PI’s (Dr Ross Neville’s) office at the University. Only the MSc researcher (Carol Brennan) and the Principal Investigator (Dr Ross Neville) will have access to this data. These documents will be destroyed 12 months after the completion of the study in line with the PIs normal data management procedures.

**How will the data be used?**

Your school will receive some general information on the results of the study but no identifiable information will be provided. The results of the study will be used as part of a MSc dissertation and may be published in peer-reviewed journals, or presented at conferences. The questionnaire you complete will be anonymous and therefore any published results will not identify individuals and will be written with respect to confidentiality.

**Do you have to take part and can you withdraw from the study?**

Your participation in this study is entirely voluntary. Your decision whether or not to take part in the study will not influence or affect your school activities in any way, either positively or negatively. If you decide to take part in the study and you do fully complete the questionnaire, please be advised that there is no way for you to withdraw from the study. This is because the questionnaire you complete is anonymous, so, once you have completed it, there is no way to link it back to you.

**What are the benefits of participating in this research?**

There are no direct benefits to you in participating in this research; however, through your participation you will help us to gain a better understanding as to the factors that influence teenager’s enjoyment of and intention to continue in sport. This may inform future research studies or sports initiatives.

**What are the risks of taking part in this research?**

There are no risks involved in participating in this research. The questionnaire will ask you widely-used and standardised questions. If after completing the questionnaire, you would like to talk with someone about issues you think have been raised, there are a number of external supports available. These supports are listed in the table below. Alternatively you can contact the study PE, Dr Ross Neville, who will help you in contacting the relevant service to get appropriate support / advice.

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| Organisation | Telephone Support | Email / Online Support |
| Childline | Childline supports young people. The services are all free and confidential. Childline helps you figure out your own solutions and is here to listen.  | Free Call Helpline Phone Number: 1800 666 66624 hours per day; 365 days a yearText: 50101 | Instant messaging support available at “Chat to Us”https://www.childline.ie/ |
| Aware | Aware is a national voluntary organisation providing information on and support through depression for many people. These include individuals who are experiencing depression or related mood disorders; those who are concerned for a family member or friend; and also those who may be wondering if depression could be a factor for them | LoCall Helpline Phone Number: 1890 303 302Monday – Sunday: 10am - 10pm. 365 days a year | Email support: supportmail@aware.ie (Emails responded to within 24 hours) |
|  |  |  |  |
| Bodywhys | Bodywhys is a charity, which offers support, information and understanding for people with eating disorders, their families and friends. | LoCall Helpline Phone Number: 1890 200 444Monday, Wednesday & Sunday: 7.30pm – 9.30pm Tuesday, Thursday & Friday: 10.30am – 12.30pm  | Email support: alex@bodywhys.ie (Emails responded to within 3 working days).  |

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| **General Information** |  |
| [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) | This website is a place to learn about mental health, and how to support yourself and other people. You can find support services near you and learn about mental wellbeing. This website was developed by the Health Service Executive, the National Office for Suicide Prevention and partner organisations across the country. |
| [www.reachout.com](http://www.reachout.com)www.jigsaw.ie | **This website provides reliable information for young people aged 12-25 years-old on mental health and wellbeing.****Jigsaw supports to young people with their mental health by working closely with communities across Ireland.** |

**For further information:** Should you require any further information about this study or to help your decision as to whether your son may participate or not, please contact the Principal Investigator.

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