

Children & Young People Information Sheet

‘Happyr Tracking’: A study assessing the acceptability of Happyr, a pain management app for children & adolescents

We are asking if you would like to take part in a research project. Before you decide if you want to join, it’s important to understand why the research is being done and what it will involve for you.

So please consider this leaflet carefully and talk to your family, friends, a doctor, nurse or member of the research team if you want to. To be shown and read by parent/carer if required.

Short study title

Happyr Tracking

What are we doing

Having migraine attacks, again and again, is hurtful and also can impact your emotions. And it’s often difficult to understand why you feel pain or how your feelings might impact your pain.

We are developing an app that helps you and your doctor better understand your migraine and mood. With our diaries, we hope to support you in dealing with migraine better.

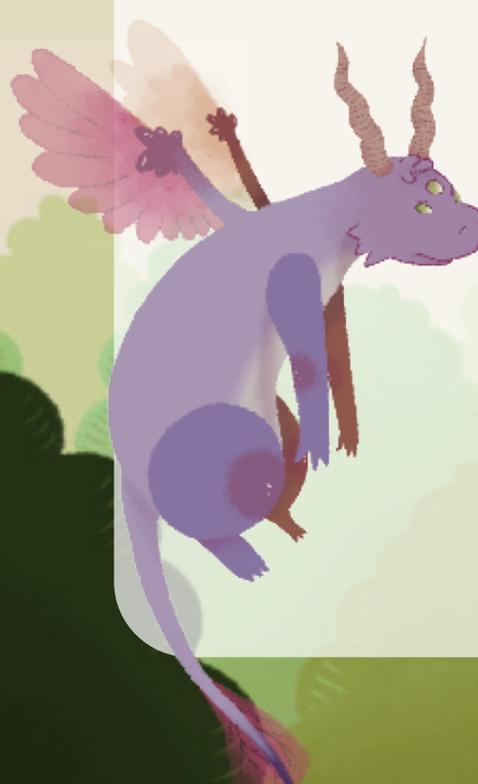
Why are you asking me?

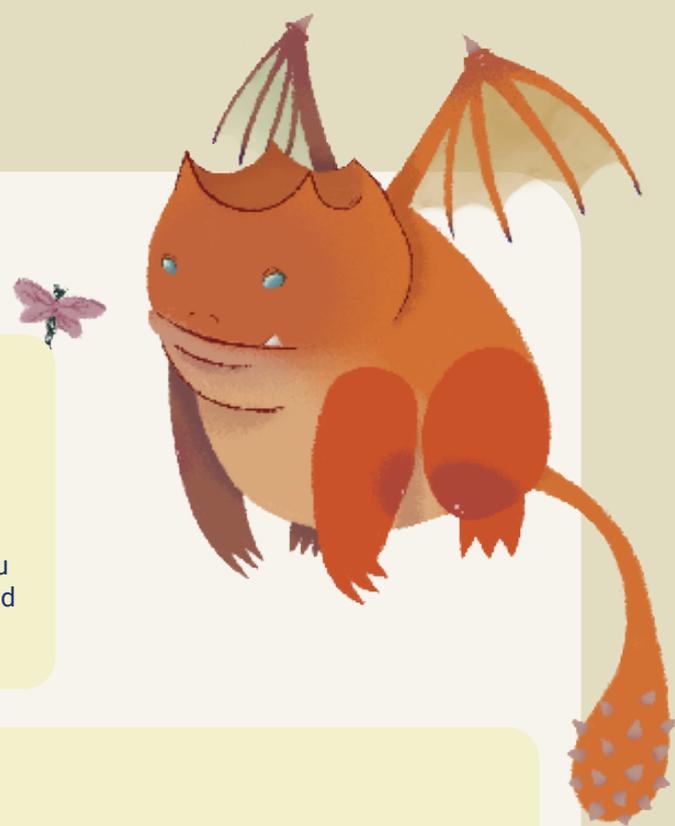
As you experience headaches or other migraine symptoms regularly, our Happyr app might be useful for you to better understand your pain and mood. That’s why we invited you!

What will happen?

If you decide to take part you will get access to the Happyr app. In the app, you’ll first answer a short survey. After that, you can use the mood and symptom diary in the app. We are asking you to use the app for 8 weeks. After 8 weeks, we’ll send another, very short survey.

And that’s it!





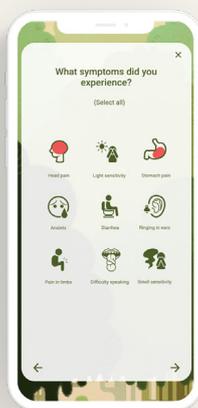
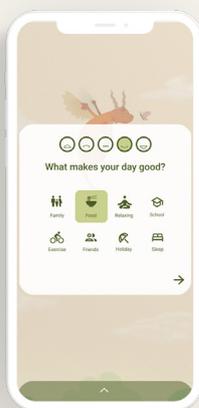
Why are we doing the research?

Studies that have been done so far showed us that mood and symptom diaries might be beneficial to people with migraine. But there are hardly any good tools or apps for young people like yourself. So, we want to find out what you think about the Happyr app, which specifically was designed for teenagers.

What does the Happyr App look like?

Can you imagine your migraine as a dragon? A beast that lives in your body and hurts you?

The Happyr App helps you to tame your migraine dragon. In the app, you have your mood diary. In it you keep track of how you are feeling each day. You'll answer three quick questions and can choose icons to show what activities you did that day and how you felt about them. And you get your own symptom diary. Whenever you had a migraine attack or any symptoms, you keep not of them there. In the end, you can even export an overview for your doctor so they can also know how your migraine has changed over time. Both diaries help you understand more about your migraine dragon. What emotions might make your dragon wild or what helps to calm the beast?



Will taking part help me?

We cannot promise that using the app will help you. It can be, that the app helps you to understand your pain better and to cope more easily with difficult emotions.

In any case, your feedback will help us to improve the app and help other children and young people with migraine in the future.

Do I have to take part?

No, you don't have to take part - it is completely your choice! You can decide not to take part or stop taking part at any time, just tell your parents, the doctor, nurse or a member of the research team. You don't have to give a reason! It is YOUR choice. You will be given the same care in the hospital whatever you decide to do.

What information do you collect?

During the research, we collect data from you. We want to let you know what this means exactly.

We collect data from your mood and symptom diary in your account. We save this data separate from your name and email address to avoid that someone can immediately identify that this data belongs to you. However, the research team at NHS Leeds and we, the app providers, will get access to your personal information and data from your diaries. That is to help us understand how you are using the app. Also, the data from your symptom diary might help your doctor in their work. We will save the responses you provide in the two short surveys in the research process. We will never show your name in any report that we publish about the study.

What happens to the information you collect?

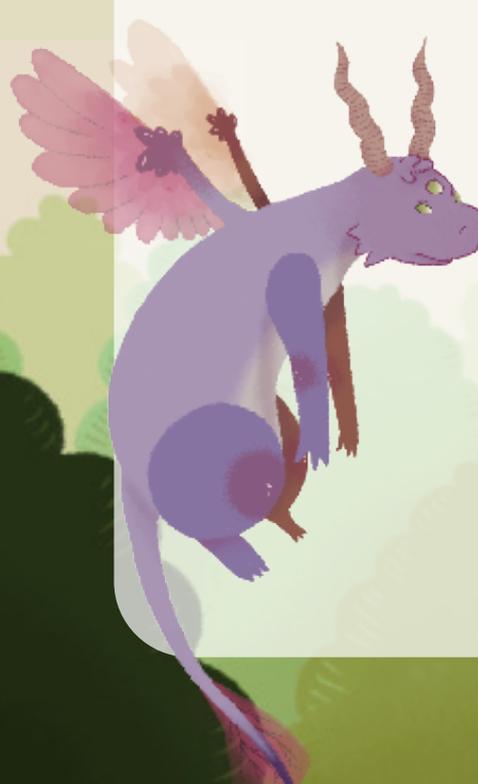
Any information we collect as part of the study will be kept safe and only members of the research team can see the results or will know you are taking part.

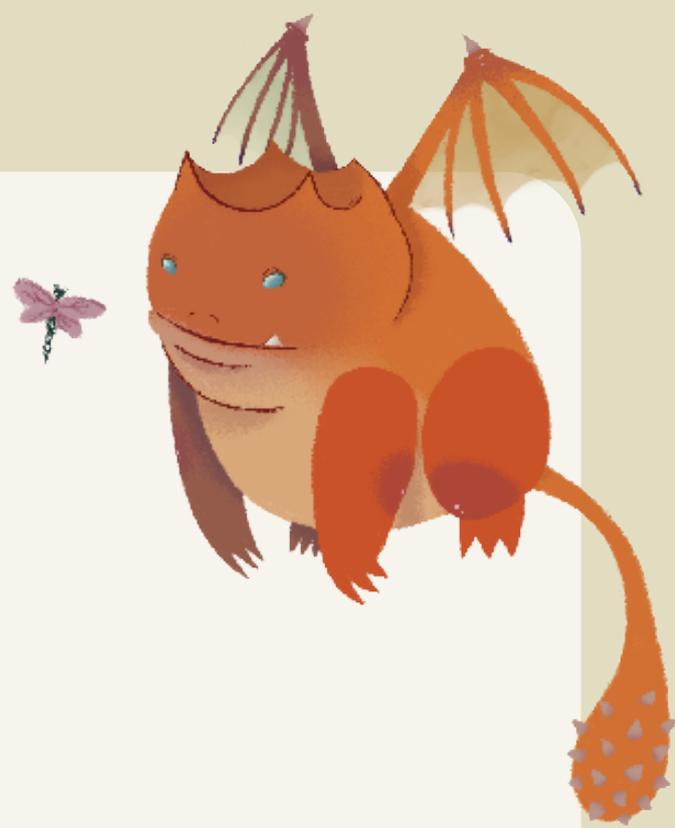
Did anyone else check the study is OK to do?

Before any trial starts, a group called the Research Ethics committee check that it's okay and fair for the trial to happen. This study has been designed by a team of doctors, nurses and patients and is being organised by a research team at NHS Leeds.

Will anyone else know I'm doing this?

Any information that is collected during the trial is kept safe and confidential so that only those who need to know, like the doctors and nurses looking after you, are aware of your involvement in the trial.





What happens if I share something I am concerned about?

If you are sharing something you are concerned about in the open text field of our survey, we have a psychologist in our research team who will be able to discuss this with you. All of what you are sharing in the survey will be kept confidential which means that we will not give any of the information to another person.

Contact information

If you have any more questions you can either talk to your parents or a member of the research team. If you are still unsure you can also contact the research team.

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