

## **Participant Information Sheet**

***\*\*Please read this consent document carefully before deciding to participate in this study\*\****

### **Project title:**

An investigation into adolescents who participate in multiple sports or/ and on multiple teams

### **Purpose of the Study:**

To establish the weekly physical activity and recovery habits of Irish adolescents who compete across multiple teams and sports and outline the effects experienced by adolescents while managing formal training alongside social and academic expectations.

This research study will take place online with participants required to complete a once off questionnaire and possibly be selected to participate in a follow up focus group.

### **Conditions for Testing:**

To participate in this study, participants must be between 12-18 years of age, participate in multiple sports or on multiple teams and are a member of the school going population.

Prior to the release of the questionnaire Parental Consent via the app must be received, following that the participant must give consent via a Forms survey sent on Teams before gaining access to the questionnaire.

### **Risks of Participation:**

There are no physical risks to participating in this study. If at any point the participant finds the questionnaire emotionally upsetting the following steps shall be followed; once the participant informs the researcher (Elisabeth Dermody) of the upset experienced the researcher will make contact via email to the Year Head, link Vice-Principal and school counselor, the parents/ guardian will be contacted via phone immediately. An initial appointment will be made with the counselor to review the situation, and any follow up appointments will be made thereafter.

### **Benefits of Participation:**

Participation in this study will help researchers better understand the effects of participating in multiple sports and on multiple teams on different areas of adolescent's lives.

All the data and information collected in this study will be kept strictly confidential in a file on a computer under password protection. You will be assigned a code that will not allow you or your responses to be identifiable. Only the lead researcher (Elisabeth Dermody) will have access to personal data and no information will be disclosed without obtaining your prior consent. Research supervisor(s) will only see pooled responses to the questionnaire. You may ask for a copy of any information relating to you being retained as part of this research, at any time.

The information gathered will be held for the duration of the research project (12 months) for a maximum of 5 years, after such time, all files will be deleted, and hard copy notes will be shredded.

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Should the research be published, mean data will be retained in a copy of the research which will be accessible via the IT Carlow Library.

Should you have any questions they will be answered thoroughly by the lead researcher of this project. If at any time you feel uncomfortable or want to withdraw from testing, you can do so without question and without penalty.

In the event of feeling uncomfortable or withdrawing due to the nature of the research, school procedures will be adhered to in such scenarios- once you inform the lead researcher of these feelings, they will proceed to inform the following: the Year Head, link Vice-Principal and school counselor, parents/ guardians will be contacted via phone immediately, following that there can be the scheduling of an appointment with the school counselor.

If you have any further questions about the study, you can contact the researcher Elisabeth Dermody at [C00246359@itcarlow.ie](mailto:C00246359@itcarlow.ie).