

# OPTIMA RCT CHILD Participant Information Sheet

## HELLO!



I am Ellen. Your mum or dad is helping me with our research project, and I would like you to help us too. Our project is called 'OPTIMA' This research is being done to see if a phone app called STEPS can help families like yours.

## What is research?



Research involves doing different activities, for example, this could be adults writing down answers to questions or children playing games, to find out the answer to an important question.

## Why have I been asked to take part?

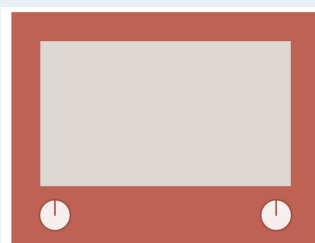
You have been asked to take part because your mum or dad has agreed to take part in our project, and they said it was okay for you to get involved too.

## How long will it take?

We will ask you to play the Etch-a-Sketch Online game with your mum or dad 3 times in the next year. A year is the period between your two birthdays. Each time, the game will take about 5 minutes. You can have a break whenever you like, just tell us.



## What will I need to do?



You will play the Etch-a-Sketch Online game with your mum or dad on their phone. In this game, you and your mum or dad will take turns drawing a simple shape, like a house, on your parent's mobile phone. You will have 5 minutes to do this, but it doesn't matter whether you finish your picture or not. What is important is that you try your best. You will play the game at home and while you are playing the game together, I will be able to hear you through the phone and I will also record what you say. This will help us answer our important research question.

## Will taking part help me?



Taking part will not help you right now. But it will help us to know more whether our app can help other families like yours.

## Do I have to do this?

No, you do not! It is up to you. If you want to do this, we would like you to tell us that you do. You can still change your mind later. If you don't want to do this or you want to stop when you are playing the game with mum or dad, just tell them or one of us. No one will be cross with you. Your mum or dad can still continue taking part in our research.



## I have more questions – who can I ask?

Your mum or dad may be able to answer your questions. I can also help you find out more about the research.



**Thank you so much for reading this, we really hope you will take part!**