

## **Wellbeing Investments in Schools and Employers (WISE) Study**

### **Think Aloud interview Information Sheet**

#### **Summary:**

We are inviting you to participate in the WISE study, which focuses on how schools and employers decide to invest in the wellbeing of their students and staff. You are being invited to take part in a think-aloud interview, which is a type of cognitive interview where you will be asked to express your thoughts while completing a task. The main objective of this interview is to gain a better understanding of how school decision-makers interpret and use information (also known as 'evidence') to make decisions about the wellbeing of their students.

This information sheet provides further details of what would be required of you as a participant in a think-aloud interview. This is so you can make an informed decision as to whether you would like to take part.

If you have any questions, please feel free to contact us using the contact details provided at the end of the information sheet.

#### **What is this research about?**

This research explores how school decision-makers make decisions related to the mental health and wellbeing of their students. We aim to understand how schools use information ('evidence') to invest in mental health and wellbeing promotion.

#### **Why is this research important?**

This research is important because there is increasing responsibility for mental health and wellbeing promotion within schools. However, we do not know how schools are engaging with mental health promotion activities, what their needs and resources are, and how schools decide what to dedicate resources to for mental health and wellbeing promotion. Through this research, we aim to gain insight on how schools make decisions and how they invest in mental health and wellbeing promotion. Findings from this research will be used to understand how best schools can be supported to invest in mental health promotion effectively and equitably.

#### **Who is carrying out the research?**

This study is being carried out by researchers at the University of Birmingham. It is funded by the Wellcome Trust.

#### **Who has reviewed the study?**

This study has received ethical consideration by the University of Birmingham **ERN\_21-1687A**

### **Why have I been invited to participate?**

You have been identified by our researchers as a relevant participant to invite for a think aloud interview, due to your experience as a decision-maker and your knowledge of mental health and wellbeing in schools.

### **What would taking part involve?**

If you agree to participate in this study, we will invite you for a think-aloud interview. A think-aloud interview is a type of cognitive interview where participants are asked to verbalise their thoughts while completing a task. In this interview, you will be invited to take part in a scenario, where you will be playing the role of a school decision-maker whose task is to select different mental wellbeing interventions for their students within a limited budget. We will also provide you with different pieces of information to help you decide, in your view, which interventions are the most beneficial. In this interview, we are interested by your thinking process and decision-making, and there is no right or wrong answer in this task. The purpose of this task is to understand whether evidence, and which kind of evidence, may lead participants to change their mind about their choice of investment. The think-out loud interview will then conclude with some follow-up questions on what additional evidence you may think is needed to support schools' investments in mental health and wellbeing.

### **Do I have to take part?**

The study is entirely voluntary. Should you change your mind about your participation in the study, you can withdraw from the study at any time, though we would wish to know about any withdrawal as soon as possible. We can be flexible about when data are collected and the ways in which that happens; we aim to work with your schedule.

If you decide to withdraw from the interview, please contact a member of the research team whose details are provided below. There will be no consequences to withdrawing from the study, and you do not need to tell us why you no longer wish your school to take part in the study.

### **When and where will the interviews take place?**

The interview will ideally take place face-to-face at the university, your educational setting or any other place which may be convenient for you. Interviews will be audio-recorded and transcribed.

### **What will be done with the information I provide?**

The information provided during the think aloud interview will help us understand how different schools decision-makers interpret and use different types of information ('evidence') to make decisions about investing in mental health and wellbeing promotion. The results of the study will be used to develop a report about our findings, a workshop for schools to understand the results and impact of the findings. In addition, it will help to guide policymakers and researchers on how to best design and target relevant information for school decision-makers.

We will also publish the findings in peer-reviewed journals for other researchers to use.

### **How will my information be kept confidential?**

Interviews will be completely anonymised by using fictional individual-level IDs to organise data. All identifying information about yourself will be completely removed from any publications and reports. Interviews will be recorded and transcribed by an external agency who has signed a confidentiality agreement with University of Birmingham. Audio-recordings of the interviews will be kept in a secure folder on the University of Birmingham server for the duration of the project. Interview transcripts and recordings will be password protected at the individual document level in addition to the standard password access and two-factor authentication in the University system. Only members of the immediate research team will have access to the data.

In line with University of Birmingham's General Data Protection Law we will process your information in a lawfully, fairly, and transparent manner. We will only collect information we need for the legitimate purposes of our research. You can learn more about your rights under the General Data Protection Law here: <https://www.birmingham.ac.uk/privacy/index.aspx>.

### **What are the possible benefits of participating?**

We will also invite you to a workshop about the study findings and how these could be used. We will also provide a voucher as a thank you for your time. There is a wider benefit to society, in helping further our understanding of how schools invest in mental health and wellbeing promotion. By sharing your experiences, you will be addressing an important gap in knowledge and enable researchers to build a better picture of how schools make decisions and thus how they can be best supported in investing in mental health and wellbeing promotion.

### **What are the possible disadvantages of taking part?**

There are no risks associated with your participation in this study. We realise that this will involve you giving up some time to work with us. We are very grateful to you for considering participation in this study. If you have any questions, please feel free to contact a member of the research team:

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**Thank you for reading this information sheet.**