



Participant Information Sheet for Children

UCL Research Ethics Committee Approval ID Number: 0326/019

UEL Research Ethics Committee Approval ID Number: 2122-0105

Title of Study: Age and sex differences in the metabolic response to exercise: pilot study

Department: UCL Great Ormond Street Institute of Child Health

Name and Contact Details of the Researcher(s):

Dr Evelyn Maniaki evelyn.maniaki.20@ucl.ac.uk

Dr Andy Galbraith A.J.Galbraith@uel.ac.uk

Name and Contact Details of the Principal Researcher:

Prof Jonathan Wells jonathan.wells@ucl.ac.uk



Who are we?

😊 We are a team of researchers at University College London (UCL) and University of East London (UEL). We study how the human body responds to exercise.

What is our study about?

😊 Exercise is really good for you, but too much exercise can damage your body. So, how much exercise is healthy?

😊 We want to know how our body responds to exercise. But before we do our main study, we first need to make sure what we do is fun and exciting but also safe. So, we are doing a very simple study first to see whether it would be better to use a treadmill or exercise bike. We also want to ask about what bodily fluids (such as saliva, blood, or urine) we can obtain in the main study to see what happens inside our body. We won't be collecting any samples at this stage; we just want to hear your views!

😊 If we know how much exercise children need, we may be able to help more children do well in life.

What does the study involve?

- 😊 If you decide to join the study, you and your parent(s) will meet Evelyn, one of our researchers.
- 😊 The study will take place at the exercise lab at UEL and will last about 2 hours. Time will pass quickly as you'll have fun!
- 😊 Before you take part, Evelyn will ask your parent(s) to complete an online set of questions to make sure you are healthy, and it is safe for you to take part in this study. If you do take part, she will ask you to write your name on a form when she meets you and your parent(s) in person.
- 😊 Evelyn will tell you a story about how she plans to find out how our body responds to exercise, then ask you what you think and make notes. Evelyn really wants to know what you think because she wants to make her study exciting and fun! She is especially interested in finding out what you found interesting and what you would change to make it better. If you find anything she mentions scary, don't be afraid to tell her so; there is no right or wrong answer. She might ask you some more questions after that to make sure she got all the information right.
- 😊 Then the fun part begins! You will put on the scientific equipment which we use to check how fast your heart beats (chest strap) and what's in your breath (mask) - don't worry, Evelyn cleans this between children. After you put it on, you will use first the treadmill then the bike. You can stop using each machine after a few minutes or earlier if you decide to. There will be a break between using each machine so you can relax, have a drink, and tell Evelyn what you thought. For example, how did it feel, did the equipment fit you well, was it difficult to wear it when on the treadmill or bike etc. The machines will be turned on so Evelyn can check how you're doing, but that information will not be recorded / saved anywhere.

What will we do with your answers to our questions?

- 😊 All the questions we ask will be kept safe and secure with us. The only time we would tell someone about it is if we were worried about your safety.
- 😊 At the end of the study, we will tell you and your parent(s) what decisions we have made for our main study.

Do I have to take part?

- 😊 No, it's up to you. Speak with your parent(s) or carer(s) about taking part in this study, and maybe other grown-ups you trust. You can also contact us if you have any questions.
- 😊 If you decide that you want to take part, please let your parent(s) or carer(s) know and they will tell us about it.
- 😊 If you do not want to take part, let your parent(s) or carer(s) know and they will tell us. Even if you decide to take part, you can stop at any time.

Thank you for reading this and for considering taking part in our study. You can keep this sheet.

For more information, please visit this website:

<https://www.ucl.ac.uk/legal-services/privacy/ucl-general-research-participant-privacy-notice>
