

## Information sheet parent/guardian pilot intervention



### **What is the purpose of this study?**

Participation in Physical Activity and Sport is known to be beneficial to adolescents' physical and mental health. However, recent Irish data shows that only 7% of teenage girls in Ireland are currently meeting the physical activity guidelines. Dance has shown to offer an appealing alternative form of sport and physical activity for girls. This study aims to implement a pilot dance program for teenage girls living in rural and urban areas of Cavan to help increase physical activity levels.

### **Details of involvement in this study**

Participants will be asked to take part in a pilot dance intervention, held in their secondary school. Involvement will include attending weekly dance sessions over a 4-week period. At the start and end of the program, we will collect some basic information such as their age and school year, as well as measure factors like self-esteem, motivation, and physical activity levels. After each session, they will be asked to complete a brief questionnaire about your experience. At the end of the program, they will be asked to you will join a focus group to share feedback.

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

Your child has been invited to take part as they have been identified as a potential participant in a program for teenage girls in Cavan.

### **Do I have to take part?**

Participation in this project is voluntary. Your child is under no obligation to take part, and they will not experience any loss of benefit or penalty if they choose not to participate. If they do decide to take part, they can discontinue their involvement in the study at any stage and request that all information or data they have provided is destroyed.

### **Potential risk to participants arising from involvement in this research study.**

It is not envisaged that there are any risks to participants arising from involvement in this study.

### **Benefits (direct or indirect) to participants**

It is intended that the outcome of this study will result in a program to be evaluated in urban and rural areas in Cavan. This will aim to result in an increase in physical activity among this group.

### **Confidentiality**

Every effort will be made to respect participants' anonymity. The data will be collected by trained professionals and will be analysed by the research team only. Participants' names will be protected. All data will be pseudonymised so that personal data can no longer be attributed to a specific person without the use of a unique code. Informed consent forms containing both name and code will be stored separately from other data collected during the study. No identifiable data will be included in the final report. Only the named investigators involved in the study will have access to this information.

### **Data Management**

All the data collected will be destroyed within 5 years from the initial date of collection.

**Contact Details**

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

If you wish to communicate with an independent researcher outside of the research team within TUS Midlands Midwest in relation to any aspect of this research, please contact ethics@tus.ie.

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