

INTERPLAY Playground Study

Participant Information Sheet for Young People

We're really excited that you might want to be a part of our study!

This paper has some information about the study and what we'll be doing.

We want to learn more about how you feel when playing in Crumbles Castle.

What is a research study?

Imagine you have a big question or want to learn something new, like how plants grow or why the sky is blue. A research study is when grown-ups, like scientists or researchers, decide to find answers to these questions. They do this by asking lots of people to help them. These helpers might be young people, like you, or adults who agree to be a part of the study.

Sometimes, the researchers might ask these people to do special tasks, answer questions, or even just talk about their experiences. Then, the researchers look at all the information they collected to figure out the answer to their big question. So, a research study is like a big adventure where everyone works together to learn something new and exciting!

What is our study about?

We want to find out about how you play, what you think about the way you play when you are on a playground like Crumbles Castles. We also want to explore what your parents think about the way you play.

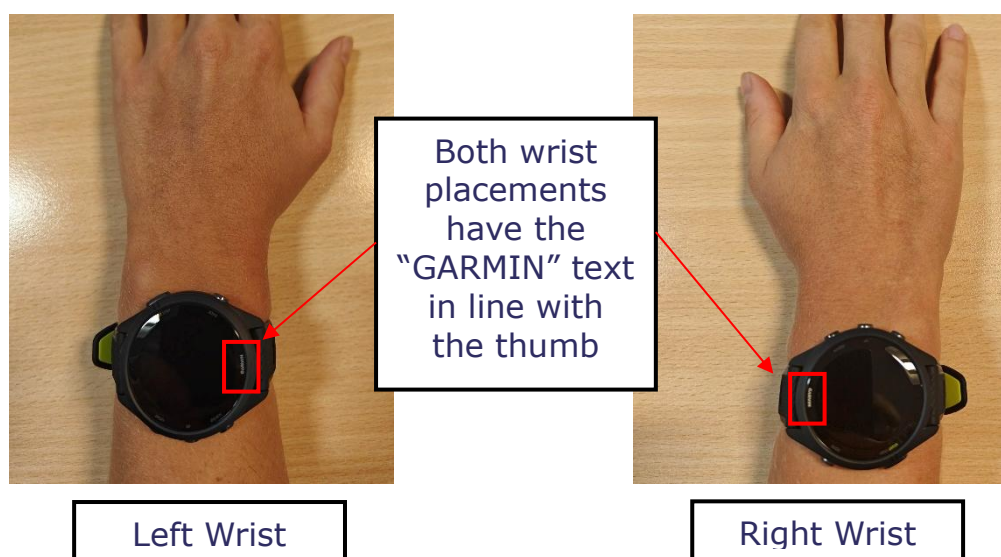
Why am I being asked to take part?

We are inviting you because you play on the Crumbles Castle playground.

What will I be asked to do?

You will be invited to join a 90 min long play afternoon in Crumbles Castle between April and June 2025 (this year). It will be just like any normal day at the playground. No one will tell you what to do or not do. You can play just as you like. The play session will be filmed using cameras to allow us to see how you play with other children in detail. Only video recording will be taken but no sound, so we won't hear what you talk about while you are playing.

We will also set up a special watch for you to wear during the session to measure your heart rate and how much you move. This is what the watch will look like – if you don't like how it feels, you won't have to wear it. Once you have the watch on you, you will first sit for 30 mins (you can read your favourite book in this time), before playing for 30 min.



Once you finish playing, you will be invited to stay for a short chat with one of our research team members (Andrea or Karen) so we can ask you a few questions about how you thought the play session went!

Do I have to take part?

No, it is completely up to you!

If you do decide to take part, you can stop at any time.

Why should I take part?

The things we learn from this study will help us understand how you play in playground. Learning from you will help us make plans to promote playing in a playground like Crumbles Castle and we can better understand what type of play you enjoy most.

As a thank you for joining in, you will be invited to a pizza party in Crumbles Castle after the study is completed!

How to contact us

If you have any questions regarding the study, you can ask your mum or dad to ring us (mobile: 07404 873405) and we can answer your questions. You can also write an e-mail to us via interplay@mrc-epid.cam.ac.uk.

Thank you for taking the time to consider taking part in this study!