

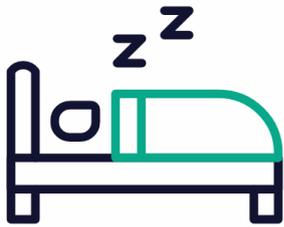


## Information sheet for Young Persons (age 10-12 years)

We are doing a study, and we want to know if you and your parents would like to help us!

Before you decide, it's important to understand what the study is about. Please read this carefully and talk to your family or friends if you have any questions. If you want to know more, ask your parents to contact us.

### Why are we doing this Study?



We want to see if our new website **Sleep Buddy**, can help children sleep better.

Sleep Buddy was made by doctors and psychologists, for children with ADHD who have trouble sleeping. It gives parents and carers advice to help children sleep.

The study will last 6 months and about 330 children and their parents will join.

### Why was I invited?

You were invited because you:

- ✓ Have ADHD
- ✓ Are between 6-12 years old.
- ✓ Sometimes have trouble falling asleep

### Do I have to join?

**No, you don't have to.** It is your choice!

If you decide to join but later change your mind, that's okay too. No one will be upset. Just let your family know.

If you don't join, your Doctor or ADHD clinic will still help you as usual.

### What will I be asked to do?

1. Your parents will answer some questions on a call with a researcher.
2. You will do **four tasks on a computer at home**. The tasks are like games, so they should be fun!
3. A researcher will be on a video call to help you. Your parent will be with you too.



After this:

Some families will get to use **Sleep Buddy**.



Some won't, but that's okay!

A computer will randomly decide who gets to use it, like pulling a name out of a hat.

Later, at 3 months and 6 months, we will ask you to:

- **Do the tasks** again on the computer.
- Your parent will **answer more questions**.
- At the end, **everyone** will get a chance to see Sleep Buddy.

### Are there any disadvantages?

The tasks take about 30 minutes after school or on the weekend.

If you can't finish all the tasks, that's okay—you can still be in the study!

### Will Sleep Buddy help me?

We **don't know yet!** That's why we're doing this study- to find out.

We hope Sleep Buddy will help children like you **sleep better in the future**.

We'll share the results when the study is over.

### Who will know that I'm in the study?

Only people who need to know (like your doctor or ADHD clinic) will be told.

### Do I get anything for taking part?

If you do all of the online tasks, you'll be entered into a prize draw to win a £25 Love2Shop or Amazon gift voucher!

We will pick 20 names randomly, and everyone has a fair chance to win.

### What happens to your information?

When we collect information about you, we take it very seriously. We only use it for this project and won't share it with anyone who doesn't need to see it. The people in charge of keeping your information safe are from University Hospital Southampton NHS Foundation Trust (they are called the "data controller").



Once we have your information, you won't be able to see or change it. If you decide to stop being part of the project, we will still keep the information we have already collected. We will keep it for 10 years, and only the people working on this project at the University of Southampton and University Hospital Southampton NHS Foundation Trust will be able to see it.

You can learn more about what happens with your data here: [What is GDPR?](#)

**Thanks for reading! If you have any questions, just ask!**