



The CALM project: making going to the dentist easier

Young Person Information Sheet

We would like to invite you to take part in our project. Before you decide whether to take part or not, we would like to tell you more.

You will have the chance to ask questions at your first dental appointment, and you can also talk to other people about this project.

Why are we doing this project?

Many children and young people feel worried or afraid about visits to the dentist. This project will look at different ways of helping young people overcome their dental fears.

Why have I been invited?

You have been invited to take part in this project because you've said that you feel worried or afraid about visits to the dentist. We want to talk to around 600 children and young people who feel the same way, and their parents/ carers.



Do I have to take part in the project?

No, it's your choice whether you take part or not. If you choose not to take part, it will not affect your dental treatment in future.

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for Health Research

What will I have to do if I agree to take part?

If you choose to take part, you will need to sign a form to say you agree to take part in the CALM project. We will ask your parent/carer to sign a consent form.

You can still change your mind at any time, and you don't need to explain your reason for this.



What will happen during the project?

This project will involve you completing 3 questionnaires over the next year. You will have your dental treatment carried out in one of two ways. You will either have your treatment carried out as usual or you will have some extra resources offered to you. The resources include a self-help guide, a form to fill out with the dentist and an information sheet for your parent/carer. The way the treatment is selected will be picked at random using a computer programme. You may also be asked if you would like to talk to a researcher about what you thought of your treatment in an interview.

The different ways you can take part and the time it will take are shown in the table below:

Activity	Number of times	Time taken	Who with	Where
Assent form (agreeing to take part)	1	10 mins	One of the members of the dental team	The dental practice
Questionnaires	3	10 mins	One of the members of the dental team	Filled in at the dental practice or at home by young person
Interview	1 (if you agree to do it and you are selected)	Maximum of 45 mins	Person from research team	Young persons' home or by telephone or video call

What are the possible benefits of taking part?

The project will not change the treatment you receive at the dental practice. Taking part may help you manage your fears about going to the dentist. We also hope that it will help other young people in future.

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What are the possible risks of taking part?

There are no risks to you or your parent/carers from taking part in the project. We do know that talking about something you are anxious or afraid of can be difficult, but you don't have to talk about anything you don't want to.

Will I be paid for taking part?

No, you will not be paid for taking part, although you will receive a £10 voucher as a thank you for your time.

What happens when the project stops?

You will have your visits to the dental practice as normal.

What if there is a problem or something goes wrong?

If you or your parents/carers become unhappy about how you have been looked after in the project, please feel free to contact Professor Zoe Marshman who is the lead researcher for the project (contact details below)

If you have any reason to complain about any aspect of this project, such as the way you have been approached or treated, please contact the project lead: Professor Zoe Marshman (contact details below).

For complaints to the University of Sheffield please contact: the University Secretary, University of Sheffield, Western Bank, Sheffield, S10 2TN, email university.secretary@sheffield.ac.uk or phone (0114) 2221211

For complaints to the Sheffield Teaching Hospitals NHS Foundation Trust please contact: the Patient Advice and Liaison Service (PALS), email STH.PALS@nhs.net or phone (0114) 2712450

For complaints about how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. Our Data Protection Officer is Michael Maginnis and you can contact them by phone (0114 2265153) or email (STH.Infogov@nhs.net)

Will anyone else know I've taken part in the project?

No-one apart from your dental practice and our research team will know you took

part. All the information from the project will be kept securely by our researchers at one of the Universities involved. Universities in York, Cardiff, Newcastle, Leeds, and Sheffield are helping with this project. The paperwork that contains your personal details will be kept for 10 years before being deleted.

What will happen to the results of the project?

The results will be published in a scientific journal, but your answers will be private, and we will not use your name. We will let all the young people and parents/carers who took part in the project know about what we found out.

Who is organising and funding the project?

The lead researcher for the project is Zoe Marshman, who is a Professor in Dental Public Health from the University of Sheffield. Funding to support this project was awarded by the National Institute for Health Research: Health Technology Assessment HTA 131805

Who has checked the project?

All the research in the NHS is looked at by an independent group of people, called a Research Ethics Committee. Their job is to look after your interests. This project was checked by Cambridge South Research Ethics Committee [22/EE/0013].

Contact details

If you want to know more, please look at the project website: www.sheffield.ac.uk/dentalschool/research/CALM

If you have any questions, please feel free to contact:

Professor Zoe Marshman

Telephone number: 07703179151

Email: Z.Marshman@sheffield.ac.uk

Or by writing to: School of Clinical Dentistry, Claremont Crescent, University of Sheffield, Sheffield, S10 2TA

Thank you for reading this information sheet