

INFORMATION SHEET FOR STUDENTS

Ethical Clearance Reference Number: HR-24/25-51368



YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of project

Secondary School study to evaluate a smartphone pouch: A Cohort study

Invitation Paragraph

I would like to invite you to participate in this research project which forms part of King's College London research alongside the Department of Education. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information.

What is the purpose of the project?

The purpose of the study is to identify links between: educational engagement; behaviours; depression; anxiety, social media and smartphone use changes over a school year during when many schools are introducing smartphone restrictions (eg a smartphone ban, or introducing an Odyssey/Yondr pouch).

Why have I been invited to take part?

You are being invited to participate in this study because you are a secondary school student at a school that has agreed to take part in our research.

What will happen if I take part?

Participation will take place by completing an online set of questionnaires during the next six months, and you will be asked to complete our questionnaire three times, once per term during the 2025/26 school year.

Before completing the questionnaire, we must get an electronic statement of consent from you. If you are under the age of 16, your parents will be emailed and asked if they want to opt-out of the study. Students who are 16 years old do not need parental consent.

Once you have read the information sheet fully, and had all questions answered, you can then decide to consent. If you wish to take part agree to the electronic consent statement. The questionnaire will take about 20 minutes to complete.

As part of participation you will be asked to provide personal information such as your ethnicity, age and gender. This information will only be used for research purposes and will not be used to identify you in any way, all responses will remain pseudo-anonymous. The

data will be anonymised this means that when we write our report, we will not include your name and the data you provide cannot be tracked to you.

The questionnaire will ask you questions about your educational engagement (eg completion of homework, or sports, and lunch time activity), behaviour at school, home factors relating to smartphone usage, smartphone use, social media use, as well as what you use your smartphone for and the impact of using your smartphone. There will also be questions relating to conduct. The questionnaire will also ask about any history of medical conditions like Autism (ASD) and Attention deficit hyperactivity disorder (ADHD), as well as if you have accessed services like counselling.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in any way. Once you have read the information sheet, please contact us if you have any questions that will help you make a decision about taking part.

[NOTE: Opting out of this research does not mean withdrawing from your school's policy on smartphone restrictions.]

If you decide to take part, we will ask you to agree to a statement of consent within our online form.

What are the possible risks of taking part?

There are no foreseeable risks in taking part in this study.

What are the possible benefits of taking part?

We will keep your school informed about our study findings.

Data handling and confidentiality

King's College London is the Sponsor of this research and is responsible for looking after your information.

We will need to use information from you for this research project. The research team and authorised administrative staff will use this information to do the research or to check your records to make sure that the research is being done properly.

To make sure your personal information stays confidential, each student will be assigned an ID number, so the data will be pseudo-anonymised.

The electronic consent form, the ID numbers with corresponding student email address will be held separately in a secure database and once all three questionnaires are linked we will delete all personal data (eg your email address and name). All of your personal information will be destroyed, and will not form part of our data in our report.

The responses from the pseudo anonymous questionnaire responses will then be analysed by the research team. None of the responses and data used in our report can be traced back to you. Personal data provided will only be used by the research team conducting this project to link the three questionnaires you complete.

A fully anonymised dataset will be retained and shared with The Department of Education for their records and to future KCL MSc/BSc students and archived after five years.

The data controller for this project will be King's College London (KCL). The University will process your personal data for the purpose of the research outlined above. The legal basis for processing your personal data for research purposes under GDPR is a 'task in the public interest' and will need both your consent and your parental opt-out consent for the use of your personal data in this study through completing the consent forms that have been provided to you and your head teacher.

If you are aged 16, parental consent is not required for you to be able to take part. You have the right to access information held about you. Your right of access can be exercised in accordance with the General Data Protection Regulation. You also have other rights including rights of correction, erasure, objection, and data portability. Questions, comments and requests about your personal data can also be sent to the King's College London Data Protection Officer Olenka Cogias

info-compliance@kcl.ac.uk. If you wish to lodge a complaint with the Information Commissioner's Office, please visit www.ico.org.uk.

Your data will be processed in compliance with UK data protection laws, including the UK GDPR and the Data Protection Act 2018.

Categories of Personal Data	We will collect your name, contact details, health data, ethnicity, and teacher reported school attainment data.
Data Storage	Pseudo anonymized data will be stored on a King's network and/or on King's premises with appropriate access controls.
Data Sharing	Fully anonymised data (eg data that cannot be linked to you and is not identifiable) will be shared with the Department of Education, as well as including any research collaborators and BSc/MSc students for later analysis
International Data Sharing	Fully anonymised data (not identifiable data) may be shared with international collaborators
Data Retention	Pseudonymous data will be held until the statistical analysis (10 th April 2026), after which any personal data will be destroyed and will not be identifiable. Data storage of fully anonymise will be achieved after five years.
Anonymity in Research Outputs	Participants will remain anonymous and not identifiable in research outputs.
Archiving/Future Use	Fully anonymised data will be used for future research, archived after five years and uploaded to an open-science platforms.

Further information on how King's processes research data can be found at: <https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

Please contact the research team if you require further information on data processing or a printed version of the webpage link above.

What if I change my mind about taking part?

You are free to withdraw at any point of the project, without having to give a reason. Withdrawing from the project will not affect you in any way. You are able to withdraw your data from the project up until 10th April 2026 after which withdrawal of your data will no longer be possible due to full anonymization of results. If you choose to withdraw from the study, we will not retain the information you have given thus far.

How is the project being funded?

This project is being part funded by KCL and part funded by The Department of Education.

What will happen to the results of the project?

The results of the project will be summarised in a report provided to the Department of Education, where no identifiable data will be reported. The results of the study will be summarised in a number of BSc and MSc dissertations. There is a possibility of publication of the results. No identifiable student or school data will be published. Following open source best practice, fully anonymised datasets will be uploaded to an open source.

Who should I contact for further information?

If you have any questions or require more information about this project, please contact me using the following contact details: Professor Ben Carter (ben.carter@kcl.ac.uk) and call on 07552 121051 Monday–Thursday 9am to 4pm.

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What if I have further questions, or if something goes wrong?

If this project has harmed you in any way, or if you wish to make a complaint about the conduct of the project, you can contact King's College London using the details below for further advice and information: The Chair, REP Ethics committee, rec@kcl.ac.uk

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