



Kupol – a study of the school environment's importance for the mental health of adolescents

Kupol is a research project which is currently being conducted at 120 Swedish secondary schools. The aim is to investigate the relationship between the school environment and adolescents' mental health. We will collect information from principals, students and legal guardians. We would like to invite you and your child in 7th grade to participate in the study. This information brochure explains what it would mean for you and your child to participate. By participating in Kupol, you will help us understand how to organize school environments so that adolescents both stay healthy and learn what they need for the future.

For more information, please visit kupolstudien.se



Spanska/Español – 7

Polska/ Polski – 7

Turkiska/ Türkçe – 7

Sorani/ سۆرانی – 7

Persiska/ فارسی – 7

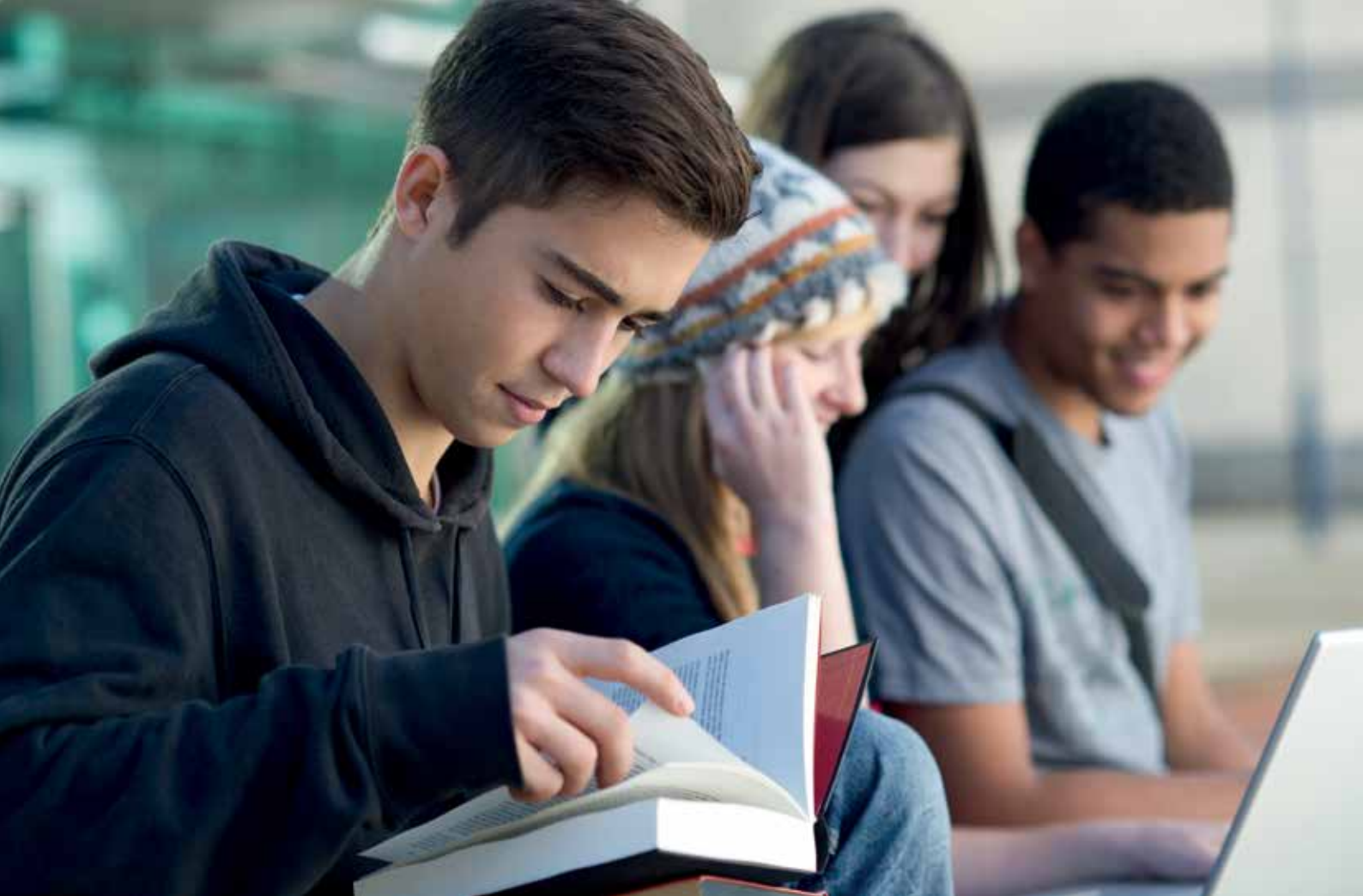
Arabiska/ العربية – 7

Somaliska/ Somaali – 7

Tigrinska/ ትግርኛ – 7

Engelska/ English – 7

Kinesiska/ 中文 – 7



Kupol (Kunskap om ungas psykiska hälsa och lärande) is a large scale national research project conducted by researchers at Karolinska Institutet in collaboration with researchers from Stockholm University and Uppsala University. Kupol will be carried out in approximately 120 secondary schools in central and southern Sweden over the next four years.

We wish to find the answers to three questions:

- Does school pedagogic environment have an impact on the mental health of adolescents?
- Do good grades have an impact on the mental health of students, independent of school pedagogic environment?
- Can genetic changes affect how students experience school-related stress?



Why am I being contacted?

You have received this letter because your child's school is participating in the Kupol study. As the legal guardian of a child in 7th grade, we would like to invite you and your child to participate in the study.

What does it mean for me, as a legal guardian, to participate?

You participate in the study by filling out the attached questionnaire. It contains questions about your child, her/his health, her/his schooling and about your relationship. The questionnaire also includes questions about you as a legal guardian. Return the questionnaire in one of the enclosed pre-addressed, pre-paid envelopes.

In order to limit the number of questions we will collect certain information from different registers. Information about your education, profession and income will be collected from Statistics Sweden (Statistiska centralbyrån). Information about medical visits and medication will be collected from The National Board of Health and Welfare's records (Socialstyrelsen). Data on sickness benefits and parental leave will be collected from The Swedish Social Insurance Agency (Försäkringskassan).

What does it mean for my child to participate?

- Your child will answer a questionnaire at school. This will be repeated once every year during the 7th, 8th and 9th grade. The questionnaire contains questions about her/his mental health, physical health and questions about friends and family. Please visit our web site, for more information about the questions we will ask your child.
- Some children will be randomly selected to submit saliva samples at the school nurse's office. This is done by simply spitting into three plastic tubes. If you consent to this, your child may be asked to submit saliva samples to a research assistant from Kupol who will come to the school. When your child is in 9th grade she/he will be asked to submit a second saliva sample. Saliva samples will be analyzed in our laboratories in order to study stress hormones and the genes that affect them.
- We will also collect information about your child from different registers. Data on hospital visits and medication will be collected from The National Board of Health and Welfare's records (Socialstyrelsen). We will also collect information from The Child and Adolescent Psychiatry units (BUP), if your child is being treated there. Your child's grades starting from 6th grade will be collected from The Swedish National Agency for Education's records (Skolverket). We will collect information about your child's school attendance from their school.

What other information is collected?

The management at your child's school will provide information about the school's organisation. Teachers and other students at the school will answer questionnaires about the pedagogic activities, the pedagogic environment and school activities.

Do I have to participate?

Participating is voluntary, both for you and your child. If you do not wish to participate, the easiest way to let us know is by sending in the consent form you find enclosed in this invitation package. In that case, check "no" in all the boxes. After registering this in our database, we will not contact you again.

Even if you wish to participate in Kupol now, you always have the right to end your participation at any time without explanation. This is done by contacting the contact person in the study. Contact details are available at the back side of this brochure.

What are the benefits of participating?

By participating in the study you and your child will help us gain new knowledge on how school environment affects adolescent mental health. This is very important knowledge as research shows that more and more young people in Sweden suffer from poor mental health, especially girls.

We will cooperate closely with the school nurse at your child's school. If your child answers the questionnaire in a way that may indicate that he or she may need extra help and support, we will notify the school nurse who then will contact you.



Are there any disadvantages?

The study involves no pain or physical risk. If you or your child feels that some of the questions in the questionnaires are too sensitive, you can choose to not answer them.

If you do not want us to collect register data about you or you do not want your child to leave a saliva sample, you can opt out of these parts of the study.

We need your consent

You will find a consent form together with this information brochure. If you wish to participate in the study we ask you to fill in and sign the consent form. Note that you can opt in or out to different parts of the study; you can, for instance, choose to only answer the questionnaire. Tear off the consent form and put it in one of the prepaid envelopes. Send in your questionnaire in the other envelope.

To collect saliva samples from your child, we need approval from both legal guardians. If you have sole custody of your child, you can indicate this on the consent form.

If you are not living with the child's other parent / legal guardian, please give them the consent form so that she/he

can sign it and send it to us. If it is difficult for you to reach the other guardian, please write her/his address on the consent form so we can contact her/him.

You can choose to fill in the questionnaire in English, Swedish or nine other languages (Spanish, Polish, Turkish, Sorani, Arabic, Chinese, Farsi, Tigrinya or Somali). If you wish to have your questionnaire in any of these languages, please check the box with your language on the consent form.

We encourage you to talk with your child about the Kupol study and explain that she/he has the right to refuse to participate even if you give your consent.

Where can I get more information?

We recommend you and your child to visit our website at www.kupolstudien.se, where we will regularly give detailed and updated information, including results from Kupol. You can also ask questions to the contact person whose information you will find down below.

We hope to welcome you to the Kupol study!

Your participation is very valuable for us.

Sincerely,
The Kupol Team

In what way will you handle the information about me and my child?

Kupol has been approved by the Stockholm Regional Ethics Review Board. When we collect information about you and your child, we will comply with applicable legislation. All data concerning the study participants are protected by confidentiality under the Public Secrecy Act (SFS 2009:400, Chapter 24 § 8). Participants' personal information is handled in accordance with the Personal Data Act (SFS 1998:204).

The information we collect in this study will be entered in a computerized database. None other than the staff who work on the study will have access to the data. These people work under a confidentiality agreement. All data will be stored encrypted so that they cannot be directly linked to you or your child. The questionnaires will be locked up and the electronic data files will be on a locked server at the Department of Public Health Sciences, Karolinska Institutet. Saliva samples will

be stored at the Karolinska University Hospital in Stockholm. The collected data must only be used in the study and in the manner that you have given consent to. For some research questions, data can be analyzed by researchers in other countries. These researchers will not know from whom the data has been collected and the data will be destroyed or sent back after analysis.

Karolinska Institutet is responsible for managing your personal data. You have a right to know what information is registered about you in the study. If you want to know this you can write to the contact person at the address located above. You can get such a data extract for free once a year. If any information about you is incorrect, you are entitled to get it corrected, blocked or deleted.

Si prefieres hablar con alguien en español sobre el estudio, por favor envía un correo electrónico a spanska@kupolstudien.se y nos pondremos en contacto con usted.

Jesli chcialbys porozmawiac o projekcie po polsku, wyslij email na polska@kupolstudien.se
Wtedy mozemy sie z toba skontaktowac.

إذا أردتم التحدث إلينا باللغة العربية عما يخص هذه الدراسة و كيفية ملء الاستبيان، فيرجى منكم الاتصال بعنوان البريد الإلكتروني (arabiska@kupolstudien.se) و نحن بالتالي، سوف نعاود الاتصال بكم لاحقاً.

اگر مایلید که راجع به این تحقیق و چگونگی پرکردن پرسشنامه، سوالات و نظرات خود را با زبان فارسی (دری) با ما در میان بگذارید، لطفاً با آدرس ایمیل (persiska@kupolstudien.se) تماس فرموده و منتظر جواب ما باشید.

ئەگەر دەتانەهۆن لە سەر ئێمە لیکۆلینەهۆیە یان چۆنیەتی پرکردنەهۆی پرسیارنامەکە تێبینی و پرسیارمکانتان بە زمانی سۆرانی لەگەڵمان باس بکەن، تکایە پەیوەندی بە ناوێشانی ئێمەکترونی (sorani@kupolstudien.se) هۆه بکەن و چاوه‌روانی وه‌لاممان بن.

Araştırma hakkında Türkçe bilgilendirilmek isterseniz turkiska@kupolstudien.se adresine e-posta gönderin sizinle iletişime geçelim.

Hadaad doneysid in aad luqadada af-Soomaliga ku ogaatid cilmi baaristaan la soo xariir emailkaan somaliska@kupolstudien.se, isla markiiba anaga jawaab ku soo dirayna.

如果您对这个研究项目有任何疑问并且想用中文与我们交流，请发邮件到 kinesiska@kupolstudien.se，我们将尽快与您联系。

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If you would you like to talk to someone in English about the study, please email engelska@kupolstudien.se, and we will contact you.

Postal address

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