

STAFFORDSHIRE UNIVERSITY
Department of Life Sciences and Education
Sport and Exercise
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Wellbeing and Performance in Netball Players across a Season

PARTICIPANT INFORMATION SHEET – PARENTS OF PLAYERS

We are conducting a research study to examine wellbeing and performance in netball players at Tibberton Netball Club across the 2018/19 season. Our research will also involve parents and coaches if they would like to be involved. As a parent of a player at Tibberton Netball Club, we would like to invite you and your daughter to take part in our research study. Before you decide, we would like you to understand why the research is being done and what it would involve for you and your daughter. Please take time to read the following information and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Thank you for reading this.

What is the purpose of the study?

There is debate about whether sports participation is beneficial or detrimental to wellbeing and mental health. On the one hand, it is thought that athletes are a particularly vulnerable group in terms of their mental health and well-being, because they face pressures of consistently performing well in their sport, which may be both implicit (pressure from self-directed goals) and explicit (pressure from coaches/parents). Alternatively, there is evidence that participation in sports has a positive impact on many aspects of physical and mental health.

However, there is a lack well-designed studies in sport and exercise research regarding wellbeing in athletes, and whether this may differ by age and experience. Many key questions regarding associations between mental health, wellbeing and performance, and how associations may change across time, remain unanswered. This information is important in the wider context of mental health, especially as rates of depression and anxiety are rising across the UK. Our research also has implications for further understanding resilience in sport, and how resilience may contribute to performance and success.

Why have I been asked to take part in this research?

You have been invited to take part in our research because you are a parent or guardian of a player at Tibberton Netball Club. We would like to invite both you and your daughter to participate in our research. If your daughter is aged 15 or under, we require your consent for her to partake in our research, and we will also ask for her to agree to take part in the research (which is called assent). If you are happy for your daughter to partake in our research, but you do not wish to be a participant yourself, that is not a problem.

Do I have to take part?

It is up to you to decide whether or not yourself and your daughter would like to take part in our research. If you decide to take part you will be given a copy of this information sheet to keep, and your daughter will also be given an age-appropriate information sheet which explains what the study is

about.

If you would like to also participate in our research as a parent, you will be asked to sign a consent form before any data is collected from you (all data collection from parents will be collected using an online questionnaire).

What will happen to me and my daughter if we take part?

The research study has three phases:

Phase 1: Trials.

Before the start of trials, we will administer a brief paper-based questionnaire to players, which will include questions about how they feel about the upcoming trials, anxiety, self-efficacy, control and achievement goals. Questionnaires will be age appropriate, and therefore slightly differ across age groups. If your daughter does not take part in trials, she will still be able to partake in Phases 2 and 3 of the study.

Phase 2: Assessment of wellbeing and performance across the season.

We will collect questionnaire data from players, parents and coaches at three time points across the season: pre-season (September), mid-season (December) and post-season (April).

Players will be given paper-based questionnaires to complete at training. These will include questions about: wellbeing (this will contain measures of mental health, sleep, cognitive well-being, irrational beliefs and basic psychological needs), group membership and identification with the team, social support, injuries and any intentions to quit. Questionnaires will be age appropriate, and therefore slightly differ across age groups.

Parents and coaches will be sent an email with a link to an online questionnaire in September, December and April. The questionnaire for parents will include questions about yourself (e.g. age, employment, education, wellbeing, stress) and will also include questions about your daughter (e.g. her wellbeing, illness and injuries).

At these time points we will also collect data from the club around performance, including number of quarters played per match, training attendance and unforced errors in matches (if coaches record this information).

Phase 3: Tournament.

At the end of each season the U11, U14 and U16 teams compete in a 1-day local netball tournament, at which we will collect more detailed measures related to performance from each player. This will include paper-based questionnaires that include questions about identification with the captain/team and state anxiety.

We would also like to collect blood pressure and heart rate data from players prior to the tournament, in response to thinking about the upcoming tournament. We have two machines that measure cardiovascular data (blood pressure and heart rate) called a Portapres and Finometer. Data is recorded using a finger cuff placed around the middle finger. This is not painful, but the finger cuff inflates, which may be mildly uncomfortable. We will record data for 5 minutes while your daughter relaxes. We will then play some instructions which will ask her to think about the upcoming tournament and

then continue to record blood pressure and heart rate for a further two minutes. We will collect this data during the week before the tournament.

We will also collect match outcome data at each stage of the tournament, including both team and individual performance. We will ask coaches to rate the performance of each player and ask the players to rate their own performance.

What are the possible risks and disadvantages of taking part in the research?

The study involves you and your daughter responding to questions about wellbeing, which might be mildly distressing. You and your daughter do not have to answer any questions that you don't want to. You are free to withdraw consent for yourself and your daughter's participation in the study at any point, without being required to give an explanation. If you would like to withdraw, please inform Dr Elizabeth Braithwaite (contact details below) or Rachel Massie. If you feel that you would like to discuss your well-being with someone in confidence there is a free helpline run by SANE – 0300 304 7000. Or you can visit www.sane.org.uk for advice. This information will also be included on your daughter's participant information sheet.

What are the possible benefits of taking part?

By taking part you have the opportunity to make a contribution to our scientific understanding of the factors that contribute to wellbeing and performance in sport.

Will my taking part be kept confidential?

Yes. All information that is collected about you and your daughter during the research will be kept confidential and will only be accessible to the research team. You and your daughter will be assigned a unique identifier that will be used instead of your name on all study data that is stored. Responsible members of Staffordshire University may be given access to the study data for monitoring and/or audit of the study to ensure that we are complying with regulations.

What will happen to the results of the study?

We may publish the results of this study in a scientific journal, book, or book chapter, present the research at a conference, and/or share our findings via blogs and social media. Any research publication would not identify you or your daughter individually. If you wish to obtain a copy of the published results, please inform the researcher. We would be delighted to send them to you when they are available.

At the end of the study we will make the data freely available on the Open Science Framework website (<https://osf.io/>). This data will be anonymised and will not include any potentially identifiable details (such as date of birth). The reason we want to make this data available is because there is currently a movement in science to make research more open. Our research group is supportive of this movement, as it encourages robust and transparent research practices. If you don't want your data or your daughter's data to be available on this website, then let us know using the contact details below and we will make sure your data is removed before the study data is uploaded.

Who has reviewed this study?

This study has been reviewed and approved by the Staffordshire University Research Ethics Committee.

Further information and contact details

If you have any further questions about this study please contact Dr Elizabeth Braithwaite on 01782 294824, or email elizabeth.braithwaite@staffs.ac.uk. Alternatively, you could speak to Rachel Massie at training.

What happens next?

For parents of players aged 15 and under:

If you are happy for your child to participate in this study **then you do not have to do anything.**

If you do not want your child to participate in the study then:

Please complete the refusal form and return it to rachelmassie@live.co.uk **by the 25th September.**

For all parents:

We will contact you in September to see if you would like to partake in our research as a parent. We will send you a link via email to an online questionnaire.

Thank you for taking the time to read this information

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REFUSAL FORM FOR PARENTS OF PLAYERS AGED 15 AND UNDER

I do not want my child to take part in this study (please tick box)

Please write your child's name here (in capitals)

Please write your name here (in capitals)

Please sign here

Date

If you **do not** want your child to take part in this study then please complete this form and return it to rachelmassie@live.co.uk before 25th September 2018