

Participant information sheet: Citizen Engagement Workshops: Money, mental health and becoming an adult

This sheet explains what is involved in the study, 'Money, mental health and becoming an adult'. This study is suitable for people aged 14-24. For young people aged 14-17, a parent or guardian will need to provide consent for participation, as well as the young person wanting to take part. For young people aged 18-24, parental consent is not necessary.

What is being explored?

The study uses citizen engagement workshops to explore how young people's social and economic circumstances affect their mental wellbeing and how Universal Basic Income might help to improve conditions such as anxiety and depression among 14- to 24-year-olds.

Social and economic circumstances include how much money people and their families receive each month, how they see their future in education or work, how they engage with the welfare system through benefits like Universal Credit, and where people fit into society.

Mental wellbeing is how you feel about yourself and your life in emotional terms. Aspects of mental wellbeing include feelings of anxiety about life, how people view their ability to control their lives, whether they feel optimistic about their lives and how much they value themselves.

Universal Basic Income is a regular, secure payment that ensures that people have money to pay for basic needs (such as food and heating bills) whether they are in work or not.

Why is it important?

The research we are conducting is intended to provide evidence about this new policy to policymakers, such as politicians. We need your views in order to provide an accurate account of the policy. This is especially important as young people are often neglected by policymakers, meaning that this is an opportunity for your voice to be heard. As such, your views are extremely important and we greatly value the ideas you share with us.

What will involvement mean for me?

The full study involves potentially six stages:

1. Reading and agreeing to this information. After reading this, please follow the steps on the final page to take part in the study.
2. Completing a screening survey. This will ask you to provide information about you and your background, such as age, gender, health and financial status, so that we can invite a good mix of people to take part in the next stages.
3. Completing a pre-workshop survey on health, wellbeing and socioeconomic status
4. Taking part in one 2-hour workshop focusing on economic sources of anxiety and depression
5. Taking part in one 2-hour workshop focusing on the impact of Universal Basic Income schemes
6. Completing a post-workshop survey and debrief

The workshops will consist of around 10 people of your age from your city. Discussions in the workshops will be guided by researchers experienced in helping group discussions to ensure that everyone gets their fair say. The facilitators will ensure people are not rude or offensive and that everyone is treated fairly.

How can I take part if I don't have internet access at home?

Internet access will be needed to take part as the workshops will be held online. However, if you or your parent/guardian tell us before taking part that you do not have internet access at home, we can make arrangements for you to participate at a Born in Bradford location or community centre. Supervision for this will be ensured by Born in Bradford. Likewise, hard copies of questionnaires can be provided if you need this and we will then complete an online survey using your answers on your behalf. We will contact you by the details you provide to Born in Bradford. We would prefer to use email but can use telephone or physical letter instead.

What will be the reward for taking part?

You will be rewarded in Love2shop vouchers for your participation up to a maximum of £100 if you complete the entire programme. Partial completion will be rewarded in the following form: £5 for the screening survey; £15 for the pre-workshop survey; £30 for each workshop, and £20 for the post-workshop survey. If you were to take part and then stop before the end, you would receive an amount of vouchers based on which stages you completed.

Who is conducting this project?

This study is part of 'Assessing the prospective impacts of Universal Basic Income on anxiety and depression among 14-24-year-olds', a Wellcome Trust-funded project conducted by Daniel Nettle of Newcastle University, the Royal Society of Arts, Matthew Johnson and Elliott Johnson of Lancaster University, Kate Pickett of the University of York and Hannah Nutting of Born in Bradford.

What data will be collected, why will it be collected and how will it be stored?

If you choose to take part, we will ask for information that could personally identify you, such as your name, date of birth and contact details. This is called 'personal data'. We will also ask you for 'special category data', such as your ethnic origin, religious belief, gender, health status and disability. We need this information to make sure that we invite a mix of people from lots of backgrounds. During the Citizen Engagement Workshops, you will not be pressured to share information you wish to remain private.

We will store this information in accordance with the UK General Data Protection Regulation (UK GDPR) as well as the Data Protection Act 2018. To find out more about the legal requirements, please visit the Information Commissioner's Office [here](https://ico.org.uk) (ico.org.uk). Your data will be stored online via Qualtrics (privacy statement available [here](https://bit.ly/3jZzTsT) – bit.ly/3jZzTsT) which will host the survey and on Newcastle University secure servers (privacy statement available [here](https://bit.ly/3EHgaG6) – bit.ly/3EHgaG6). We will only keep your personal data for as long as is necessary for the study and will anonymise it as soon as the study ends. This will mean we delete any information that could identify you but keep the rest of the information.

The information and views you share, including 'aggregated data', such as average scores provided by all people who take part, as well as anonymised comments, will be analysed and used in publications, such as academic journal articles and reports, and presentations. This research will lead to things like policy recommendations for government. You do not have to take part and you have the right to stop at any time. If you would like us to delete any responses you give, we will do so as long as we can identify them as yours and the data has not yet been anonymised or included in aggregated results.

Who do I contact if I have any further questions?

If you have any questions about the study more generally, please contact Daniel Nettle at daniel.nettle@newcastle.ac.uk or on 0191 208 8993.

How do I say that I wish to take part?

Please contact Hannah Nutting of Born in Bradford at hannah.nutting@bthft.nhs.uk. Please let her know at this stage if you will need internet access to be arranged at a Born in Bradford centre or if you would like to take part in the surveys by phone or a printed copy of the survey rather than online. Hannah will then send you a link to the screening survey or ask for your details so a member of the team can contact you.