

**Participant Information Sheet (V2 11/08/2025)** (a downloadable pdf of this information is available [here](#))

You are invited to take part in an additional part of this research on physical activity and wellbeing in Scottish Students. The University of Edinburgh is leading this research, in collaboration with Scottish Student Sport, Public Health Scotland, and Scottish Action for Mental Health.

Before you decide whether to take part it is important you understand why the research is being conducted and what it will involve.

**Why have I been invited, and what is the study about?**

You have just been asked to complete a questionnaire on physical activity and wellbeing. Thank you for completing that. We are also looking for volunteers to have their physical activity assessed using a device worn on the non-dominant wrist for a week. The device is called an ActiGraph, and like a commercially available activity monitor like a FitBit or AppleWatch, it is worn on the wrist and records your movement data. However, it does not give you any feedback on your movement. Once you return the device we will download and analyse the movement data. As with the questionnaire data, we are collecting this data as part of a small-scale study to allow us to plan for a larger, fully representative study.

**What will happen if I decide to take part?**

You will complete an online Informed consent form and a unique ID code will be generated for you. You should take this code to a contact person who will be waiting for you at the end of your class. They will give you an ActiGraph with some additional instructions. You will then need to wear the actigraph all day and night for seven days, only removing it if you need to remove it for safety reasons; e.g. to play a contact sport. After the seven days, you will return the device either directly to the contact person, or via the post.

We will take your name so that we can follow up if the device has not been returned. Your name will never be kept in the same place as the ID that links to your questionnaire data. Your name will be deleted from our systems as soon as the device is returned.

**Do I have to take part?**

Your participation in this study is entirely voluntary. If you wish to withdraw, you can do so at any time without providing any reason. We ask that you return the device in the same way you would have at the end of the project. We will delete your data and it will not be used in the study. This will not affect you, your studies or your relationship with the University or College in any way.

**Are there any benefits to taking part?**

There is no direct benefit to you, but you are helping us to understand the physical and mental wellbeing of students in Scotland. If you would like a summary of your activity data, you can contact us stating your ID number and we will forward this to you.

**Are there any risks to taking part?**

There should be no risk to you taking part. You may find the device causes some discomfort, but this should be minimal and similar to wearing a watch. If you wish you, you can remove the device and discontinue with the study. The data collected are anonymous. We cannot identify your location from the device.

**Will my data be kept confidential?**

All data will be stored securely, such that you cannot be identified. There are strict laws which safeguard your privacy at every stage.

**What will happen to the information collected?**

We will link the data from the device to your questionnaire responses using the ID. This means it will remain anonymous. The information collected will be used to write scientific journal articles and to

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inform a future study. The anonymised data will be available for other researchers to use via the University of Edinburgh's data repository.

**Where can you find out more about how your information is used?**

You can find out more about how we use your information at <https://data-protection.ed.ac.uk/privacy-notice-research>, by asking one of the research team, or by sending an email to the University of Edinburgh Data Protection Officer at [dpo@ed.ac.uk](mailto:dpo@ed.ac.uk)

The University of Edinburgh is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Your anonymised data will be kept indefinitely (forever) and will be publicly available (which means that other people will be able to access the data). This data may be used in future ethically approved research.

**Who has reviewed this study?**

This study has been reviewed by the Moray House School of Education and Sport Ethics committee (ref.....). The University of Edinburgh is the sponsor for this study. Where necessary, your institution has also provided permission.

**Who can I contact?**

If you have any further questions about the study, then please contact the lead researchers Professor Sam Fawcner ([s.fawcner@ed.ac.uk](mailto:s.fawcner@ed.ac.uk)) or Dr Tessa Strain ([tstrain@ed.ac.uk](mailto:tstrain@ed.ac.uk)).

If you would like to discuss this study with someone independent of the study, please contact Dr Marlies Kustatscher (Chair of Moray House School of Education and Sport Ethics Committee ([marlies.kustatscher@ed.ac.uk](mailto:marlies.kustatscher@ed.ac.uk))).

If you wish to make a complaint about this study please contact the CAHSS Research Governance Team at [cahss.res.ethics@ed.ac.uk](mailto:cahss.res.ethics@ed.ac.uk)

**Consent**

Researcher name and contact details: Professor Sam Fawcner ([s.fawcner@ed.ac.uk](mailto:s.fawcner@ed.ac.uk)) / Dr Tessa Strain ([tstrain@ed.ac.uk](mailto:tstrain@ed.ac.uk))

**\*PLEASE TAKE A SCREENSHOT OF THIS FOR YOUR RECORDS, IF YOU WOULD LIKE TO\***

If you are happy to take part in the wearable device part of the study, please indicate that you provide informed consent (agreement) to take part by indicating 'Yes' for each of the following statements. If you do not want to take part, simply close the questionnaire.

1) I confirm that I have read and understood the information provided about this study (Participant Information Sheet (V2 11/08/2025)).	Yes
2) I have been given the opportunity to consider the information provided, ask questions, and have had these questions answered to my satisfaction.	Yes
3) I understand I do not have to take part, and can stop taking part at any time without being affected in any way.	Yes
4) I understand that my anonymised data will be stored indefinitely and may be used in future ethically approved research.	Yes
5) I understand that relevant sections of my data collected during the study may be looked at by individuals from the Sponsor (University of Edinburgh), where it is relevant to my taking part in this research. I give permission for these individuals to have access to my data	Yes
6) By ticking this box I agree to take part in the wearable device part of the study.	Yes