

PARTICIPANT INFORMATION SHEET (MAIN INTERVIEWS)

YOUNG VOICES IN SPORT: INJURY AND ATHLETE MENTAL HEALTH

Lead Researcher:

- Dr Lee Moore (l.j.moore@bath.ac.uk)

Other Research Team Members:

- Dr Rachel Arnold (r.s.arnold@bath.ac.uk)
- Dr Carly McKay (cdm47@bath.ac.uk)
- Dr Catherine Wheatley (catherine.wheatley@podiumanalytics.org)
- Dr Glenn Hunter (glenn.hunter@podiumanalytics.org)

This document explains the purpose of this project and what it would involve for you as a potential participant.

Please contact Dr Lee Moore if you have any questions. If you understand the information and would like to participate, you will be asked to sign a consent form.

1. What is the purpose of this project?

This project, which is being conducted by the University of Bath and Podium Analytics, aims to explore the social, emotional, and psychological impact of sports injuries among young people. We want to find out how being injured feels for young people during an important period of their development, and how these feelings are impacted by others (e.g., coaches, friends, parents). We will use this information to help us make resources to support other young people, and to make educational materials for coaches and families so they can better support young people while they are injured.

2. Why have I been selected to participate?

You can take part in this project if you: (1) are aged 16 to 21 years old, (2) live in the UK and are proficient in communicating in English, (3) take part in competitive sport, either in a youth talent programme (e.g., football academy) or with a club who train and/or compete a few times per week, and (4) have sustained an injury in the last six months which has stopped you from training and/or competing for at least 28 days.

3. Do I have to participate?

Participation is voluntary. If you agree to take part and then change your mind, you are free to withdraw without consequence. However, once the interview is completed, you have up to two weeks to withdraw your data. After this point, we are unable to withdraw your data as it will have been pseudo anonymised and integrated into the analysis. There will be no negative consequences if you decide not to take part.

4. What will I be asked to do?

You will be asked to take part in an interview which will last ~45 minutes. The interview can take place in-person or online via Microsoft Teams on a date and at a time convenient for you.

The interview will ask you questions around your injury and your experiences during your recovery (e.g., mental health), as well as what psychological challenges you faced, how these changed over time, and how these were influenced by, for example, what has been happening at school or how people at home or in your sports club reacted to your injury.

Prior to the interview, you will be asked to complete a chronological timeline of your injury and recovery journey including high and lows in your mental health and contributing factors (e.g., academic pressures, coaches).

5. What are the exclusion criteria?

You cannot take part if you: (1) are aged under 16 or over 21 years old, (2) live outside the UK and cannot communicate proficiently in English, (3) are not involved in competitive sport (i.e., are not part of a talent programme or team that trains/competes a few times per week), and (4) have not suffered an injury in the last six months that has kept you from training/competing for 28 days or more.

6. What are the possible benefits of taking part?

In addition to receiving a £25 Amazon voucher as a thank you, you will have time to reflect on your injury experience in sport, and factors influencing your mental health.

Additionally, your participation will help us better understand how to support the mental health of youth athletes during times of injury.

PARTICIPANT INFORMATION SHEET (CONT.)

7. What are the possible disadvantages and risks of taking part?

There are no known risks to you taking part.

8. Will my participation involve any discomfort or embarrassment?

We do not expect participation to involve any discomfort or embarrassment. If you experience any discomfort in the interview, you can ask to stop it at any time or move onto the next question.

Equally, if the interviewer can see you are experiencing discomfort, they may choose to end the interview. Additionally, if you experience discomfort after completing the interview, we encourage you to seek medical advice from your GP and/or relevant organisations (e.g., Samaritans UK, 116 123; Mind UK, 0300 123 3393).

9. Who will have access to the information that I provide?

Only the research team will have access to information that you provide, however, audio recordings will be transcribed and digitised using an external company approved by the University of Bath. All information that you provide will be treated as confidential and stored securely.

10. What will happen to the data collected and results of the project?

All information about you will be stored in accordance with current UK data protection legislation. All personal (e.g., consent form) and pseudo anonymised data (e.g., transcripts) will be stored, separately, on password-protected and secure servers at University of Bath to ensure access is limited to members of the research team. Pseudo anonymised data will be kept for at least 10 years, while all personal data (e.g., contact details) will only be stored until the end of the project, after which time, it will be deleted.

Pseudo anonymised data may be used for publication as a scientific paper and/or presented at a conference. Pseudo anonymised forms of the data will be

archived on the University of Bath's Research Data Archive System and thus, may be shared with bona fide researchers. No personal information (e.g., names) will be included in any such publication, and any results shared with other researchers will be completely anonymous. If you are interested in the results, you may request a copy of the final manuscript.

11. Who has reviewed the project?

The project described has received ethical approval from the Biomedical Sciences Research Ethics Committee at the University of Bath.

[Reference number: 5794-6350].

12. How can I withdraw from the project?

If you wish to withdraw before the end of the interview, you can ask the researcher to stop the interview at any time, without reason. Should you wish to withdraw your data after completing the interview, please contact the researcher within two weeks, as, after this time, it may not be possible to withdraw your data as it will have been pseudo anonymised and entered into the analysis process.

13. University of Bath privacy notice

The University of Bath privacy notice can be found here:

www.bath.ac.uk/corporate-information/university-of-bath-privacy-notice-for-research-participants/

14. What happens if there is a problem?

Any concerns can be voiced to the investigators listed on this information sheet. Should any of your queries remain unresolved, please do not hesitate to contact the Research Governance and Compliance Team at research-ethics@bath.ac.uk.

15. If I require further information, who should I contact and how?

Thank you for expressing an interest in participating in this project, and please get in touch with us if you would like more information: Dr Lee Moore (Senior Lecturer; University of Bath; l.j.moore@bath.ac.uk).

**Thank you for your time
and consideration.**