

**REthiNking Approaches to Excess Weight in AdoLescents (RENEWAL):** a randomised feasibility trial to assess a digital Intervention for managing excess weight in adolescents with overweight and obesity

## INFORMATION SHEET FOR YOUNG PEOPLE

My name is Melissa Little and I work at the University of Oxford in the Department of Primary Care in the Faculty of Medicine. I am inviting you to join in a research study.

Before you decide if you would like to join in, it's important to understand what the study is about, why we're doing it and what it would involve for you. Please read and think about this leaflet carefully. Please feel free to talk to your family, friends, or the researchers about it if you want.

If anything isn't clear or you have more questions you can ask your parent/guardian to give us a call and we can discuss it with you and your parent/guardian.

### Why are we doing this research?

We know that a lot of young people are over a healthy weight. We also know that many of those young people want to lose weight but don't know how or don't have the support they need. We want to find out if a weight loss app is a good way to support young people who are overweight to lose weight.

### Why have I been invited to take part?

We are inviting you to take part because you are a young person, aged between 13 and 15 years who is above a healthy weight. We are inviting 30 young people to take part.

### Do I have to take part?

No - It is up to you. We have already spoken to your parent and received consent, or permission, for you to take part however it is very important that we get your agreement, or assent, as well. We will ask you if you agree to take part before you sign up to the study. We will also give you a copy of this information sheet to keep. You are free to stop taking part at any time during the research without giving a reason, by telling Melissa or your parent/guardian that you don't want to take part. You don't have to give a reason and no one will be annoyed with you. It is YOUR choice.

### What will happen to me if I take part?

If you choose to take part in the study we will schedule a time to chat virtually and have you answer some question about your eating habits and self-esteem. We will also record your weight and height, age, gender, ethnicity and post-code. This chat will take about 20-30 minutes.

Once we have answered all the questions we will assign you to either an intervention group or a control group. This will be done randomly. If you are in the control group you will briefly chat about your weight with a Dietitian and you will be signposted to websites to help you manage your weight. You will not be contacted again for 12 weeks.

Young Person PIS

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IRAS Project number: 316058

REC Reference number: 22/NS/0143

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If you are assigned to the intervention group you will be given access to an app called Second Nature that supports healthy eating and physical activity. You will be asked to use this app for the next 12 weeks. The app will help you to track your eating, sleeping and physical activity. It also has lots of interesting articles and videos around how to maintain a healthy weight and a chat function where you can ask questions to a dietitian and chat to other young people on the programme. You will also be asked to do a virtual check-in with a dietitian at week three and week seven.

After 12 weeks you will be contacted again for a chat and you will be asked all the same questions you were asked at the beginning. Participants in the intervention group will then be asked to do a separate 30 minute interview to tell us what they liked or didn't like about using the app. If you are invited and decide to take part in this conversation you will be audio recorded.

You will be given a £20 voucher for answering the questions at the end of the study and another £20 voucher if you decide to do the interview.

### **What will happen to data collected about me?**

We will keep information about you for 5 years after the study has finished. Most of this will have a code instead of your name. Some research documents with personal information, such as consent and assent forms, will be held securely at the University of Oxford for 5 years after the end of the study. All data from the study will be anonymised at the end of the research. This means there will no longer be anything that links the data back to you. The law says you are in charge of your own information and get to decide how it is used. To make sure the research we do is right, sometimes when your information is used in research you don't get to decide everything. To learn more about what you can decide about your information (or 'your rights'), you can visit here: <https://compliance.web.ox.ac.uk/individual-rights>

### **What happens to the results of the study?**

The information you provide during the study is the **research data**. All your data will be stored on a secure drive of an encrypted computer accessible only to the research team; nobody else will have access to this data. What we learn from this study will be written up as part of a doctoral thesis and possibly published in a scientific journal. However, your name will not be on anything and nobody will know it was you taking part.

### **What are the advantages / disadvantages of taking part?**

The questions may touch on sensitive topics such as weight and self-esteem. You will not be required to reveal anything you are uncomfortable sharing and no identifiable information will be shared with anyone outside the research team. We are hoping that your input to this study will help us support children in the future to better manage their weight and feel good about themselves and their bodies.

### **Will anyone else know I'm doing this?**

We will keep your information private. This means we will only tell those who have a need or right to know,

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such as the research team and your parent/guardian. We will only share information that has your name and address removed.

**Who has reviewed the study?**

Before any research involving people can start, it has to be checked by a Research Ethics Committee to make sure that it is OK for the research to go ahead. This study has been approved by the North of Scotland Research Ethics Committee 2.

**What if there is a problem or something goes wrong?**

Please tell us if you are worried about any part of this study, by contacting the researcher at [Melissa.little@phc.ox.ac.uk](mailto:Melissa.little@phc.ox.ac.uk). You may also talk to your parent/guardian who will let the researcher know.

***Thank you for reading this – please ask any questions if you need to.***