

Dear Parent/Guardian,

You may be aware of Anchor Approach, a resilience-based whole school approach to improving engagement, which is currently being run at your child's school. We are a team of researchers from University College London (UCL), evaluating the Anchor Approach in collaboration with Haringey Council Public Health Team.

This research is being conducted to explore the impact of the Anchor Approach on schools, using feedback from staff and parent/guardians. The findings will help to further develop and strengthen the Anchor Approach for your child and subsequent cohorts.

We are conducting focus groups with parent/guardians from a range of schools who are involved in the Anchor Approach. The focus groups will involve a small group of 4-6 parents/guardians and they will be conducted online, using Microsoft Teams. They will last approximately one hour. The groups will be led by a UCL researcher, who will ask a number of questions to guide the discussion, such as:

1. Are you aware of the Anchor Approach?
2. What do you think of the Anchor Approach?

If you would like to participate, please follow the link below and complete the consent form. Your participation would be hugely appreciated. Please find attached below the information sheet with more details.

If you wish to participate but require adjustments such as the use of closed captioning, please contact: [bella.rubens.18@ucl.ac.uk](mailto:bella.rubens.18@ucl.ac.uk). Please follow the link below to complete a consent form and indicate your availability to participate in a focus group.

**Please follow this link:** [https://uclpsych.eu.qualtrics.com/jfe/form/SV\\_8w9IDNxJ6xWoEnA](https://uclpsych.eu.qualtrics.com/jfe/form/SV_8w9IDNxJ6xWoEnA)

If you have any questions or concerns, please find the contact details for the UCL team below.

Yours sincerely,  
The UCL Research Team

#### Who To Contact

For general questions about the research, logistics or adjustments:

**Bella Rubens**, Research Assistant

[bella.rubens.18@ucl.ac.uk](mailto:bella.rubens.18@ucl.ac.uk)

For concerns about ethical conduct:

**Dr Jennifer McGowan**, Principal Investigator

[jennifer.a.l.mcgowan@ucl.ac.uk](mailto:jennifer.a.l.mcgowan@ucl.ac.uk)

**Participant Information Sheet For Adult Participants**UCL Research Ethics Committee Approval ID Number: **21415.003**

A qualitative exploration of a whole-school approach to improving resilience and school engagement in childhood and adolescence.

**Department: UCL Experimental Psychology****Name and Contact Details of the Researcher(s):** Jennifer McGowan

[Jennifer.a.l.mcgowan@ucl.ac.uk](mailto:Jennifer.a.l.mcgowan@ucl.ac.uk), Dr Nicola Abbott [n.abbott@ucl.ac.uk](mailto:n.abbott@ucl.ac.uk), Isabella Rubens [bella.rubens.18@ucl.ac.uk](mailto:bella.rubens.18@ucl.ac.uk)

**Name and Contact Details of the Principal Researcher:** Jennifer McGowan

[Jennifer.a.l.mcgowan@ucl.ac.uk](mailto:Jennifer.a.l.mcgowan@ucl.ac.uk)

*You are being invited to take part in a research project. Before you decide if you want to participate, it is important for you to understand why the research is being conducted and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.*

Dear Sir or Madam,

Thank you for considering participating in this study, which we are running to explore the impact of the Anchor approach intervention on improving resilience and school engagement. The results of this study will be presented in a report which can be used to influence the use of the Anchor approach in the future, as well as a published paper.

**Who is running the study?**

My name is Dr Jennifer McGowan and I am a lecturer from the Experimental Psychology department at University College London. I am running this study alongside Dr Nicola Abbott (UCL) and Isabella Rubens (UCL), as well as Ceri May from the Haringey Anchor Approach team. This study has been reviewed and received ethical approval from UCL REC.

**What is the project's purpose?**

Worldwide, 10% to 20% of children and adolescents experience mental health problems. Resilience is a multidimensional concept which seeks to explain how some individuals can achieve, maintain or regain well-being in the face of hardship. High levels of preliminary resilience have been repeatedly found to buffer against mental and physical distress in children and adolescents.

In order to explore resilience, interventions must address the wider community environment in which resilience does, or does not, develop. Student well-being and school



engagement can be most effectively supported through a 'whole-school' resilience approach, whereby all levels of a school work together to enact change. They require partnership between senior leaders, teachers, school staff, parent/guardians, carers and the wider community and so are more labour-intensive, but offer more comprehensive support than individual-level interventions. There are however limitations to our understanding of this approach which require further study. In particular in order to understand the full impact of whole-school interventions we must 1) take into account the opinions of the staff involved, 2) explore the constructs involved in the intervention individually, and 3) explore the impact both long-term and across several school environments.

In this study we intend to explore these factors through qualitative thematic analysis of focus groups with staff, parent/guardians, and students involved in 'The Anchor Approach' - a whole school approach intervention run in primary schools by Haringey Council. The intervention has been run in 40 schools across Haringey for up to four years. The results of this study will provide evidence on the long-term and wide-ranging impacts of whole-school resilience interventions; as well as their pitfalls.

### **Why have I been chosen?**

In order to get a well-rounded picture of the Anchor Approach, we are looking for several representatives from each school that has used the approach so far. We are looking for opinions from school staff, parent/guardians, and students. We would like you to take part as we value your opinion on how this intervention has been run.

### **Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you will be given a version of this information sheet to keep and be asked to sign a consent form. You can withdraw at any time, including after the study is complete, without giving a reason and without it affecting any benefits that you are entitled to.

If you wish to withdraw your participation or data at any point, please contact the research assistant Bella via email ([bella.rubens@icloud.com](mailto:bella.rubens@icloud.com)). Please state in the email that you wish to withdraw from the Anchor research and provide your full name and the email address you used for the Microsoft Teams focus group. Your data will be withdrawn and deleted immediately. You have the right to withdraw at any point, without prejudice or reason.

### **What will happen to me if I take part?**

In order to achieve these aims we would like to ask you be involved in a focus group to explore your experience of the impact of the Anchor approach. The focus groups will be conducted online using Microsoft Teams, at a time that best suits the participants, by a member of UCL staff. Participants will be grouped such that only staff or parent/guardians are involved in each focus group. Staff will be grouped by their specific teaching role also (i.e. teacher, teaching assistant, senior leadership, SENCO). We will stress that the information provided in the focus group should not be shared externally.

Within the focus group, we will ask various questions about the Anchor Approach. The focus groups will last no more than 1 hour and will be recorded for analysis.

If you are a member of staff you may be asked questions such as:

1. What was your overall experience of the Anchor Approach?
2. Do you think the programme has been a good use of your CPD time?
3. What has been the impact of the Anchor Approach on pupils?

If you are a parent/guardian you may be asked questions such as:

4. Are you aware of the Anchor Approach?
5. What do you think of the Anchor Approach?

You might be shown resources from the Anchor Approach and asked further questions regarding your thoughts about these resources.

#### **Will I be recorded and how will the recorded media be used?**

The video and audio recording of the focus group will be used for analysis only. A transcript will be generated automatically by Microsoft Teams, the software used to facilitate the online focus groups. The video and audio recording will then be used to edit the transcript for accuracy. The transcripts will be pseudonymised and recordings deleted following transcription.

#### **How will my data be stored?**

During the project data (videos and transcripts) will be temporarily stored on UCL's Microsoft Teams and Stream, and sent to Scintal (a UCL approved transcriber) for accurate transcription. Following transcription, the videos and transcripts will be deleted from Microsoft, and will be stored only in UCL's data protection services database. During the project videos and transcripts will be stored in a secure database on UCL's data protection services (ID [rd0177](#)). Following project analysis, the video recordings will be deleted and only transcript data with pseudonyms will be stored.

During the project recruitment phase personal information (names, email address) and consent will also be stored on the online questionnaire software (Qualtrics). This will similarly be downloaded to UCL's RDSS at the earliest moment, and deleted from Qualtrics. This data will be stored to allow participants to withdraw from the project at any later point. Participant names and email addresses will be linked to the pseudonyms used on the edited transcripts will be stored in a separate file on the same service in case participants wish to withdraw at any point after data collection.

#### **What are the possible disadvantages and risks of taking part?**

We do not anticipate any severe disadvantages associated with taking part in our focus groups or interviews. As we are asking questions about your experience of the Anchor



Approach in the school setting, it is possible that this will lead you to reflect on your own practice. There is a risk that this may cause some distress. You can contact us if you have questions about this, or wish to follow up to further.

### **What are the possible benefits of taking part?**

Benefits will include the final report, which will be provided to your organisation and can be used to further develop your school approach. Haringey council are also offering an additional Anchor Approach support session, tailored to the feedback that your school representatives have provided.

### **What if something goes wrong?**

Please contact Dr Jennifer McGowan on [Jennifer.a.l.mcgowan@ucl.ac.uk](mailto:Jennifer.a.l.mcgowan@ucl.ac.uk) should you wish to raise a complaint. Should you feel that your complaint has not been handled to your satisfaction, you can contact the Chair of the UCL Research Ethics Committee – [ethics@ucl.ac.uk](mailto:ethics@ucl.ac.uk)

### **Will my taking part in this project be kept confidential?**

All the information that the researchers collect about you during the course of the research will be kept strictly confidential. You will not be able to be identified to Haringey council, or in any ensuing reports or publications. Haringey council will not be given access to the recorded sessions. Although you will be identifiable to the other participants in your focus group, you will not be identifiable outside of the focus group, and it will be stressed that the information provided within the focus group should be kept confidential. Pseudonyms will be used in transcripts and ensuing reports.

### **Limits to confidentiality**

- Please note that assurances on confidentiality will be strictly adhered to unless evidence of wrongdoing or potential harm is uncovered. In such cases the University may be obliged to contact relevant statutory bodies/agencies.
- Confidentiality may be limited and conditional and the researcher has a duty of care to report to the relevant authorities possible harm/danger to the participant or others.
- Please note that confidentiality cannot be guaranteed as it is contingent on members of the focus group respecting the privacy of one another and not divulging any information about participants.

### **What will happen to the results of the research project?**

The results will be presented in a report to Haringey council. They may also be published in an academic paper. Your school will not be identified in any report or publication. The data collected during the course of the project might be used for additional or subsequent research. The data from this study will be stored securely on UCL's data protection network.

### **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 health and care 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 is: '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).

If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

### **Who is organising and funding the research?**

The research is funded by Haringey Council.

### **Where can I go if I need further support?**

There are multiple avenues if you need support following the focus groups. If you are a member of staff you may wish to speak to your line manager or a trusted colleague. They may be able to help you reflect on your experiences and support you in identifying additional training, if needed. If you are a parent, you may wish to speak to a trusted friend or partner.

If you want to speak to someone anonymously about your feelings following the research or you need support regarding your mental health and wellbeing more generally, there are many resources and helplines online. Consider visiting Mind's website. The Samaritans have

a 24 hour hotline: 116 123. These organisations can provide you with free support without judgement.

**Contact for further information**

Please contact **Jennifer McGowan** [Jennifer.a.l.mcgowan@ucl.ac.uk](mailto:Jennifer.a.l.mcgowan@ucl.ac.uk) for further information. Please save this information sheet to keep hold of this information.

**Thank you for reading this information sheet and for considering taking part in this research study.** In order to take part, please click on the link provided to move to the consent form. You will be sent a copy of the information sheet to keep via the email address you provide.