

Participant Information for teenager Sheet Pilot Intervention



What is the purpose of this study?

Being active is great for both your body and mind. However in Ireland only 7% of teenage girls are doing enough physical activity. Dance is a great way to stay active, have fun, and express yourself at the same time. This study is bringing a new dance program to teenage girls in both rural and urban areas of Cavan to help make exercise more enjoyable. Whether you're a beginner or love to dance, this is a chance to get moving, feel good, and have fun with friends!

What we need from you

You will join a weekly dance class in your school for four weeks, the class will be fun, social, and non-competitive. You will be asked to fill in a few questionnaires before starting and a quick questionnaire after each session to share your experience. Lastly, once the 4 weeks is finished you will take part in a friendly discussion about your thoughts and experiences of the whole thing.

Why have I been invited to take part?

You have been invited to take part as you are a teenager living in County Cavan.

Do I have to take part?

Taking part in this is voluntary, and if at any point you change your mind that is okay.

Are there any risks involved?

There is no risk involved in this study, all classes will be instructed by trained professionals.

Will taking part in this programme benefit me?

It is designed to make you stay active in a fun and social environment. You will help us design a program that encourage more girls your age to get active.

Will my data be kept private?

Yes, we will assign a code to each of your questionnaire answers and your name will be removed, and only the research team will see them.

What will happen to the data when the study is over?

All the data collected will be destroyed within 5 years.

Contact Details

If you have any questions about this study, please contact Sarah Dillon
(a00283850@student.tus.ie)

If you wish to talk to someone else from the college in relation to anything of this research, please contact ethics@tus.ie.

Thank you for reading this information sheet and thank you for considering participating in this research.