

How do your teens get to school?

You are invited to take part in The BEATS Parental Survey

BEATS Study
Built Environment and Active
Transport to School

www.otago.ac.nz/beats

- The BEATS Study is examining transport to school habits in Dunedin adolescents.
- The BEATS Parental Survey examines parental perceptions of driving, busing, walking and cycling to school, safety of the route and neighbourhood environment.

We are recruiting parents of secondary school students across Dunedin

- Please read this information before deciding whether or not to participate.
- We very much hope that you will be able to take part in this study. You can choose not to take part, or withdraw at any time, without any disadvantage.

What you will be asked to do

Complete Survey (15-20 minutes)

- Complete **online or paper** survey about transport to school, safety of route, your neighbourhood environment and lifestyle habits
- Draw a map marking your route to work
- **Enter a draw for iPad or one of three \$250 grocery or petrol vouchers**

Measure Your Physical Activity (Optional)

- Wear a small activity meter on your hip for 7 days (a little larger than an iPod shuffle)
- Attend a 20-minute appointment at the University of Otago to measure your height and weight and set up an activity meter. (Ask us for further information)
- **All participants receive a \$20 grocery voucher and graphs showing their activity levels**

How to sign up

Sign up online



- Sign up and complete survey online
<http://goo.gl/aubw4u>

OR

Complete enclosed consent form

- Mail or e-mail the form to researchers
BEATS Study Coordinator | beats@otago.ac.nz
School of Physical Education, Sport and Exercise Sciences, PO Box 56, Dunedin, 9054

How to get more information

BEATS Study website | www.otago.ac.nz/beats/participants/parents/parental-survey

BEATS 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

Collected Information and Its Use

- The data collected from you will include demographic information, survey responses and physical activity data and body measurements (only for participants in Physical Activity Assessment).
- 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 transport to school habits 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. 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. Your personal information will be removed from survey data before analysis. 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.
- Raw data related to this project will be retained for at least 5 years in secure storage. Participants' personal information (such as contact details) may be destroyed at the completion of the research even though the data derived from the research will be possibly held indefinitely.

**Thank you for your time
and
for helping us make Dunedin a walking and cycling-friendly city!**

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.



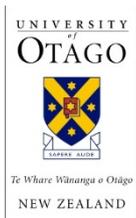
Dr Sandy Mandic
BEATS Study Principal Investigator

Active Living Laboratory (www.otago.ac.nz/active-living)
School of Physical Education, Sport and Exercise Sciences
University of Otago



Active Living Laboratory
otago.ac.nz/active-living

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 iPad or one of three \$250 grocery or petrol 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)

(If you answered "yes", researchers will send you an additional information for physical activity assessment.)

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:**

<http://goo.gl/aubw4u>

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