

Information for parents

INVITATION FOR PARTICIPATION IN MY LIFE STUDY

The Norwegian Institute for Public Health (NIPH) is inviting students from 40 middle schools (8th-10th grade) in 5 counties to participate in the MyLife study. The study begins in the Fall of 2017.

Your child's school was selected for participation. With this info sheet we would like to ask for your child's participation, and if you could complete a brief questionnaire.

WHAT ARE WE STUDYING?

The study goal is to produce new knowledge about youth and substance use. Eventually this knowledge can be used for substance use prevention.

It is important to ask youth themselves about these issues.

We ask about the initiation of substance use, such as drinking, smoking, or cannabis use, as well as the use among friends and family.

The survey also asks about free time activities, relationships with friends and family, school satisfaction, personality, and mental and physical health.

HOW WILL THE SCHOOL SURVEY TAKE PLACE?

A total of about 10,000 8th, 9th, and 10th graders are invited to participate.

The study is longitudinal. This means that it will be repeated with the same students for a total of 5 times, once every year.

While students are in middle school, the survey will take place in their schools during regular class times. After middle school, the survey will be administered at home.

Participating students will be asked to complete an electronic questionnaire, which takes about 30 minutes to finish.

Such multiple-years study provides a solid foundation from which to develop youth prevention strategies, because in this way we can learn about the causes of early substance use.

PARENTAL SURVEY

Parents/guardians will be asked to complete a brief electronic questionnaire in Norwegian (about 10 minutes long) in the Fall 2017.

You may receive invitation for a future follow-up survey.

Your and your child's questionnaire responses will be anonymously linked through a common ID number.

DATA FROM OTHER SOURCES

To get better understanding of causes leading to substance use among youth, it may be relevant to collect data from other sources. This applies both to parents and children.

This means that additional information can be obtained from central registries, such as the Norwegian Patient Registry, Prescription Registry, or other agreed upon (based on consent) health surveys.

It may also be relevant to collect information about social and economic factors, such as education, work and income from registries managed by the Statistics Norway.

If it becomes necessary to obtain such data linkages, we will seek the required approvals from the Norwegian Data Protection Authority and/or the Regional Committees for Medical and Health Research Ethics.

PRIVACY

All participants are ensured confidentiality. That means that only researchers connected to this project at the NIPH will have access to the collected de-identified data.

Collected data will be safely stored at the Services for Sensitive Data at Oslo University. This is a research platform meeting the strictest laws concerning the processing and storage of research data.

If you request so, you can examine the student questionnaire beforehand and we can let you know if your child actually completed it.

Majority of questions from the student questionnaire are deemed non-problematic, but if some are experienced as difficult to answer, students are free to simply skip them.

The school nurse will be notified about the study and will be available if children wish to talk to someone. Students will also be given the *Kors på Halsen* (the Red Cross anonymous youth service) phone number.

The survey results will be published as research reports and research articles. All responses will be reported at the group level, such that your or your child's answers can never be connected to you personally.

WHAT HAPPENS WITH YOUR DATA?

After the last survey round is completed in 2021, all study materials will be archived for 10 years, until 2031. This is done because of the possible future studies.

Your data will be used only in accordance with your consent.

Researchers connected to the MyLife project at NIPH can obtain access to collected data for research purposes. They will not have access to your name, date of birth, or social security number.

The project was approved by the Norwegian Data Protection Authority.

Participation is entirely voluntary, and you can withdraw from the project at any time and without giving any justification for doing so. If you wish to change your consent or to have your data deleted, you can simply contact the MyLife project team (see contact info below).

Each participant is important! To obtain meaningful research data, it is important that as many as possible take part in the study.

More information about the study, and access to student questionnaire can be obtained by contacting us via phone (406 45 748) or email (mittliv@fhi.no).

You can also read more about the study at www.fhi.no/mittliv.

With sincere thanks,

MyLife Team at the Norwegian Institute of Public Health

Camilla S. Lundberg, Data Collection Manager

Geir Scott Brunborg, Principal Investigator

Jasmina Burdzovic Andreas, Principal Investigator

COPY OF PARENTAL INFORMED CONSENT FOR MY LIFE STUDY PARTICIPATION

Use the consent form from school.

The child is: Girl ___ Boy ___

Child's first name: _____ Middle name: _____ Last name: _____

Child's Date of Birth: Day: __ Month: __ Year: ____

Name of your child's school: _____

County where the school is located:

Møre og Romsdal ___ Troms ___ Sør-Trøndelag ___ Rogaland ___ Buskerud ___

Grade: 8 ___ 9 ___ 10 ___

Classroom: A ___ B ___ C ___ D ___ E ___ F ___ G ___ H ___ Don't know ___ Other ___ Specify: _____

I am this child's: Mother ___ Father ___ Other ___

INFORMED CONSENT FOR CHILD'S STUDY PARTICIPATION:

YES, as parent/legal guardian, I give my informed consent for my child's participation in the longitudinal MyLife study beginning in the Autumn 2017.

NO, I do not wish that my child takes part in MyLife study.

INFORMED CONSENT FOR PARENTAL STUDY PARTICIPATION:

YES, I give my informed consent for my own participation in the longitudinal MyLife study (Norwegian questionnaire) beginning in the Autumn 2017.

NO, I do not wish to take part in MyLife study.

To send you the link to MyLife electronic questionnaire, we need your valid email address:

E-mail: _____

To ensure against email delivery failures, we would like to ask for your street address as well.

Street name: _____ Number: ____ Postal code: ____ City: _____

THIS FORM IS NOT VALID WITHOUT YOUR SIGNATURE. PLEASE SIGN:

First name: _____ Middle name: _____ Last name: _____

Signature: _____

Date: _____ Place: _____