



Māori and Pacific Perspectives on Transport to School: Parent/Guardian Information Sheet

What is the study about?

School-age students are becoming more sedentary. The lack of physical activity in adolescents increases risks of health problems such as obesity, diabetes and heart disease both in teenage years and in adult life. Active transport to school is an effective way to increase physical activity in youth. However, to date we know little about the influence of cultural context on how adolescents to school. It is very important that we learn more about factors that influence active transport and level of physical activity in adolescents, in order to be able to prevent health problems later in life. This study will examine what Māori and Pacific adolescents think about their transport to school.

Why my son/daughter?

We are inviting Māori and Pacific adolescents living in Dunedin area and the wider Western Bay of Plenty to take part in this study. Each adolescent, however, can individually decide whether or not to take part in this study.

Where will this study take place?

This study will be conducted in your local community.

What will the study involve for your son/daughter?

All participants will have an opportunity to take part in two activities:

- **Focus group interview:** One focus group interview lasting 45-60-minute focus group with 4 to 8 adolescents will be organised by researchers in your community at a location to be agreed upon. In a focus group, adolescents will talk to other group members about their perceptions of different transport modes, mode users, and experiences of travel. The session will be audio-recorded. All focus group interview participants will receive a \$10 book voucher in recognition of their participation and contributions.
- **Study survey:** Adolescent will also have an option to complete an online survey about their transport to school, neighbourhood environment and lifestyle habits. The survey is about 30 minutes long and adolescents will complete it in their spare time. The survey questions are **not like a school test, there are no right or wrong answers** and your son/daughter **does not have to answer** every question if they do not want to. Adolescents will be asked to give their feedback on the survey to researchers in person, by phone or by email. All adolescents who complete the survey and provide their feedback to researchers will receive a \$10 book voucher in recognition of their participation.

What will researchers do with the collected data?

Each student's name will only be included on the consent form and this will be kept separate from the information we collect during the study. Personal information collected on the anonymous survey will include age, gender, and ethnicity. Survey participants will be asked to provide also their date of birth and home address. The anonymous information from all the questionnaires will be sent to the University web server and only the researchers involved in the project will have access to the data. The data collected will be summarised, presented to policy makers, and

reported in research journals. At the end of the study the overall results will be available to students and parents who take part. We will also supply a summary of study findings to the school principal of each participating school. No personal information about any individual students will be reported.

What do I do now?

We very much hope that your son/daughter will be able to take part in this study. Please discuss the study with your son/daughter. Students can choose not to take part, or they can withdraw from the study at any time. This will not affect their future education or care in any way.

All students who wish to participate in this study will need to sign consent.

Parental consent is also required. If you give your son/daughter permission to participate, **please sign enclosed parental consent** and **return it to the researchers** as soon as possible. You can **post** your signed consent **or email a scanned copy to beats@otago.ac.nz**.

Who can tell me more about the study?

You can find more information about the study on our website:

<https://www.otago.ac.nz/active-living/research/otago696490.html>

If you have any questions about this project, please contact the researchers:

Dr Anna Rolleston: The Centre for Health, PO Box 13068, Tauranga 3141; Phone: +64 7 578 6624; Email: anna@thecentreforhealth.co.nz

BEATS Study Coordinator: School of Physical Education, Sport and Exercise Sciences, University of Otago, PO Box 56, Dunedin 9054; Phone: 03 479 9112; E-mail: beats@otago.ac.nz

We thank you for your time hope that you and your son/daughter will be able to take part in this study.

Kind regards,



Associate Professor Sandy Mandic, Principal Investigator
School of Physical Education, Sport and Exercise Sciences, University of Otago

This study has been approved by the University of Otago Human Ethics Committee. If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (ph 03 479 8256). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.