

# PARTICIPANT INFORMATION SHEET

IDENTITIES, RELATIONSHIPS & MENTAL WELLBEING OF ADOLESCENTS WITHIN A  
SPECIALIST MUSIC SCHOOL

NOVEMBER 2022

## Invitation

Your child is being invited to take part in a research project as part of my MSc in Performance Science dissertation at the Royal College of Music. Before you decide whether your child can take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others, including myself (Helen Kuby), your child or the school if you wish. Ask the researcher or another adult if there is anything that is not clear or if you would like more information. Contact details are at the bottom of this sheet. Take time to decide whether or not you wish your child can take part. You will be given this information sheet to keep. Thank you for reading this.

## Project

The aim of this project is to understand how students identify themselves in relation to other people (self-construal) and how this influences levels of mental wellbeing within the environment of specialist music schools, from the perspective of students themselves. Developing an understanding of this through questionnaires and interviews, the projects aims to provide schools with recommendations to further improve students wellbeing and help students transition into and thrive to their full potential within a specialist music school settings.

## Characteristics of participants

Your child been asked to participate in this project as a student of a specialist music school, between the ages of 11-18. The school has contacted you as a parent of a child who can participate in this research. Speaking to students from your school will help understand how the student experience develops during their time at music school.

## Voluntary participation

It is up to you to decide if you want your child to take part in my project or not. This research is not arequirement of the school and is completely voluntary. If you don't want your child to take part, or if you change your mind about taking part, your child will not be disadvantaged in any way. If you do decide that your child can take part, you will be given this information sheet to keep and be asked to sign a consent form which means we can use your answers within the wider research. It will also be explained to your child that they can decide not to take part in the research and can withdraw at any point. You are encouraged to discuss this project with your child. At no point will your child be identifiable within the information that is collected unless, within the interview, your child says something which makes the interviewer believe that they could be at risk of harm. In this scenario, the schools safeguarding procedure would be put into place. All other answers will be kept anonymous, meaning answers cannot be traced back to your child. If you decide to take part, you and your child are still free to withdraw at any time, without giving any reason. You or your child can withdraw either by physically leaving and/or by withdrawing consent for the researcher to use whatever contribution

you have already made to the research. Again, your child will not be disadvantaged in any way if you or they do not want them to take part.

### **Nature of participation**

Participants will be required to complete a short 10 minute questionnaire within school time. This will be given in tutor group time to allow students to ask questions to their tutor if needed. Your child will be given the option to withdraw from participating in the research, either before, during or after the survey the given.

Your child will then be invited to participate in an interview within your school which will last approximately 30 minutes. All of the interviews will be audio recorded for the interviewer to refer back to for the wider research. Participants are allowed to say if you would not like to be audio recorded, however, this would mean that you would not be able to participate in the interview part of this research. However, participants are still welcome to participate in the questionnaire, if you would like to do so.

### **Lifestyle restrictions**

There will be no restrictions to participants lifestyle by participating in this research.

### **Potential risks to participants**

The nature of this research will ask questions related to identity, relationships and mental wellbeing. As a result, there is a risk that topics discussed may relate to emotional or upsetting memories. Participants do not have to discuss anything they do not feel comfortable in sharing. In the event that students are affected by discussion, the school's welfare procedures will be followed to ensure they have support. If you are concerned about the welfare of your child in anyway, please contact the schools head of year, tutor or house parent (if applicable). In the event that the researcher feels as if information disclosed could put the participant at risk to themselves others, participants will be informed that this information will be shared with the school through the schools safeguarding policies. In this event, participants will be asked if they would still like to take part in the research.

Should you have any further questions or queries regarding the wellbeing of your child, please contact either your students personal tutor or the school counsellor Nicky Morris ([n.morris@purcell-school.org](mailto:n.morris@purcell-school.org)). Your child will also be reminded of these services at several points during through the process.

### **Potential benefits to participants**

This research aims to understand students experiences studying within a specialist music school. Results, which will be anonymously written up, aims to inform your school of ways to improve your student bodies wellbeing whilst studying/boarding. Beyond the school, the research will form a base of understanding within academia which could also inform similar musical education establishments in practical ways to better understand adolescents experience to improve overall student wellbeing.

### **Possible termination of research**

If this research is terminated for any reason, all school, parents and children will be informed. This means that participation will no longer be required and you will be told the reason for termination. If any data is collected, all information will be destroyed meaning that everything will be deleted so that no one will be able to have access to the information itself.

## Confidentiality and anonymity

Information that is collected about your child, or the purposes of the research, will be kept strictly confidential. This means that no one will be able to link your child's name to your answers. The only time that confidentiality would be broken is in the event that your child disclose risk of immediate harm to yourself or others in which case the researcher may need to discuss this with somebody else.

## Storing personal data and information

Your child's personal data and any information that you provide for the purposes of the research will be stored securely in electronic encrypted storage for 10 years. If I wish to re-use it within this time period, I will seek your permission to do so. If the student is 18 at the time of reusing this information, consent will instead be sought from the student. At the end of the period it will be destroyed.

## Outputs

The output of this research will be presented as a dissertation which will be used as part of the researchers Masters Degree. It will also be shared with the schools senior team to help with the growing wellbeing support of the schools students. The final dissertation will not be shared through RCM Research Online to further protect the anonymity of the students. However, results may be publicly presented in academic conferences and/or publications. Once again, no names will be used and your child will not be able to be identified. This research may also be shared through journals, articles, presentations and conferences. Again, no names will be used to protect confidentiality.

Thank you for reading this Participant Information Sheet and for considering your participation in this research project. Please let the researcher know if you have any questions.

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