

## IS THIS RESEARCH APPROVED?

Approval to conduct this research (RA/4/1/8604) has been provided by The Human Research Ethics Office at The University of Western Australia, and has met the policy requirements of the Department of Education WA.

## WHO DO I CONTACT IF I WISH TO DISCUSS THE PROJECT FURTHER?

If you would like to discuss any aspect of this study with a member of the research team, please contact:

➤ **Heather McKee (Project Coordinator)**

T | (08) 9489 7600

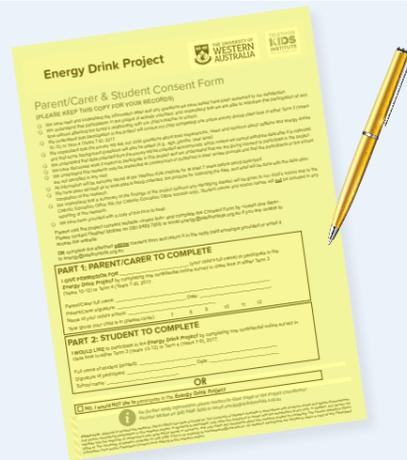
E | [energy@telethonkids.org.au](mailto:energy@telethonkids.org.au)

## HOW DOES MY CHILD BECOME INVOLVED?

➤ For your child to take part, you (the parent/carer) need to provide your written consent.

Please complete the attached yellow consent form and return it to your child's school by the due date

Please note that your child will be asked for their individual consent on the day of the survey, prior to completing the survey.



THANK YOU!

## PARENT INFORMATION BOOKLET

# AMPED UP AN ENERGY DRINK STUDY



Dear Parent/Carer,

**RE: Amped Up: an energy drink study**

On behalf of the Telethon Kids Institute at The University of Western Australia, we are writing to invite your child to be part of a research study called, "Amped Up: an energy drink study". This letter explains the Amped Up study, why it is important, what is involved and how you can find out more information.

We hope you will consider our invitation for your child to participate in this important research.

Yours sincerely,  
Dr Gina Trapp | **Telethon Kids Institute**



For further information please contact the Project Coordinator **Heather McKee** on (08) 9489 7600 or email [energy@telethonkids.org.au](mailto:energy@telethonkids.org.au)



# AMPED UP AN ENERGY DRINK STUDY



## WHY IS THIS RESEARCH BEING DONE?

**Amped Up: an energy drink study** seeks to understand young people's experiences, views and opinions on energy drinks and other beverages. The research findings will help researchers understand the extent to which Western Australian adolescents are consuming energy drinks and the potential health effects associated with these drinks. The findings will be used to inform future health programs and to develop health guidelines and policies regarding energy drink use in young people.

To maximise the quality of the research it is important that as many students as possible complete this survey – **even if your child does or does not drink energy drinks.**

## WHAT IS INVOLVED?

- Your child will be asked to complete **one confidential online survey** at school during class time.
- The survey will take approximately **20-30 minutes** to complete
- Parents do **NOT** need to complete any surveys.

The confidential online survey contains questions about energy drinks (as well as other beverages such as sports drinks, soft drinks and coffee) including whether or not they drink these drinks and why, how much and how often, and whether they have experienced any side effects after use. Background questions will also be asked (e.g., age, gender, year level postcode, whether they do any paid work and a series of questions to assess family socio-economic status).

**There are no monetary costs to parents, students or the school associated with participating in this project.**



## WHAT WILL HAPPEN TO THE INFORMATION?

### IS IT PRIVATE AND CONFIDENTIAL?

All the information gathered from the survey will be anonymous and kept strictly confidential. Demographic and background variables will not be reported unless there are more than six participants in a given category. The only information that will be recorded by staff members administering the survey will be the total number of students who completed the survey.



The data will be stored securely on the Telethon Kids Institute's password-protected electronic database and will only be accessed by the research team. We are required to store the data for a minimum of 7 years, after that time it will be destroyed.

The anonymous data collected in this study will be analysed by the research team. Results will be disseminated via academic publications, presentations, fact sheets, media releases and a set of policy and practice guidelines which will be distributed to all stakeholders (including the WA Department of Health). A summary of the findings will be given to your school and to the WA Department of Education. Schools and participants will **not** be identified in any reporting of this research.

The non-identifiable raw data may be made accessible to other researchers located in Australia or overseas in order to compare this study's results to similar studies conducted nationally or internationally.

## ARE THERE ANY RISKS INVOLVED?

Although unlikely, should your child be negatively affected by completing the survey, the class teacher administering the survey will be available to discuss any issues with your child and if necessary, can refer your child to the school's Psychologist for support.

## WHAT ARE YOUR CHOICES?

Participating in the survey is voluntary. If you/your child later decides not to be involved, you can withdraw without penalty. Please note that since the survey is anonymous, we cannot identify and remove individual responses from the database if a child wishes to stop the survey halfway or later decides to withdraw their responses.

If you decide to withdraw, you can do this by contacting the Project Coordinator:

**Heather McKee**

T | (08) 9489 7600

E | [energy@telethonkids.org.au](mailto:energy@telethonkids.org.au)





