



Research Study: Get Involved and Share Your Experience

ADAPT STUDY: how Adolescents Deal with and Adjust to Pandemic resTrictions

<https://www.adaptresearchstudy.com/home>

About the study:

A team of psychologists at NUI, Galway and Trinity College Dublin are keen to understand how the COVID-19 pandemic and the various restrictions that are in place, are impacting on the lives of teenagers and how they have impacted on the wellbeing of teenagers.

Why is this study important?

The availability of good evidence on how this pandemic has impacted the lives of our young people, can help us advocate for the needs of our young people as we move forward and recover from this pandemic.

What is involved?

Teenagers are invited to take part in 3 short surveys over the next 12 months. You need to be between the ages of 12-18 years. If you would like to take part, please discuss this with your parent/guardian. Your parent or guardian needs to complete a consent form.

Where can I find the Parent/Guardian Consent form:

Information for parents/guardians is available on our website. This website also contains a link to the parent consent form:

<https://www.adaptresearchstudy.com/study-information/information-for-parents>

How do I complete the survey?

Parents/guardians provide an email address for you, as part of their consent form. Then we ask you to keep an eye on your email, as we will send you a link to our survey by email. You will also need to fill out a form which tells us whether you want to take part or not.

Information for teenagers can be found here:

<https://www.adaptresearchstudy.com/study-information/information-for-teenagers>

Dr. Caroline Heary, from the National University of Ireland is the study lead if you wish to contact her (caroline.heary@nuigalway).

We are also on social media: @adaptresearchstudy (Instagram) and <https://www.facebook.com/adaptresearchstudy/> if you wish to follow us.

Thank you for reading this and please consider getting involved and sharing your experience.

