



BEATS Study

University of Otago

Phone: 03 479 9112

E-mail: beats@otago.ac.nz

Web: www.otago.ac.nz/beats

Dear fellow Parent,

As parents, we want to see our children grow up happy and healthy. That is why I am writing to you today – to help us to identify influences on young people's health and wellbeing. In particular, we are interested in understanding how adolescents travel to school. We need your perspective as a parent to find out what gives our children a better chance to live a healthy life.

Let me introduce myself and our research team. My name is Sandy Mandic and I am a Senior Lecturer at the University of Otago. With my amazing team of professionals from many disciplines, we work to understand which factors influence how adolescents travel to school. Active transport to school, such as walking or cycling, is a convenient way to add physical activity into everyday life. Yet, fewer and fewer adolescents are walking and cycling to school. To address this problem, the BEATS Study (www.otago.ac.nz/beats) explores transport to school habits, neighbourhood environment and physical activity in Dunedin adolescents.

All twelve secondary schools in Dunedin are participating in the BEATS Study. In 2014-2015, we surveyed over 1,700 adolescents from all twelve schools. We have sent preliminary reports to participating schools with important and useful results from the student data. The schools can use this information to attract students and promote healthy behaviours at their school.

Right now we are conducting a new and exciting chapter of the BEATS Study to understand another important piece of the puzzle: the views of parents, guardians and caregivers. Your help today will allow us to understand *your* perspective on *your* son/daughter's travel to school. In the long run this will help our children to live a happy, healthy and active life.

Please see our website for more information:

www.otago.ac.nz/beats/participants/parents/parental-survey

Please help us today by e-mailing beats@otago.ac.nz or phoning 03 479 9112 to participate in this important research.

Sincerely,

A handwritten signature in black ink, appearing to be 'Sandy Mandic'.

Dr Sandy Mandic

BEATS Study Principal Investigator

School of Physical Education, Sport and Exercise Sciences, University of Otago



BEATS Parental Survey Information Sheet for Participants

The BEATS study is examining active transport to school habits in Dunedin adolescents (www.otago.ac.nz/beats). The study is surveying students, parents and teachers from all secondary schools in Dunedin. This study has been funded by the Health Research Council, Heart Foundation of New Zealand, Lotteries Health New Zealand, Dunedin City Council, and the University of Otago.

You are invited to take part in the BEATS Parental Survey. All invited parents can participate even if their son/daughter is not taking part in the BEATS Student Survey. We very much hope that you will be able to take part in this study. Please read this information sheet before deciding whether or not to participate. Your participation is entirely voluntary (your choice). You can choose not to take part, or withdraw from the study at any time. This will not affect future education or care of your son/daughter in any way.

Aim of the Project: The BEATS Parental Survey examines parental perceptions of active transport to school, built environment and safety of route.

Participants: We are aiming to recruit 1000 parents of secondary school students across Dunedin.

Participants' Involvement:

- **Study questionnaire:** All participants will complete a 25- to 30-minute survey (either online or in a paper format) and a map with marking their route to work. The survey will include questions on demographics, your son/daughter's transport to school habits, your perceptions of safety of the route to school, your concerns about active transport to school, perceived neighbourhood environment, and your health behaviours. All survey participants will be entered in a draw for one of seventy \$20 grocery vouchers.

Optional:

- **Physical activity assessment:** Participants may choose to wear a small activity meter on their hip for 7 days (the size is a little larger than an iPod shuffle). This assessment includes attending a 20-minute appointment at one of the several designated locations (Edgar Centre, University of Otago, or Mosgiel Public Library) and dropping off the meter after 7 days. All participants who complete this assessment will receive a \$20 grocery voucher for reimbursement of their travelling expenses and graphs showing their activity levels.
- **Focus group:** Participants may also choose to take part in one 60-minute focus group at the University of Otago. The discussions will focus on parental perceptions of active transport to school and perceptions of the built environment and the safety of students' routes to school. These sessions will be recorded and data will be transcribed. All Focus Group participants will receive a \$20 grocery voucher for reimbursement of their travelling expenses.

Collected Information and Its Use

The data collected from you will include demographic information and your answers to the survey questions (all participants), physical activity data and body measurements (only for participants in Physical Activity Assessment), and your contributions to Focus Group discussions (only for Focus Group participants). There are no consequences to you for not supplying the requested information. It may only limit the quality of research data. The information you provide will be used to understand active transport to school in adolescents and to develop future research projects and policy initiatives.

The results of the project may be published and will be available in the University of Otago Library (Dunedin, New Zealand). No material that could personally identify you will be used in any reports on this study. You are most welcome to request a copy of the results of the project should you wish. Please note that there will be a delay between data collection and publication of results.

The data collected will be securely stored in such a way that only the lead researcher, Dr Sandy Mandic, will have access to personal information. Data will be entered in a research database using a unique identifier. As required by the research policy, raw data related to this project will be retained for at least 5 years in secure storage. Any personal information held on the participants (such as contact details, and audio recordings, after they have been transcribed) may be destroyed at the completion of the research even though the data derived from the research will, in most cases, be kept for much longer or possibly indefinitely.

Signing Consent

If you would like to take part in the BEATS Parental Survey, please complete the enclosed consent form and send it back to the researchers.

BEATS Study Coordinator
School of Physical Education, Sport and Exercise Sciences, PO Box 56, Dunedin, 9054

Alternatively, you can sign your consent online using the following link:
<http://www.otago.ac.nz/beats/participants/parents/parental-survey> (use password: bparent)

More information about the study

You can find more information about the study on our website: <http://www.otago.ac.nz/beats>

If you have any questions about our study, either now or in the future, please feel free to contact:

Emily Brook, Study Coordinator
Phone: 03 479 9112
E-mail: beats@otago.ac.nz

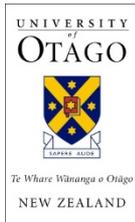
Dr Sandy Mandic, Principal Investigator
Phone: 03 479 5415
E-mail: sandra.mandic@otago.ac.nz

We very much hope that you will be able to take part in this study. We thank you in advance for your time and assistance with this project.



Dr Sandy Mandic, Principal Investigator
School of Physical Education, Sport and Exercise Sciences, University of Otago

This study has been approved by the University of Otago Human Ethics Committee. If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph 03 479 8256). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.



Built Environment and Active Transport to School:
BEATS Parental Survey



Consent Form for Participants

I have read the Information Sheet concerning this project and understand what it is about. All my questions have been answered to my satisfaction. I understand that I am free to request further information at any stage.

I know that:-

1. My participation in the project is entirely voluntary.
2. I am free to withdraw from the project at any time without any disadvantage.
3. Personal identifying information will be destroyed at the conclusion of the project but any raw data on which the results of the project depend will be retained in secure storage for at least five years.
4. I understand that my participation in this study is confidential and that no material that could identify me will be used in any reports on this study.
5. The results of the project may be published and will be available in the University of Otago Library (Dunedin, New Zealand). No personal information about individual participants will be reported.
6. All survey participants will be entered in a draw for one of seventy \$20 grocery vouchers.
7. **Some participants will be asked to wear an activity meter for one week.** All participants who complete assessment and return their device on a scheduled date will receive a \$20 grocery voucher. **I would like to be included to wear this activity device:** Yes No (tick one)
8. **Several parents will be asked to participate in Focus Groups.** These participants will receive a \$20 grocery voucher for reimbursement of their travelling expenses. **I would like to be included in Focus Group research:** Yes No (tick one)

I agree to take part in this study:

_____	_____	_____
Name (please print)	Signature	Date
_____	_____	_____
Name of your son/daughter (please print)	Son/daughter school	Year at school

Please provide contact details for researchers:

Address: _____

Phone: _____ E-mail address: _____

Preferred way to complete the study questionnaire: Online Paper copy (Please tick one)

Alternatively, you can sign your consent online using the following link: (password: bparent)

<http://www.otago.ac.nz/beats/participants/parents/parental-survey>

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