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of York



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Cardiff and Vale  
University Health Board



UNIVERSITY OF LEEDS



BRIGHT

## Information for Parents/Carers

### BRIGHT: Brushing RemInder 4 Good oral HealTh

#### What is BRIGHT?

BRIGHT is a research project, which is being carried out by researchers at the Universities of Dundee, Sheffield, Cardiff, Leeds and York (York Trials Unit). We want to find out if a lesson at school about dental health and caring for teeth, and then sending young people text messages, can help them look after their teeth. Tooth decay is very common and affects many young people. It causes them pain, embarrassment and time off school. We want to find a way to help young people have less tooth decay.

Some classes at your child's school will get a lesson about dental health and the pupils in those classes will receive text messages if they want to. Some classes will not receive the dental health lesson or the text messages. A computer will decide this at random (like a lottery).

We will look to see if the lesson and text messages make any difference in levels of tooth decay in young people's teeth. We will collect information over 3 years about: tooth decay, how often young people brush their teeth and how much tooth decay affects their lives.

#### What does taking part mean for my child?

- Your child will find out about BRIGHT at school. If they want to take part, they will need to complete a consent form. We have included the information they will get, and a copy of the consent form they will complete, with this leaflet for your information.
- We need to know your child's mobile phone number. The number will only be used to send text messages about tooth brushing to some young people in the project. The number will be stored securely and not shared with anyone outside of the research team.
- Your child will be asked to answer some questions about their health and their teeth. We will send a paper booklet with the questions in to your child at school, 6 or 8 times over 3 years. The questions will not be difficult to answer.
- A dentist and dental nurse will visit your child's school and will look at your child's teeth. This will take about 10 minutes and will be done at school during the school day. This will happen 3 times over 3 years. They will only look at your child's teeth. They will not do anything to their teeth. **Your child will need to continue seeing their usual dentist.**
- Your child's school will tell us about the number of days off school your child has, so we can see if the lesson and text messages help to reduce missed school days.
- We may look at information about your child's education that their school holds about them. We may also look at information about your child's dental health that is collected by the NHS (such as NHS Digital and NHS National Administrative Health Data). We might do this for up to 5 years after the end of BRIGHT.
- All children who agree to take part will be entered into a prize draw with the chance of winning £100 in vouchers.

BRIGHT has been funded by the NIHR HTA. For more information please visit:

<https://www.journalslibrary.nihr.ac.uk/programmes/hta/1516608/#/>

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Funded by

NHS

National Institute for  
Health Research

- If your child completes the questionnaires and dental assessment at the beginning of the study, they will be given a £10 shopping voucher.
- If your child complete the questionnaires and dental assessment at the end of the study, they will be given a £5 shopping voucher to say thank you.

## Will I receive feedback on my child's dental health?

No, **your child needs to continue seeing their usual dentist**. If, however, the project dentist thinks there might be a serious condition, the research team will get in touch with you through your child's school and, with your agreement, will make arrangements for your child to be seen by their doctor. This is very unlikely to happen.

## Does my child have to take part?

No, you can decide if you want to let your child take part.

If you decide to let your child take part, they will find out more about BRIGHT at school and, if they want to take part, they will be asked to sign a consent form and provide their mobile telephone number. If they want to stop getting the text messages, they can text back STOP for free to the phone number the text comes from. If they want to stop taking part in BRIGHT altogether, they (or you) can contact the research team (contact details are at the end of this sheet) at any time and they do not need to give a reason.

If you are happy to let your child take part in BRIGHT, you do not need to do anything. Your child will be included in the study if they decide to take part and complete the consent form at school.

If you DO NOT want your child to take part in BRIGHT, please let your child's school know by returning the enclosed Parent/Carer Opt Out Form to your child's school within the next 2 weeks. This will not change things at school or their usual dental care and you do not have to give us a reason.

## What does taking part mean for me?

We want to find out about your child's dental health, so we are asking parents/carers if they would be willing to answer some questions too. If your child decides to take part in BRIGHT, we will be in touch with you again through your child's school to ask you to provide your contact details, so the research team can post questionnaires directly to you. We will send a paper booklet in the post to you 4 times over 3 years. The questions will be about your child's teeth and any visits your child makes to the dentist - they will not be difficult to answer.

If you are happy to complete the questionnaires, you should return the Parent/Carer Consent Form when it is sent to you by your child's school. If you decide to take part, you can always change your mind later on by contacting the research team (contact details are at the end of this sheet). If you decide not to take part, it won't change your child's involvement in BRIGHT.

All parents/carers who complete the final questionnaire will be entered into a prize draw with the chance of winning £100 in vouchers.

## If I have more than one child, which child/children are being asked to take part?

Children in participating classes in [Year 7 and Year 8 OR S1 and S2] at participating schools are being invited to take part in BRIGHT. If you have children at other schools, those schools may not be taking part. If you are unsure which children are being invited to take part please contact your child's school.

## What will happen to the personal information collected in BRIGHT?

Personal information collected during the study that identifies you or your child will be stored securely and confidentially at York Trials Unit, University of York, in paper form and on password-protected databases. Your child's

mobile telephone number and name for text messages will also be stored at the University of Dundee. Only some members of the research team and data management team will have access to this information.

Personal information that identifies you or your child will be kept securely for fourteen years after the end of study (until the youngest person in the study is aged 25), after which it will be destroyed. Personal information that identifies you or your child will not be published or shared. Information collected by the research team may be shared with other researchers for research purposes only, but they will not be given your name or your child's name. If you want to know anything about the information we are storing about you, please contact the research team.

People from regulatory authorities, who check that research is being conducted well, may choose to check this project and will therefore see information about you and your child.

To help keep your child safe, we may need to let you and your child's school know if a response that your child provides raises concern.

We will use the information to help us see what reduces tooth decay in young people. We will write reports and tell people about the results of the research, so young people can get the help they need to look after their teeth. No one will be identified in any reports we write.

#### Contact details for the Co-Data Protection Officers:

Alan Bell  
Head of Information Governance  
University of Dundee  
Dundee  
DD1 4HN  
Email: a.z.bell@dundee.ac.uk

Durham Burt  
Information Governance Officer  
University of York  
North Yorkshire  
YO10 5DD  
Email: durham.burt@york.ac.uk

#### Contact details for the Co-Data Controllers:

University of Dundee  
Nethergate  
Dundee  
Scotland, UK  
DD1 4HN

University of York  
Heslington  
York  
North Yorkshire  
YO10 5DD

## Why should we take part?

We hope you will agree that this is an important research area, and that the information we find out will help young people to look after their teeth better. We also hope that taking part in a large research project will be fun for your child and help to teach them about the importance of research.

## Who is conducting and funding the research?

BRIGHT is funded by the National Institute for Health Research Health Technology Assessment Programme (project number 15/166/08). The study is being sponsored by the University of Dundee and led by Professor Nicola Innes at the Dundee Dental School. Ethical approval for BRIGHT has been granted by an NHS Research Ethics Committee.

## What if something goes wrong?

If anything out of the ordinary happens to your child as a result of taking part in BRIGHT, you can contact the research team on the contact details at the end of this sheet.

If you have any concerns about your participation or your child's participation in BRIGHT, you have the right to raise your concern with a researcher involved in conducting the study (please see contact details below).

If you have a complaint about your participation in BRIGHT, you have the right to raise a formal complaint. In the first instance, you should make a complaint to the researcher leading the study: Professor Nicola Innes (tel: 01382 381631,

email: [n.p.innes@dundee.ac.uk](mailto:n.p.innes@dundee.ac.uk)). Alternatively, you can complain to the Information Commissioner's Office at: <https://ico.org.uk/concerns/>

In the event that you think you or your child have suffered harm as a result of your participation in BRIGHT, there are no automatic financial compensation arrangements. However, you may have the right to make a claim for compensation. Where you wish to make a claim, you should consider seeking independent legal advice but you may have to pay for your legal costs.

## Insurance

The University of Dundee is sponsoring the study and maintains insurance which provides both legal liability cover and no fault compensation in respect of accidental injury. The other partners in the study, the NHS and other institutions will also maintain insurance to cover their liability in relation to their conduct of the study.

## What happens next?

- If you decide you are happy for your child to take part in BRIGHT, you do not need to do anything. Your child will find out more about the study at the school and will be asked to complete a Young Person Consent Form if they want to take part.
- If you decide that you DO NOT want your child to take part in BRIGHT, then please complete the Parent/Carer Opt Out Form and return it to your child's school within the next 2 weeks.
- If you do not return the Parent/Carer Opt Out Form by the date listed on the school cover letter, we will assume that you are happy for your child to take part in BRIGHT if they would like to.

If you have any further questions about BRIGHT, please get in touch with us:

<b>BRIGHT Trial Team - York Trials Unit</b> ARRC Building University of York Heslington YORK YO10 5DD Tel: 01904 321725 Email: <a href="mailto:ytu-bright@york.ac.uk">ytu-bright@york.ac.uk</a>	<b>[INSERT SITE SPECIFIC CONTACT DETAILS]</b>
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If you would like some independent advice about BRIGHT, you can talk to Professor Helen Rodd (email: [h.d.rodd@sheffield.ac.uk](mailto:h.d.rodd@sheffield.ac.uk)).

Thank you for reading this information