Your school is involved in a research project being run by the University of Oxford called MYRIAD. We would like to explain what the research is all about. If you have any questions please get in touch with us (details overleaf).

**What is MYRIAD?**

MYRIAD is a research project. We are interested in how schools promote young people’s well-being and resilience throughout adolescence. In this project, we will compare different types of emotional health and well-being lessons taught in schools.

In some schools, pupils will receive their usual lessons. In other schools, pupils will receive a course which introduces them to mindfulness over a period of 10 weeks. The headteacher, some teachers and some pupils from your school have agreed to take part in this project. They are completing questionnaires on a number of occasions over a three-year period so we can see the impact of these different approaches.

**MYRIAD**

**My resilience in adolescence**

As well as asking young people about their emotional health, well-being and behaviour, we would like to get the perspectives of the teachers who know them well. Each pupil’s parents or carers have had the opportunity to opt their child out of this study. They understand and have agreed to us gathering this information from the school.

**What am I being asked to do?**

Teachers will be asked to complete two questionnaires about each participating pupil. We will gather this data on four occasions. On each occasion, we will ask the school to decide who is the most appropriate teacher to complete the questionnaires for each child. These questionnaires are completed by logging into an online data collection system. The names of teachers completing the questionnaires would never be linked to the information they provide about pupils.

**Do I have to complete the research measures?**

No. Your school has identified you as a teacher who knows one or more of the pupils involved in the study well and, therefore, as the best person to answer the questions on this occasion. However, you do not have to provide this data if you do not want to. If you decide you do not want to be involved in the project, we will ask the school to approach another teacher instead. We are very grateful to all the teachers who complete study measures and contribute to the research project in this important way. These teachers will receive a small token of appreciation in the form of a gift card or voucher for their contribution to the project.

**What do I do now?**

We hope you will agree to take part in this project. If you are happy to do so, please let the research lead teacher at your school know. They will then pass your contact details to us and let us know which pupils’ measures you will complete. We will send a link to the online consent forms and questionnaire.

**Can I change my mind?**

If you decide to take part, you may withdraw at any future time, without giving a reason and without penalty.
**What will happen to the information I provide?**

Pupils will be given their own unique ID number and we will use this to match up all the information about them during their time in the project. There is a chance that someone who works for the University will check that the study is being run properly and they might look at all the information, but they would keep all of this confidential. The results of this research will not identify participating pupils or teachers in any way. Once the study is completed, we may release the study data to other researchers so that it can be used to answer other research questions. Anonymised raw data sets for specific measures may also be provided back to the developers of questionnaires (including commercial developers) used in this project to support further validation of the measures. If we do this, we will make sure the information shared is completely anonymous and that participants cannot be identified from it in any way. At the end of the trial, anonymised documents will be stored securely for ten years after which they will be destroyed.

We will not share the information about pupils provided on the questionnaires with anyone. This means that if you have a concern about a pupil you should seek support for them in the usual way. However, as part of this project we will provide all pupils with information about how they can get help if they are experiencing problems, each time we visit the school.

The only time information would be shared would be in the rare event that information was reported directly to a researcher in person, by email or telephone, which indicated that someone was at serious risk of harm. If this happened, we would only share the information necessary to ensure safety and any information sharing would be discussed with you wherever possible.

**What are the risks and benefits?**

There are no known risks associated with this project.

By participating in this project you and your school would be making a contribution towards greater knowledge and understanding of the best ways to help prepare young people to manage their emotional health and improve their resilience to the challenges of adolescence.

**Who has checked this project?**

This project has been checked by the University of Oxford Central University Research Ethics Committee.

**If you have a concern or complaint about any part of this project,** please speak to the project team or the research lead teacher within your school. They can advise you on the procedures for pursuing complaints in relation to this project.

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**Who is paying for this project?**

This study is being paid for by the Wellcome Trust, a charity that supports research to improve health.

**What if you have a question?**

If you have any questions about the project, please speak to the research team using the contact details below. Alternatively you can speak to the teacher who is acting as research lead within the school. They also have a more detailed information sheet if you would like to find out more. At the end of the research we will write to your school about what we find out in the study. You are welcome to read this information if you are interested.

**Thank you for taking the time to read this information sheet and for considering participating in this research.**

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**Contact for further information:**

**MYRIAD Project Team**

myriadproject.org

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