

AMPED UP AN ENERGY DRINK STUDY

**TELETHON
KIDS
INSTITUTE**
Discover. Prevent. Cure.



INVITATION TO PARTICIPATE IN 2018

(all Independent secondary schools)

We are seeking expressions of interest from all independent Western Australian secondary schools **in both regional and metropolitan areas** to take part in a research study investigating young people's experiences, views and opinions on energy drinks and other caffeinated beverages.

WHAT'S INVOLVED?

At each participating school, all students in years 7-12 (with parent/carer consent) will be asked to complete one 20-30 minute online survey at school, during class time.

WHEN?

Terms 1 and/or 2, 2018

WHAT ARE THE BENEFITS OF PARTICIPATING?

By participating in this study, your school and students will be helping researchers, practitioners and policy-makers understand the extent of energy drink use among Western Australian adolescents and the health effects associated with these drinks. The research findings will be used to inform future health programs and to develop health guidelines and policies regarding energy drink use in young people. **The success of the study relies on as many schools and students as possible participating.** A summary of the research findings will be provided to your school.

HOW DO I FIND OUT MORE INFORMATION?

More information is provided in our 'Principal Information Letter and Consent Form' attached.

Please contact the Principal Investigator, Dr Gina Trapp at energy@telethonkids.org.au or 9489 7600, if you have any questions about the study.

INTERESTED IN TAKING PART?

Simply read the Principal Information Letter attached and return your signed consent form to the Principal Investigator, Dr Gina Trapp via email: energy@telethonkids.org.au or call 9489 7600.

Your schools involvement is voluntary and you can change your mind at any time.

THIS RESEARCH PROJECT IS FUNDED BY
Telethon-Perth Children's Hospital
Research Fund, WA Department of Health



Government of **Western Australia**
Department of Health



Government of **Western Australia**
Department of Health



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Approval to conduct this research (RA/4/1/8604) has been provided by The Human Research Ethics Office at The University of Western Australia and the Association of Independent Schools WA.



November 2017

Dear Principal,

RE: AMPED UP: an energy drink study

On behalf of the Telethon Kids Institute at The University of Western Australia, we would like to invite your school to participate in a research study about energy drinks called ***Amped Up: an energy drink study***. This letter explains the *Amped Up* study, why it is important and what is involved.

Why is the research being done?

Amped Up: an energy drink study seeks to understand young people's experiences, views and opinions on energy drinks and other caffeinated beverages. The findings will help researchers, practitioners and policy-makers understand the extent of energy drink use among Western Australian adolescents and the health effects associated with these drinks. The findings will be used to inform future health programs and to develop health guidelines and policies regarding energy drink use in young people. **The success of the study relies on as many schools and students as possible participating.**

Who is conducting the study?

The study is being conducted by the Telethon Kids Institute under the leadership of Dr Gina Trapp. Other members of the research team include Professor Donna Cross, Telethon Kids Institute; Dr Hayley Christian, Dr Karen Martin, Dr Marilyn Bromberg and Associate Professor Gina Ambrosini, The University of Western Australia, Catrina McStay, WA Department of Health; Ms Justine Howard, Notre Dame University; and Professor Wendy Oddy, Menzies Institute for Medical Research.

What will your school be asked to do?

Administer a student online survey at school, during class time

All students in Years 7-12 will be invited to complete one anonymous online survey at school, during class time in **Terms 1 and/or 2, 2018**. The online survey will ask questions about energy drinks and other caffeinated beverages such as soft drinks and coffee, including whether or not they drink these drinks and why, how much and how often, and whether they have experienced any side effects after use. Background questions will also be asked (e.g., age, gender, year level, postcode, whether they do any paid work and a series of questions to assess family socio-economic status). It will take students approximately **20-30 minutes** to complete the online survey. If you would like to review the survey, please go to URL: http://uwa.qualtrics.com/jfe/form/SV_9ZD1P5HbdvIVG4t. Participation is entirely voluntary. Participating students will need to provide parent/carer consent prior to completing the survey.

To maximise the quality of the research **it is important that as many students as possible complete the survey – even if they do not drink energy drinks or other caffeine containing beverages**, such as soft drinks and coffee. To help recruit students, your school will be provided with hard-copy information letters/consent forms to be distributed to the students in Years 7-12 as well as a newsletter item and parent/student email templates to be sent from your school to students (and their parents) in Years 7-12.



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W | telethonkids.org.au

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Assistance from school staff

We understand how busy you and your school are and we have endeavoured to make all processes as efficient and streamlined as possible in an effort to minimise disruption to your normal school routine. Your school will be asked to nominate at least **one staff member to coordinate the project** in your school. This role will involve distributing the parent information letters/consent forms, co-ordinating the collection of consent forms (note: all parental consent forms will need to be returned to and kept by the school), collating the list of students who have consented to complete the survey, and liaising with classroom teachers to schedule and oversee the online survey administration in Term 1 or 2, 2018. *Please note that more than one coordinator can be nominated (i.e. you may wish to nominate a different person for different year groups).*

Although unlikely, should a student be negatively affected by completing the survey, the classroom teacher administering the survey would need to be available to discuss any issues with the student and if necessary, refer them to your school's Psychologist for support. Students without consent will need to complete other class work.

What are the benefits of participating?

By participating in this study, your school and students will be helping researchers understand the extent of energy drink use among Western Australian adolescents and the health effects associated with these drinks. The research findings will be used to inform future health programs and to develop health guidelines and policies regarding energy drink use in young people. A summary of the aggregated research findings (without any identifying details) will be provided to your school. Additionally, participating schools will receive a \$200 gift voucher to go towards compensation for their time assisting with recruitment (i.e., sending emails/texts, distributing, collecting and collating consent forms) and administering the survey. All students in Years 7-12 who complete and return their consent form, regardless of whether their parent does or does not consent to their child's participation in the study, will go in a draw to win one of the following: iPad, iWatch or \$200 movie voucher.

What will happen to the information given, and is privacy and confidentiality assured?

All of the information gathered from the survey will be anonymous and kept strictly confidential. Students will not be asked for their name or any identifying information. Please note that since the survey is anonymous, we cannot identify and remove individual responses from the data if a child wishes to stop the survey halfway or later decides to withdraw their responses.

The survey data will be stored securely on the Telethon Kids Institute's password-protected electronic database and will only be accessed by the research team. We are required to store the data for a minimum of 7 years, after that time it will be destroyed. The anonymous data collected in this study will be analysed by the research team. Results will be disseminated via academic publications, presentations, fact sheets, media releases and a set of policy and practice guidelines distributed to all stakeholders (including the WA Department of Health).

A summary of the findings (without any identifying details) will also be given to your school. Schools and participants will not be identified in any reporting of this research.

The non-identifiable raw data may be made accessible to other researchers located in Australia or overseas in order to compare this study's results to similar studies conducted nationally or internationally.

Participants' confidentiality will be assured by: (i) the fact the survey is anonymous – i.e., there is no way for the research team to link any survey responses to a specific individual; (ii) the collected data will not be reported at the school level; (iii) Schools will not receive individual school-based reports; and (iv) ensuring a minimum of at least six participants in any reported demographic and background variables.

To what extent is participation voluntary, and what are the implications of withdrawing that participation?

Participation in this project is voluntary. If any student or school decides to participate and then later changes their mind, they are able to withdraw their consent by contacting the Principal Investigator: Dr Gina Trapp on (08) 9489 7600 or email energy@telethonkids.org.au. Please note that withdrawal is not possible once the online survey has been completed.

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Is this research approved?

Approval to conduct this research (RA/4/1/8604) has been provided by The Human Research Ethics Office at The University of Western Australia and the Association of Independent Schools WA.

Who do I contact if I wish to discuss the project further?

If you would like to discuss any aspect of this study with a member of the research team, please contact the Principal Investigator: Dr Gina Trapp on (08) 9489 7600 or email energy@telethonkids.org.au.

How do I indicate my willingness to be involved?

If you have had all questions about the project answered to your satisfaction, and are willing for your school to participate, please complete the attached '**School Principal Consent Form**' and email it to energy@telethonkids.org.au or post it marked 'Attention to: Dr Gina Trapp' to PO Box 855, West Perth WA 6872.

We hope you will consider our invitation to participate in this important project.

Yours Sincerely,



Dr Gina Trapp
Telethon Kids Institute



Amped Up: An energy drink study

School Principal Consent Form

(PLEASE KEEP THIS COPY FOR YOUR RECORDS)

- I have read and understand the information letter and for any questions I may have had, I have taken up the invitation to ask those questions, and I am satisfied with the answers I received.
- I understand that participation in the project is entirely voluntarily.
- I understand that my school's participation in the project will involve:
 - Students in Years 7-12 (with parent consent) completing one anonymous online survey at school during class time in **Term 1 or 2, 2018** (data will be collected anonymously. This means data cannot be withdrawn after it is collected).
 - At least one school staff member coordinating the project: distributing information letters and consent forms to the parents of students in Years 7-12; co-ordinating the collection of consent forms; collating the list of students who have consent to complete the survey; liaising with the classroom teachers to schedule and oversee the online questionnaire administrations in **Term 1 and/or 2, 2018**.
- I understand the results of this study will be disseminated via academic publications, presentations, fact sheets, media releases and a set of policy and practice guidelines which will be distributed to all stakeholders (including the WA Department of Health). A summary of the findings (without any identifying details) will also be given to my school.
- I understand that the non-identifiable raw data may be made accessible to other researchers located in Australia or overseas in order to compare this study's results to similar studies conducted nationally or internationally.
- I understand that schools and participants will **not** be identified in any reporting of this research.
- I understand that all information will be securely stored at the Telethon Kids Institute for at least 7 years before being destroyed.
- I have been advised as to what data is being collected, the purpose for collecting the data, and what will be done with the data upon completion of the research.
- I have been given a copy of this form to keep.
- I am willing for my school to become involved in the research project, as described.

Please Note: Approval to conduct this research (RA/4/1/8604) has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Research Ethics Office at the University of Western Australia on (08) 6488 4703 or by emailing to hreo-research@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.

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Amped Up: An energy drink study

School Principal Consent Form

(PLEASE KEEP THIS COPY FOR YOUR RECORDS)

STEP 1: Provide your consent

☐ YES, our school _____ would like to participate in Amped Up: An Energy Drink Study.

Principal name: _____

Principal signature: _____ Date: _____

STEP 2: Please nominate the Co-ordinator(s) for the Amped Up Project at our school

Please note that more than one coordinator can be nominated (i.e. you may wish to nominate a different person for different year groups).

Coordinator 1

Name: _____ Signature: _____

Email address: _____

Telephone Number: _____

Coordinator 2

Name: _____ Signature: _____

Email address: _____

Telephone Number: _____

Coordinator 3

Name: _____ Signature: _____

Email address: _____

Telephone Number: _____

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Amped Up: An energy drink study

School Principal Consent Form

(TELETHON KIDS INSTITUTE COPY)

STEP 1: Provide your consent

<input type="checkbox"/> YES, our school _____ would like to participate in Amped Up: An Energy Drink Study.
Principal name: _____
Principal signature: _____ Date: _____

STEP 2: Please nominate the Co-ordinator(s) for the Amped Up Project at our school

Please note that more than one coordinator can be nominated (i.e. you may wish to nominate a different person for different year groups).

Coordinator 1 Name: _____ Signature: _____ Email address: _____ Telephone Number: _____
Coordinator 2 Name: _____ Signature: _____ Email address: _____ Telephone Number: _____
Coordinator 3 Name: _____ Signature: _____ Email address: _____ Telephone Number: _____

Please return this form by emailing it to energy@telethonkids.org.au or post it marked 'Attention to: Dr Gina Trapp' to PO Box 855, West Perth WA 6872.

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