



Dear SENCO / Head,

My name is Foteini Platsia and I am a Trainee Educational Psychologist at the UCL Institute of Education. As part of my training, I am completing a study on adolescents' mindsets about their emotions (whether they think they can control their emotions or not) and how these mindsets affect how they cope with anxiety.

Given the current societal climate (COVID-19 outbreak) and the developmental, academic and socio-emotional challenges faced during adolescence it seems particularly relevant to consider ways in which adolescents' mental health can be enhanced. This research aims to enrich our understanding of factors that influence adolescent mental health and enhance support for these in schools.

### **What does the study involve?**

If you agree for the school to take part in this study, we will ask you to contact the parents of students in Year 9, 10 and 11 with a link to the consent form. The researcher will arrange the rest. Once parental and permission is received, the students will be asked to complete a 10-minute online questionnaire. A few students will also be asked to participate in a short telephone or WhatsApp interview at a time and date that is convenient for them. During the interview, the students will have complete control over what information they choose to tell me about and they can omit any questions that they do not wish to answer. They will have the right to withdraw from the project at any time and all unprocessed data will be destroyed.

### **What will happen to the information the students provide?**

All data will be analysed and used for academic purposes only. No identifying information will be used in any reports following the project. Only my supervisors and I will have access to the data.

### **Does my school have to take part?**

We hope that you would like to contribute to this study, but the decision is yours. For schools that participate in the study, there will be the option of a short presentation or a leaflet for staff/students/parents at the end of the school year with information on how to support students' mental health in the school environment.

### **What if I have a question or concern?**

If you have any queries or if you are unhappy with anything that happens concerning the participation of the students in the study, please contact me ([a.platsia@ucl.ac.uk](mailto:a.platsia@ucl.ac.uk)) or my research supervisor, Dr. Matt Somerville ([m.somerville@ucl.ac.uk](mailto:m.somerville@ucl.ac.uk)).

In acknowledgement of the risks associated with coronavirus, this study is conducted solely remotely, *no direct contact with the researcher will be required at any stage of this project*. Thank you for your support with this project.

Foteini Platsia, UCL Institute of Education

#### **Local Data Protection Privacy Notice:**

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk). This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice: For participants in research studies, click [here](#).

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the 'local' and 'general' privacy notices. The lawful basis that will be used to process your personal data are: 'Public task' for personal data and 'Research purposes' for special category data. Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this, and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk).