

## **Improving Children's Academic Outcomes with Cognitive Training – Research Study**

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*We would like to invite you to take part in our research study. Please read this letter carefully or ask someone to read it with you before you decide if you want to take part or not. You can talk about it with your family or friends if you want to, and ask us any questions.*

### **What is this study about?**

In this study, we would like to find out if cognitive training can improve children's thinking skills, maths and reading ability.

### **Why am I being asked to take part?**

We would like you to take part in this study because you are between 9 and 13 years old.

### **Do I have to take part?**

No, it is up to you and your parent or guardian. If you want to take part, we will ask you and your parent/guardian to sign a form to say you are happy to do so. You can change your mind at any time if you decide you don't want to take part anymore, and you do not need to give any reason.

### **What will happen during the study?**

If everyone is happy for you to take part, then we would like you to be involved in a 5 week training programme. First, we would like to arrange to meet you during the school day so that we can complete some assessments of your intelligence, memory, maths and reading ability. Then we would like you to come along to our after-school club every day for 5 weeks to complete the training. You will need to attend at least 20 sessions in that time, which means you can miss up to 5 for sickness or other after-school activities. The training involves playing a game on the computer for about 40 minutes each time. There will also be a workbook that you will be asked to complete for about 15 minutes. We will repeat the same assessments once you have completed the training and again 3 months later.

### **What is good, and not so good, about taking part?**

A good thing about taking part is that you will be helping us to find out if the training programme is helpful for children and can improve school performance. You may also find that the training improves your thinking and learning at school. As a reward for taking part, we will give you a small gift for every 5 training days you complete and a £15 Amazon voucher for completing at least 20 training sessions.

One of the not so good things about taking part is that the training takes a lot of time and it can get boring or frustrating at times. We will be there to help you complete the training and if you

feel that you want to stop doing the training then you can at any time.

**Who will know how I did?**

Only we (the researchers) will see your answers and we will not be allowed to tell anyone what we heard or saw without your parent's or guardian's permission. The answers that you give will be kept safely locked away in a filing cabinet at the University or on a password protected data stick. Your name will not be written on any of our answer sheets and your name will not be included on any of the training data. The company who own the training programme may use the data for research purposes. If you tell us something that worries us, then we might have to share it with someone else. We will let you know if we plan to do this.

The study findings might appear in magazines for doctors and scientists to read. Your name will not be included. If you and your parent or guardian wants, then we can write you a letter to tell you how you did on the different games. We can also send you a short letter to tell you what we found out from the research study.

**Thank you for reading this information sheet!**