

**Faculty of Health & Life Sciences**

**CHILD INFORMATION SHEET**



**What is the study about?**

We are interested in a food supplement called Phosphatidylserine. It is made naturally within the body, making up part of the structure of your cells. It is also found in many of the foods we eat. There is some research that has shown that this supplement might improve brain performance and memory in adults and in children. We want to find out if taking this supplement daily for 12 weeks can improve your brain functioning (your attention, learning and memory) and your mood.

![C:\Users\DGLG9\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QMSYH2FY\MC900089000[1].wmf]()**What will I have to do?**

You will first have an online/telephone appointment with your

parent/guardian to check you are able to take part. After

this you come to visit our research centre at Northumbria

University with your parent/guardian on four different days

(after school or on the weekend):

Your parent/guardian will come with you to each appointment, but you won’t be with them when you are actually doing the study. Don’t worry, they will be asked to stay nearby, and we will contact them to come and see you if there is a problem. If you are worried about this, please chat to your parent/guardian.

Here is what you will do on each day of the study in more detail:

Day 1 – This first appointment is an online video call (or telephone call) which you and your parent/guardian will do together with a researcher from our team. This appointment will take about 30-45 minutes. First, we will check you are still happy to take part and you and your parent/guardian will give your consent (permission) to take part by filling out an online form to show this. We will then ask you and your parent/guardian some questions about you and your health to check you are able to take part. At this appointment, we will also ask if you would like to do an extra part of the study to monitor your sleep using a special watch (this part of the study is optional, which means you don’t have to do this part and you can still take part in the main study if you are not doing this bit). We only need 60 participants for the sleep part so not everyone will be able to do this bit. If you decide you would like to be involved in the sleep part, just let us know and we will see if there is space for you. There are extra things to do for this part which is explained in the ‘Day 2’ section below. Please think carefully about if you would like to do this part if there are still spaces.

Day 2 – This second appointment is a training visit where you will come into the University and get to have a go at and practice the computer tasks you will be doing for the study. When you get here, we will first measure your height and weight. After this you will practice the computer tasks I mentioned earlier which test your attention, memory and learning. This whole appointment will last about 2 hours. We will also give you some questionnaires to take home for you and your parent/guardian to and fill in before your next visit. If you have decided to take part in the sleep bit of the study, you will be given a sleep watch to wear for 7 days before your next visit (Day 3). The watch must be worn all the time throughout the 7 days except when going in the bath/shower. You will also be given a sleep diary which you/your parent/guardian should complete every day to show the time you went to bed and woke up. You will repeat this and wear the sleep watch again, 7 days before your last appointment (Day 5) (your parent /guardian will need to pop in at least 7 days before this last session to get the sleep watch and diary).

Day 3 – Before you come in for this appointment you will have breakfast at home no later than an hour before your time to come in (just so you know - after you have finished your breakfast you won’t be able to have anything to eat or drink other than water until the whole testing visit finishes). Before you come, we will send your parent/guardian some quick questions on email for them to answer. You will also need to bring in the finished questionnaires we gave you and your parent/guardian to fill in at home. When you arrive at the research centre you will complete the first testing session which includes the computerised tasks you practiced at training (these take about 30 minutes to do). You will then have a short break (of about 30 minutes) before you do the tasks again (there are some extra memory tasks this time and this session takes about 1 hour and 10 minutes). After another break of about 50 minutes you will do the tasks for a final time (these ones take about 30 minutes). After you have finished the tasks, your parent/guardian will be given a container of gummies, which is the treatment we would like you to take each day for the next 6 weeks. We would like you to take 2 of these gummies in the morning each day with your breakfast.

Day 4 – This appointment will take place 6 weeks after the third appointment and will be exactly the same as it. On the morning of this appointment you will take your 2 gummies as usual at home with breakfast before you come in. At the end of this session we will give your parent/guardian some more gummies for you to take over the next 6 weeks.

Day 5 – This appointment will take place 6 weeks after the fourth appointment and will be exactly the same as the third and fourth appointment. On the morning of this appointment you will take your 2 gummies as usual at home with breakfast before you come in. At the end of this session, because you have given up your time to take part in our study, we will give you £140 in vouchers (if you decide to take part in the sleep monitoring part of the study you will receive an extra £40 in vouchers).

**How can I take part?**

If all of this sounds good and you want to take part, just let your parents/guardians know, but please ask them any questions or get them to ring or email me if you are not sure about anything. If you can’t take part or you don’t want to that is fine too. If you start the study and you don’t like it and want to drop out, then that is no problem either.

**What will I have to do keep myself and others safe from spreading or getting Coronavirus?**

It is very important that all participants, parents/guardians and staff follow certain rules the University has in place to help us feel safe and protect us all from Coronavirus. Here is what we need you to do to help us keep everyone safe:

* If you or anyone in your house feels unwell or has Coronavirus symptoms (a new cough, high temperature and/or not being able to smell or taste) please tell your parent/guardian to cancel your visit.
* At the time when we were writing this information sheet for you, the Government said that you should limit close contact with people you do not live with, give plenty of space to others, and that adults are required to wear face coverings in crowded and indoor areas where you come into contact with people you don’t usually meet. The University needs you to act like you do in a shop. You will see signs and instructions for this around the University buildings. Please read and follow these instructions at all times. As we will have children aged 8, 9, 10, 11 and 12 doing the study, there will be a mixture of some children wearing face coverings and some who are not. Don’t worry about who is wearing coverings and who isn’t but remember if you are in the age group that is required to wear face coverings in public places, we ask that you please still wear one. The research staff will be following the same rules and will be wearing face coverings or visors when needed.
* Every time you are due to come to the University, we will email your parent/guardian some questions the day before to check you haven’t got any Coronavirus symptoms to make sure it is safe for you to take part.
* We will have alcohol gel bottles on the way in and way out of the centre and in our testing rooms for you to use to clean your hands. Please use this often and also before and after using the computer.
* During your visit, try not to touch your eyes, nose, or mouth with unwashed hands, cover your cough or sneeze with a tissue, and throw it away in a bin and wash/gel your hands.
* If you need the toilet you might see posters stuck on the door telling you how to act coming in and out of the bathroom- please read and follow any instructions. If the toilet cubicles or sinks are being used and you have to wait to use them, please stand back to give people enough space to get out of the cubicle/away from the sink before you try to use them.
* If you find yourself near someone else (for example in a corridor coming back from the toilet) please stick to the left side of the corridor and follow floor markings.
* You might see one-way systems and signs around the University Campus to guide everyone safely. Please read these signs (e.g. handwashing rules) and follow them as best you can.
* During study day breaks you need to stay in the testing lab until the next assessment starts. Remember to bring in your own bottle of water so you don’t get too thirsty and a book, magazine or tablet/device (with headphones if using an app with sound) so you don’t feel bored during these breaks (remember you need to look after your devices and must take anything you bring in home with you). Note you won’t be able to play games on your devices as it can change our results, but you could watch TV or browse on the internet.
* You will be sat at your own desk for your whole visit, spaced apart from other children. Please stick with this distance and do not go over to other children’s desks even if they are your family or friends.
* Our staff will make sure we clean everything properly before you come in and during the whole day
* If you are nervous about coronavirus and do not want to take part anymore that is ok. If you decide this when you are here, just let the researcher know and we will get/call your parent/guardian to pick you up. If you decide this away from the University e.g. at home or school, just tell your parent/guardian to let us know. It is up to you if you want to take part and we won’t be upset if you change your mind.

The most important thing is that we keep each other safe from the virus so please help us by following these rules and any other instructions we give you

Thank you for reading this!

Fiona 