



The National Institute for Health Innovation  
School of Population Health  
Tamaki Campus  
The University of Auckland  
Private Bag 92019, Auckland, New Zealand  
Telephone: 09 923 4730



## Participant Information Sheet – Point England School

### Games for Health

Lead investigator: Professor Ralph Maddison  
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Researchers: Professor Ralph Maddison, Dr Rinki Murphy, Dr Justin Heke, Dr Rosie Dobson, Dr Samantha Marsh, Dr Nilufar Baghaei, Varsha Parag

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This survey is funded by the Health Research Council of New Zealand and is being undertaken by researchers at the University of Auckland. If you have any questions about the survey, please contact a member of the research team, Professor Ralph Maddison.

Your child is invited to take part in 'Games for Health', a study investigating games designed to improve knowledge about healthy lifestyle behaviours in young people. To help you decide if you would like your child to take part in the study please read the following information.

The study is randomised, which means your child will be randomly allocated to a control group or one of two games: Ari and Friends or Diabetic Jumper. The control group will also play a game, but the control game is not designed to improve knowledge about healthy lifestyle behaviours.

To help you make a decision about your child participating in the study, we ask that you read this information sheet. Before you decide, you may want to talk about the study with other people, such as family, whanau, friends, or healthcare providers. Feel free to do this.

### Who is undertaking the research?

This study is being undertaken by researchers at the National Institute for Health Innovation (University of Auckland), and UniTec. The research is funded by a Health Research Council Feasibility Study grant.

### What is the purpose of the study?

We have developed two serious games to help increase young people's knowledge of health-promoting behaviours, as well as increase their confidence in being able to manage their own health. We want to investigate whether serious games can be used to help young people understand their health better.

### Who can take part in the study?

To take part in the study, your child has to:

- Be aged between 9 and 16 years
- Have either a family history of type 2 diabetes, be overweight/obese (if you are unsure we can assess this at the baseline visit), or have been told by their doctor that they are at risk for type 2 diabetes
- Be able to provide written consent/assent to participate in the study
- Speak and understand English
- Live in the Auckland region

For your child to take part in the study, you have to:

- Be over the age of 18 years and able to provide written informed consent on behalf of your child to participate in the study (if the child is under 16 years old)
- Speak and understand English.

### **Where and when will the study take place?**

There are three options available. You will be asked to choose one of the following options.

Option 1: The baseline visit will take place at Tamaki campus, outside of school hours, with you present.

Option 2: The baseline visit will take place at your child's school, outside of school hours, with you present.

Option 3: The baseline visit will take place at your child's school, inside of school hours, with a staff member of the school present. You will need to give consent (below) for a staff member to be present in your place during the baseline and/or follow-up visits.

The 1-month follow-up visit can take place either in person at Tamaki Campus (with you) or the school (with either you or staff member), or online.

### **What is involved if my child takes part?**

We are inviting 40 children aged 9-16 years to take part in the study. Everyone will be in the study for 1 month. If after reading the study information you decide you would like for your child to take part, we ask you to sign the Consent Form (below) and give it to your child to return to the staff member at school who is collecting the forms. Alternatively, if you are coming to the baseline visit with your child, you can bring the consent form with you.

Once we have consent for your child to participate in the study, then they will need to attend a baseline session, either at Tamaki Campus, Glen Innes, or at their school. This baseline session will take place outside of school hours if you are present or inside school hours with a school staff member. During the baseline visit we will check your child's height and weight and ask for your child to provide their assent to participate in the study.

Your child will then need to complete a brief online questionnaire. The questionnaire will ask them for their date of birth and gender, and then ask them about their sleep, diet, physical activity, and knowledge of healthy lifestyle behaviours.

We will then randomise your child to either the control game or one of the two games designed to improve health knowledge. The researcher will undertake the randomisation and inform you or the

school staff member (depending on the option you choose) and your child of which group your child has been assigned to.

Your child will then be handed a tablet device which already has the game installed on it and will be invited to play the game for 15-20 minutes. You or the school staff member will stay with your child while they play the game. After playing the game, your child will need to repeat the questionnaire on healthy lifestyle behaviours again.

After 4 weeks, your child will need to complete another questionnaire (the same as the one they completed at the baseline visit. They can do this:

- In person with you present at Tamaki Campus
- In person with you present at their school
- In person with a school staff member present at school
- Online (the survey will be emailed to you or the child's school email)

## **What are the benefits and risks of this study?**

### **Possible benefits**

Your child's participation in the study will help us understand whether a serious game can be used to help children manage and understand their own health. To acknowledge you and your child's time to take part in this study you will receive a \$40 voucher during the baseline session and a \$40 voucher at the follow-up session/upon completion of the online questionnaire. If you choose for your child to take part in the study with a school staff member present, then both vouchers will be given to your child by the school staff member to bring directly home to you.

### **Possible risks**

There are no anticipated risks from taking part in this programme over and above the risks associated with playing a game on a mobile device.

## **Will the information about me be kept confidential?**

While it is unlikely that your child may be identified, total confidentiality cannot be guaranteed. The study files and all personal information that you and your child provide will be strictly confidential. No material that could identify you or your child will be used in any reports on this study. The National Institute for Health Innovation stores and backs up data either on The University of Auckland owned servers or on cloud services operated by a vendor with whom The University of Auckland have a contractual relationship. All computer records are password protected and paper records stored in a secure storage area. All future use of the information collected will be controlled in accordance with the Privacy Act, 1993. Any hard copy data will be kept in a locked cabinet in the Principal Investigator's office and kept separately from any other data.

During the study only the researchers and study monitors will have direct access to your child's information. This access will only be to check the accuracy of the information collected for the study and the information will remain confidential.

## **What are my rights?**

You and your child's participation in this study is entirely voluntary (your choice). You do not have to take part. If you choose not to take part in this study you and your child will not be affected in any way. You and your child may withdraw from the study at any time, without

having to give a reason. Your withdrawal from the study will not affect your future health care or your relationship with the University of Auckland. You are encouraged to ask questions at any time. In addition to parental consent, the assent of any child under 16 years old must be obtained for participation in research.

### **Who do I contact for more information or if I have concerns?**

If you have any questions, concerns or complaints about the study at any stage, you can contact:

Professor Ralph Maddison

Research Fellow, National Institute for Health Innovation, The University of Auckland, Private Bag 92019, Auckland 1142.

Phone: 08003676444

Email: [r.maddison@auckland.ac.nz](mailto:r.maddison@auckland.ac.nz)

Or you can contact the Head of Department:

Associate Professor Chris Bullen

Telephone (09) 373-7999 x 84730.

Email: [c.bullen@auckland.ac.nz](mailto:c.bullen@auckland.ac.nz)

For any queries regarding ethical concerns you may contact the Chair, University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, University of Auckland, Private Bag 92019, Auckland 1142.

Telephone 09 373-7599 ext. 83711.

Email: [humanethics@auckland.ac.nz](mailto:humanethics@auckland.ac.nz)

*Approved by the University of Auckland Human Participants Ethics Committee on the xx of xx 2019  
for three years. Reference Number xxxx.*

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**Please keep this sheet for your information.  
Thank you for taking the time to read about this study.**



The National Institute for Health Innovation School of Population Health Tamaki Campus The University of Auckland Private Bag 92019, Auckland, New Zealand Telephone: 09 923 4730



Consent Form

Games for Health

This form will be held for a period of 6 years

Name of researchers: Professor Ralph Maddison, Dr Rinki Murphy, Dr Justin Heke, Dr Rosie Dobson, Dr Samantha Marsh, Dr Nilufar Baghaei, Varsha Parag

I have read the Participant Information Sheet, and I have understood the nature of the research and why my child has been selected. I have had the opportunity to use whanau/ family support or a friend to help me ask questions and understand the study and the questions have been answered to my satisfaction.

- I agree for my child to take part in this study.
I understand that taking part in this study is voluntary (my choice) and that me and my child may withdraw from the study at any time.
I agree that, if my child withdraws from the study, information collected about them up to the point of withdrawal may continue to be used in the study.
I understand that my child's study information is confidential and that no material, which could identify them personally, will be used in any reports on this study.
I understand that information may be shared with other studies or registers but that no information that identifies my child personally will be used.
I understand that any data collected as part of this study will be stored securely at The University of Auckland, in accordance with the Privacy Act, 1993, and that all electronic data will be stored on the University of Auckland servers or cloud services.
I understand the possible benefits and risk of the study.
I know whom to contact if I have any questions about the study in general.

I wish to receive a copy of the results. If yes: Please provide your email address: YES/NO

Please turn over the page to provide your consent for your child to participate in the study.

**Parent or Caregiver Consent:**

<p><b>Please select ONLY ONE option:</b></p> <p><b>1.</b> I consent for my child to take part in this study with me present at Tamaki Campus</p> <p><b>2.</b> I consent for my child to take part in this study with me present at their school</p> <p><b>3.</b> I consent for my child to take part in this study with a <u>school staff member present</u> at School</p>	<p><b>Option 1</b> Parent/Caregiver Name : Parent/Caregiver Signature :</p>
	<p><b>Option 2</b> Parent/Caregiver Name : Parent/Caregiver Signature :</p>
	<p><b>Option 3</b> Parent/Caregiver Name : Parent/Caregiver Signature :</p>
<p><b>Date:</b></p>	

**Ethical Approval**

*Approved by the University of Auckland Human Participants Ethics Committee on the xx of xx 2019 for three years. Reference Number xxxx.*