

Study Title: Scottish Student Physical activity and Student Wellbeing

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

You are invited to take part in 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?

We are inviting a sample of students from Colleges and Universities across Scotland to take part in a small-scale study to allow us to plan for a larger, fully representative study. The aim is to understand the physical activity of students in Scotland and how it relates to wellbeing.

What will happen if I decide to take part?

You will complete an online Informed Consent Form followed by an online questionnaire. There are 3 parts to the questionnaire. Part 1 asks about you and your studies, part 2 asks about your physical activity, and part 3 asks about your wellbeing. It will take about 5 minutes to complete and you will need to complete it in class time. We will not ask your name or any identifying information so your responses will be anonymous.

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 by exiting the questionnaire. This will not affect you, your studies or your relationship with the University or College in any way. After you have submitted the questionnaire, because we do not collect any identifying information, your data can not be deleted. However, you will not be identifiable at any stage in subsequent use of the data.

Are there any benefits to taking part?

You are helping us to understand the wellbeing of students in Scotland. In appreciation of your time, you can enter a prize draw for one of five £50 shopping vouchers. If you would like to enter the draw then leave your email on the final page. We will keep your email separate from the questionnaire data, so no one can link your data to you. We will notify the prize winners in January 2026.

Are there any risks to taking part?

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There should be no risk to you taking part. However, we know thinking about your wellbeing can sometimes be difficult. We provide links to online information to support you should you be worried about your wellbeing.

Will my data be kept confidential?

All the information we collect will be kept confidential and it will not be possible to identify you. There are strict laws which safeguard your privacy at every stage.

This information will include your email address (if you chose to share it), ethnicity and post code. People will use this information to do the research. People who do not need to know who you are will not be able to see your email address.

We will keep your data in a secure online place and we will store your email address separately. It will be deleted as soon as the prize draw is complete. You will never be able to identify individuals from the reports we will write.

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

You can find out more about how we use your information at
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

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.

What will happen to the information collected?

The information collected will be used to write scientific journal articles and to inform a future study. The anonymised data will be available for other researchers to use via the University of Edinburgh's data repository.

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?

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If you have any further questions about the study, then please contact the lead researchers Professor Sam Fawkner (s.fawkner@ed.ac.uk) or Dr Tessa Strain (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)).

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

Consent

Researcher name and contact details: Professor Sam Fawkner (s.fawkner@ed.ac.uk) / Dr Tessa Strain (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 this 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	
6) I understand that if I provide my email address (and I may choose not to provide my email address) then this address will be stored separately from the research data for the purpose of entry into the prize draw.	Yes
7) By ticking this box I agree to take part in the above study.	Yes