

ONLINE PARENT INFORMATION SHEET

Title of Research Study: Development of Brief Assessment Packages for Anti-Doping Education Programs

Principal Investigator: Prof. Nikos Ntoumanis

Why are we doing this project?

The World Anti-Doping Agency (WADA) would like to develop brief questionnaires (“assessment packages”) to evaluate anti-doping education provided in different countries for adult athletes and adolescent athletes. In order to develop these questionnaires, we will be distributing these questionnaires to athletes to gather their views on various aspects of doping. This information will help us develop the final questionnaires that we will send to WADA. The information participants will provide us will be very important in developing these questionnaires and we are very grateful for considering your child to take part in the study.

Who is carrying out the project?

This project is carried out in many countries. The overall coordination and responsibility for the project is with the University of Birmingham and Professor Nikos Ntoumanis (n.ntoumanis@bham.ac.uk). The project's research assistant is Dr Barnaby Zoob Carter (b.carter.1@bham.ac.uk), from the University of Birmingham. If you are a parent/guardian of an athlete and have any questions related to the study, please feel free to contact Prof. Ntoumanis or Dr Barnaby Zoob Carter.

What will your child be asked to do if they wish to take part in this project?

Your child will be asked to complete a questionnaire pack that will measure their opinions and feelings about doping-related issues (e.g., moral issues). They will **not** be asked to report any past or current doping use. They can pause completing the questionnaire at any time they like and continue completing it at a later time. They will only need to complete the full questionnaire once. **Please let them complete it on their own without consulting with you or anyone else because we are interested in their opinions only.** If they don't understand some words in the questionnaire, they can use a dictionary or email Dr Barnaby Zoob Carter (b.carter.1@bham.ac.uk).

The information participants will provide us with will be very important in developing the final questionnaire and we are very grateful for considering your child to take part in the study. To say thank you, participants will have the opportunity to take part in a prize draw for a

chance to win Amazon vouchers worth £50 or £100. This is not compulsory. To opt into the prize draw, participants will need to provide their email address at the end of the questionnaire. These vouchers will be sent out to participants once the data collection phase of the study has been complete (i.e., after the 28th February 2026). If they are to withdraw from the study, they will forfeit their entry into the prize draw.

Should your child win a prize from the prize draw, your child's respective coach/manager will notify you and direct you to contact Dr Barnaby Zoob Carter to receive the prize. If you would prefer to receive your child's prize from our draw, please email Dr Barnaby Zoob Carter and he will send any prize to you in advance of alerting your child. If you do not wish for your child to obtain a prize for any reason, please inform Dr Barnaby Zoob Carter.

What are the possible risks to my child?

There will be no immediate risk to your child from taking part in this study. Their responses will remain anonymous and confidential with the research team at the University of Birmingham and will not be shared with anyone else. The questionnaire will include questions that have been used in past research projects and ask about their feelings and thoughts regarding doping in sport. If they feel upset, they can pause completing the questionnaire. If your child experiences any form of distress over the items covered in this survey, we recommend that you contact MIND (<https://www.mind.org.uk/>) to obtain any support you may require. If you or your child wishes to stop participating, then you can withdraw their participation at any time by emailing Dr Barnaby Zoob Carter. If you would like to see the questions they have to answer, you can contact Dr Barnaby Zoob Carter. Please note, due to the nature of the questions being asked, you will not be able to have access to your child's data.

Does my child have to take part?

No, your child does not have to take part in this project. Whether your child decides to take part or not, it will not affect their treatment in their team or club now or in the future.

It is important to understand that we are using an opt-out procedure within this study, whereby you as the parent/guardian(s) of an adolescent participant, are required to indicate your non-compliance with the study to have your child removed from the data collection process. By not acting, it will be presumed you give your permission for your child to take part in this study and they will be expected to provide their own consent to take part and completed the online survey for this study. If you do not want your child to participate in this study, please complete the Opt-Out Form provided to you and return to the coach/manager of your club who sent this form to you in the first instance.

Please note, that you and your child are free to withdraw consent and discontinue your child's participation at any time for any reason. You do not need to justify your decision to remove your child from this study. Additionally, you can withdraw your child from the study

up to two weeks after participating, if you do decide to withdraw your child, please email Dr Barnaby Zoob Carter. Upon doing so your child's data will be destroyed.

Where is information about my child kept?

Spreadsheets with data being analysed within the study will not contain individuals' names.

Consent forms and questionnaires with email addresses for the prize draw will be kept separately from the main dataset, this file will be safely and securely stored in password-protected servers at the University of Birmingham. This file will be used when participants withdraw from the study to ensure we delete the appropriate data. Additionally, this information will aid in identifying the winners of the prize draw.

Due to the nature of the questions being asked of your child, We cannot provide your child's responses to the questions in our study, but we can provide you with feedback on the study findings. If this is of interest to you, please email Dr Barnaby Zoob Carter and he will provide you with a summary of findings from the study.

The results of this research may be presented at conferences or published in professional journals and will be made open access upon publication. No participant will be identified in any results that are published or presented.

Who to contact for more information about this project:

If you would like any more information about this project, please do not hesitate to contact Prof. Ntoumanis or Dr Barnaby Zoob Carter.

Next steps

Please remember, if you **consent to allow your child to participate** in this study there is **no requirement to act further**.

If, however, you **do not wish for your child to participate** you must **complete the Opt-Out Form**.

THANK YOU FOR YOUR TIME