# SHINE online pupil mental health and wellbeing survey

## Parent/Carer Information Sheet

### What is the survey about?

Your child's school is a member of the Schools Health and Wellbeing Improvement Research Network (SHINE), led by Researchers at the University of Glasgow. SHINE aims to support schools in promoting and supporting the health and wellbeing of the whole school community. It is funded by research grant funding (https://gla.ac.uk/shine).

As part of the SHINE project, pupils are being invited to take part in an online survey about their mental health and wellbeing. This is to help the school plan activities to support pupils' health and wellbeing.

### What is the survey for?

A key aim of SHINE is to assist schools in understanding and improving pupil health. To do this, it is useful for schools to have up-to-date information, directly from pupils. This project aims to help schools better understand the mental health and wellbeing needs and experiences within their own school community. The survey is *not* about mental illness. Rather, it aims to measure how young people feel about themselves and different aspects of their lives.

### Why has your child been asked to take part?

All children in your child's class and/or year group are being invited to complete the survey.

### Does my child have to do this?

No, not at all. It is up to you and your child to decide. If either of you choose not to take part, that's fine. You do not need to give a reason why. If you do not want to take part, we ask that you sign and return the attached opt-out form below on page 3 of this document. If you and your child decide that he/she wants to take part, you do not need to do anything. On the day of survey completion, your child will have the opportunity again to decide if they want to take part. The landing page of the survey has an opt-in consent question for young people, who can select, "Yes, I am happy to take part" or "No, I do not wish to take part". An alternative activity can be provided by the school for non-participating young people.

### What does taking part involve?

During school time, pupils will be asked to complete a short online questionnaire. This will ask questions about their mental health and wellbeing such as how they feel day-to-day, life satisfaction and feelings about school and other areas of their life. The questionnaire should

take around 30 minutes to complete and children will be asked to complete it on their own. It is not a test and there are no right or wrong answers. Children will not be asked to give their name. For further details about the content of the questionnaire, please see the parents and carers information sheets provided here:

- Primary
- Secondary

## Who will know what my child has said?

Once completed, all responses to the questionnaire will be sent to the research team at the University of Glasgow for processing. The research team will not know the names of any children who take part in the survey so your child's answers will never be linked to their name.

All electronic data will be stored on secure password-protected computers. No one outside of the research team or appropriate governance staff will be able to find out the school's name, or any other information, which identifies the school and/or any individuals in the school.

The data will be stored in archiving facilities in line with the University of Glasgow retention policy of up to 10 years. After this period, further retention may be agreed or the data will be securely destroyed in accordance with the relevant standard procedures. Researchers from the University of Glasgow collect, store and process all personal information in accordance with the General Data Protection Regulation (2018).

The pseudonymised dataset, which has had all personal information (e.g. date or birth, postcode) removed may be shared with other trusted researchers for teaching and research purposes only. The SHINE mental health privacy notice explains further.

## What happens afterwards?

Each school will receive their own report with summary data on pupil mental health and wellbeing. This will combine the results from all the pupils who completed the survey in the school to provide an overview of wellbeing by age and gender groups. No individual pupils can be identified from the report. We will encourage the school to share the results with both pupils and parents and to use the findings to help develop school policies and activities to support pupil wellbeing.

Data will also be analysed and written up as reports or academic papers to be shared with policy-makers and others working in the field of youth mental health. We will also present findings at academic conferences and other events. Participating schools and pupils will not be identified in any public documents.

## Where can I find out more?

We will be happy to answer any questions this research. Please email: Dawn Haughton, SHINE Network Manager at: shw-shine@glasgow.ac.uk . Please include ***MH Survey Query*** in the subject line of the e-mail. We aim to answer emails within 48 hours of receipt.

If your child takes part in this study, and you, or they, are unhappy afterwards, then please contact the College of Medicine College of Medical, Veterinary & Life Sciences Ethics Committee by emailing mvls-ethics-admin@glasgow.ac.uk

Thank you for reading this information sheet. The College of Medical, Veterinary & Life Sciences Ethics Committee of the University of Glasgow has checked this research study and have given it their approval.

## SHINE survey opt-out form for parents/carers

## Pupil mental health and wellbeing survey

Please only complete this form if you **do not want** your child to take part in the research.

Please ensure it reaches ***Ms Colette Curran*** by October 1, 2025 , **gw09currancolette@glow.sch.uk**

If we do not receive this form from you, we will assume that you are happy for your child to take part.

*Please note that this information will not be passed on to the SHINE Team.*

Name of Child:.....

Class:.....

Name of Parent/ Guardian:.....

I **DO NOT** give permission for my child to participate in SHINE pupil mental health and wellbeing survey.

**Signed:** .....

**Date:** .....