

## Parent/guardian information

**Study Title:** *Validating The Resilience Ball Questionnaire*

**Researchers:** Dr Anna Doedens-Plant, Dr Cath Lowther, and Danny Wong

**Supervisor:** Dr Dave Damon



Dear Parent/Guardian,

We would like to invite your child to take part in a study looking at a new questionnaire, which helps to think about the resources (people, things, etc.) we have around us to support our resilience, as well as what further resources may be needed. The questions in the questionnaire are based on the research that helped to create a framework call 'The Resilience Ball' (Lowther, 2020; you can find more detailed information in the book [The Resilience Ball](#), Lowther, 2022) and that shows that resilience is an 'ordinary magic' (Masten, 2001; 2014). This means that resilience is something we all have so long as we have certain 'ordinary' (common) resources. So, resilience is not something inside us, that we are born with or not, but is a careful balance between the challenges we have in our lives and the resources to cope with these. If there is a good balance, we can stay afloat (like a beach ball on the water).

This information sheet tells you more about the study and gives you the chance to say that you do not want your child to take part. If you do not want your child to take part, you can withdraw them from the study before it starts. This is called: 'opt-out.' You will then receive an email, confirming that your child will not take part in the study, but will do an alternative activity, which will look like a quiz, when the study is taking place. The researchers will also provide this activity. There are no consequences for withdrawing your child from the study, and you do not have to explain why you do not want your child to take part. You can also withdraw your child's data from the study until **18.10.24**, which means that we will not use their information to analyse the information we gather.

**Please read this information carefully before deciding whether you agree for your child to take part in the study. If you would like to withdraw your child from the study, please return the opt-out form attached to this email, to Mrs Fodor by 18.10.24.**

### **What is the study about?**

The Resilience Ball questionnaire is a new self-report measure, which gives insight into the resources that a respondent believes they have in different areas that are known to support resilience. As the questionnaire is new, we want to make sure that it measures what we think it does, and we want to find out how it compares to other questionnaires in this area.

### **Why is the study important?**

The Resilience Ball is a framework which is used by schools in Surrey to think about the resilience of pupils and staff. Some schools use The Resilience Ball to think about the resilience of individual pupils, and to target support for those pupils who are struggling by completing a Resilience Ball Support Plan. Right now, this targeting can only happen through in-depth conversations. Although there are other resilience questionnaires, they measure slightly different things, and we believe that it would be helpful for schools to have access to a questionnaire which fits The Resilience Ball exactly. This will give school staff an additional source of information and help them to support resilience at school. The questionnaire can also be used anonymously with larger groups, such as a class or year group, to help think about supporting resilience on a group level.

### **Why has your child been chosen?**

Your child has been chosen because they are of a secondary school age and attend a school which has agreed to take part in the study.

### **What will be involved?**

Your child will be asked to fill in The Resilience Ball questionnaire, as five additional questionnaires which measure different aspect of resilience, as well as resilience overall. Together they should take around 10-20 minutes to complete. The impact on the school day will be minimised as far as possible because the study will take place during tutor time. Examples of questions are:

5. I understand that, with practice, I can get better at something.

Never   Sometimes   Often   Always  
        

12. I am given chances to make choices that matter to me.

Never   Sometimes   Often   Always  
        

### **How, when, and where will the study take place?**

All the questionnaires will be online surveys and will take place during the summer term. To minimise impact on your child the study or alternative activity will take place during an agreed time in the school day (e.g., tutor time, PSHE lesson, etc.). Pupils whose parents have opted out will be sent an email via their school email address with a link to a general knowledge quiz. All pupils whose parents have not withdrawn them from the study will be sent an email via their school email address with links to the surveys in the study, as well as the general knowledge quiz. At the start of the questionnaire, your child will be asked to read a short explanation about the study, and they will be asked to indicate if they are happy to take part. If they are not, they can click on the link to the general knowledge quiz. If they proceed with answering the questions, we will assume that they are happy to take part and have given their consent. This is called opt-in consent. There will be a member of school staff in the room, to help pupils with accessing the activities if needed, and to follow up should anyone become upset when completing the forms. We do not anticipate that any activities will cause distress, and hope that all pupils find it a positive experience.

### **Will information be anonymous and confidential?**

Yes. Every participant will be given a unique participation number, so that parents/guardians or young people can withdraw their data afterwards if they wish to do so, but the researchers will not know the participation numbers of individual young people. The researchers will only keep the participation numbers for the time that parents/guardians or young people can withdraw. We will take these numbers out before we analyse the data. This means that we will not be able to give you any feedback on the answers provided by your child, because we cannot link any data to any individual pupil. After the data has been analysed, we will give general feedback to participating schools. All data will be stored within electronic data files on a secure serve at NHS Surrey and Borders Partnership, Surrey County Council, or on an encrypted memory device. After the data has been analysed, it will be deleted.

### **Are there any benefits in taking part?**

Your child will be helping the research in this area and will help to create a measuring tool that schools can use to support pupils in their care. Taking part may also be a helpful reflection activity for themselves, which can support their own wellbeing.

### **Are there any risks involved?**

Our priority is to ensure the wellbeing of your child as a participant. Every effort will be made to ensure that taking part in the study is a positive experience, and that your child remains happy to complete the survey. Although we think the survey is at very low risk, there is always a possibility that some young people might experience increased worry whilst taking part. If your child experiences any discomfort, they will be free to stop the survey, and they will be reminded of this before they start. In addition, we will provide a signposting sheet so that appropriate additional support (both in and outside school) can be accessed if needed.

### **Where can you get more information?**

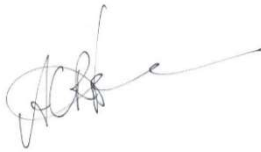
If you would like more information about this study, please contact Jenny Fodor. Alternatively, you can contact Dr Anna Doedens-Plant at [anna.doedens-plant@sabp.nhs.uk](mailto:anna.doedens-plant@sabp.nhs.uk).

### **What happens if you or your child change your mind?**

If your child starts the surveys but then changes their mind, they can stop immediately and start the alternative activity instead. If you or your child decide afterwards that you no longer wish to take part in the study, you can withdraw their data from the study up until three weeks after taking the survey. This means that their data will not be used to inform the results of the study. If you wish to do so, please contact Jenny Fodor, who is overseeing the study in your child's school, they will inform us which participant number to take out of our data set.

**If you do not wish your child to take part, you must return the opt-out form which is attached to this email to Mrs Fodor ([jfodor@christcollege.surrey.sch.uk](mailto:jfodor@christcollege.surrey.sch.uk)) by 18.10.24.**

Thank you for considering your child's participation.



Dr Anna Doedens-Plant

HCPC reg. 35882

Flesch-Kincaid grade level 9.5, reading ease 61.9.