



## Mental Wellbeing Survey

Dear Parent/Guardian/Carer,

Your child's school has chosen to participate in the TOK Wellbeing Mental Wellbeing Survey. Its purpose is to help the mental wellbeing of those in your school community. The information below will help you understand what your child will be asked about and how their data will be used. Any information your child shares with us will be treated with the strictest confidence and their individual results will not be shared with anyone. The data from your child's school may be used to help us understand mental wellbeing across Scotland.

Before you decide whether you would like your child to participate in the survey, it is important that you understand why the survey is being conducted and what it involves. Please take time to read this information carefully.

### **Why has my child's school chosen to take part in this survey?**

Schools across Scotland are being asked to measure the health and mental wellbeing of their staff and pupils. The Stirling Children's Wellbeing Scale is a tool designed to help measure mental wellbeing. This survey is one measure that can help schools monitor and track the wellbeing of their staff and pupils.

### **What does the TOK Wellbeing Mental Wellbeing Survey involve?**

Your child will first be asked to answer questions about their sex, their year group, role (pupil/staff/parent/guardian/carer) in the school, and then they will be asked to complete the Warwick-Edinburgh Mental Wellbeing Scale. This scale is made up of 14 questions that tell us about how the person answering is feeling. We will ask these questions twice throughout the year, so we can find out if the way they feel changes. There are no right or wrong answers. The survey takes approximately 5 minutes to complete.

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

Although we hope your child will take part in this survey it is completely your choice whether you are happy for them to take part or not. Your child will also be given information and a consent form before beginning the survey. You or your child can choose to withdraw at any time.

### **Can I see my child's answers?**



No, but you can request a blank copy of the survey if you wish.

### **Will my child's responses affect how he or she is treated at school?**

The head teacher has agreed to your child's school being involved in this study. Individual results will not be reported back to the school and all data is collected anonymously so your child cannot be identified. Neither you, nor your child will be treated differently if you choose not to take part in this survey.

### **Could taking part in this survey upset my child?**

Thinking about mental wellbeing can be a positive experience but it may also make you feel upset or uncomfortable. If your child is affected, the survey will encourage them talk their parent/guardian, teacher or a trusted adult. If you prefer your child could call Childline on 0800 1111.

### **Does my child know about the survey?**

Yes, they will be given information at school about it.

### **What happens with my child's data?**

This survey is anonymous, so your child cannot be identified. Apart from sex, school role, and year group (pupils only), no identifying personal data is collected or reported. Should the response rate be so low that individuals could be identified, no analysis will take place and data will be deleted. All data will be stored securely in a password-protected electronic format and accessed from a password-protected computer. Only the TOK Wellbeing team members will be able to access any school's data.

Your child's data will be analysed with the rest of the data from their year group/staff, participants of the same sex and the rest of their school. This will allow us to find the average responses from each of these categories and will allow us to build a picture of the mental wellbeing of your child's school. This information will then be compiled into a report for the school. The data from your child's school may be compared to other school's data in a future study.

TOK Wellbeing's full privacy policy can be found here: [www.tokwellbeing.com/privacy-policy](http://www.tokwellbeing.com/privacy-policy)

### **Where can I get more information?**

If you would like any more information about this survey, please email

[Helen@tokwellbeing.com](mailto:Helen@tokwellbeing.com) (Research Lead)

Or

[Alice@tokwellbeing.com](mailto:Alice@tokwellbeing.com) (Project Lead)



## Opt-Out Form

### TOK Wellbeing Mental Wellbeing Survey

I would like to opt my child out of the TOK Mental Wellbeing Survey

I **DO NOT** consent to my child being approached and asked if they want to participate in your research

Name of Parent/Guardian/Carer .....

Date.....

Signature.....

Name of  
Child.....

Class/tutor  
group.....