

The BrainWaves Study Team
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The BrainWaves Cohort Study

Letter to parents

Central University Research Ethics Committee Approval Reference: R91383/RE005

Dear Parent,

I am pleased to be writing with the news that our school has been selected to take part in **BrainWaves**, a new registered charity (number: 1213437) created to lead a research project about mental health and wellbeing. BrainWaves is run by the University of Oxford, in partnership with Swansea University and The Day (a digital publisher for schools). BrainWaves aims to investigate young people's mental health in order to improve the quality of scientific knowledge surrounding this research area and assist young people with a greater capacity to manage their mental health challenges.

BrainWaves aims to build a large-scale national research study collecting data on young people's mental health (a cohort study) and develop an evidence-based curriculum of wellbeing lessons, full of practical strategies to help students manage their mental health and wellbeing.

The BrainWaves Cohort Study

This study involves our year 12 and year 13 students completing annual questionnaires about their mental health. Adhering to strict ethical regulations as approved by the University of Oxford's Central University Research Ethics Committee (CUREC), this questionnaire will be completely confidential and safeguarding precautions will be put in place. Students will be asked:

- For their consent to take part in the study.
- For permission to have data on their demographics and mental health collected, stored and analysed pseudonymously, via a secure database.
- To create an online account using their personal email address, phone number and a password.
- For permission to be contacted at a later date for follow-up research, including taking part in further questionnaires or trials of programmes designed to improve wellbeing. It is important to note that students may opt out of the study at any point, and BrainWaves' long-term future is dependent on continued funding.

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This is an important project which will give our students useful information and enable them to contribute to the wider research project and, I hope, make a real difference to both their mental health and that of future generations.

To find out more or support BrainWaves, please go to: [Home - Brainwaves \(brainwaveshub.org\)](http://brainwaveshub.org)

Yours,

Lana Crosbie
Assistant Principal