

Hello,

My name is Luke Felton and I am a PhD student in the Sport Psychology Department at Loughborough University. I am conducting research with my supervisor, Dr Sophia Jowett, titled "Personal and social issues associated with sport performance and well-being". The principle aim of our research is to examine how sport performers relationships (with coach and parents) affect their well-being. I am contacting you to ask whether members of your club (aged 15-35) would be willing to take part in this research?

Participants would be asked to complete a questionnaire which should take no longer than 40 minutes, and which is also available online for ease of administration. The link to the online questionnaire can be found at the end of this message. I have also attached the research information sheet for you to browse if needed. If you could forward the questionnaire link and information sheet to your club members/athletes that would be greatly appreciated.

Please feel free to contact me with any questions.

Thank you for your time,

Luke Felton

Online questionnaire: www.survey.lboro.ac.uk/athletewellbeing

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Personal and social issues associated with sport performance and well-being

Participant Information Sheet

Who is doing this research and why?

This research is being conducted by Luke Felton as part of PhD research at Loughborough University. The research is being supervised by Dr Sophia Jowett of the School of Sport, Exercise, and Health Sciences.

What is the purpose of the study?

The purpose of the research is to examine the effects of athletes' relationships with their coach and parents on their psychological well-being. The research will also examine the quality of athletes' relationships with their coach and parents and look at the reasons behind why some athletes' find these relationships more satisfying than others.

Are there any exclusion criteria?

If you are to participate you must be aged 15-35 years and be participating regularly in club level sport or higher e.g. university, county, regional, national, international. Please note that if you are currently in the off-season but are usually in regular training during the season you can still take part in this study.

What will I be asked to do?

If you are 18 years old or older you will first be asked to complete the informed consent form before completing the accompanying questionnaire. The questionnaire contains questions related to how you perceive your relationship with you coach and parents as well as well-being aspects such as self-esteem, vitality, and empathy. If you are under 18 years old you will be required to get parental consent to take part in the study. You will also need to complete the willingness to participate form. Once parental consent and the willingness to participate forms have been received by the investigator you will complete the same questionnaire as the over 18's. The questionnaire can either be completed in paper form or online at (.....)

Once I take part, can I change my mind?

Yes. After you have read this information and asked any questions you may have you will be asked to complete the informed consent form, or to get your parents to fill out the parental consent form. However if at any time, before, during or after you have completed questionnaire you wish to withdraw from the study please just contact the main investigator. You can withdraw at any time, for any reason and you will not be asked to explain your reasons for withdrawing. Please be aware however that deciding to withdraw from the study after the final results have been published may be difficult.

How long will it take?

The questionnaire should take no longer than 30-40 minutes to complete. Once you have completed the questionnaire that is all you will be required to do for this study.

Who should I send the questionnaire back to?

The investigator will attend a training session a week after initially giving out the questionnaire in order for you to give them back fully completed. If you complete the questionnaire online the results will be automatically sent to the investigator and you will not be required to do anything.

What personal information will be required from me?

The study will only require you to give basic information including; age, gender, sport (and event if relevant), level of participation (e.g. club, national etc), and number of years as an athlete in your sport.

Are there any risks in participating?

There are no recognised risks to taking part in this study, however if you feel uncomfortable about anything you are free to withdraw at anytime.

Will my taking part in this study be kept confidential?

Yes your confidentiality will be maintained throughout the study. You will not provide your name on any documentation and will be assigned a participant code for all use during the studies write up. Also any data analysis will be kept separate to your questionnaire. Data will be held by the university for 10 years following the completion of the study and will then be destroyed. All information you provide will be treated in accordance with the Data Protection Act 1998.

What will happen to the results of the study?

The results of the study will be published as part of a PhD thesis and it is anticipated that the findings of the study will be published in a sport or psychology journal. The results may also be presented at conferences. In all cases your anonymity will be maintained as no names will be reported. Following your participation in the study you will be given information regarding how to obtain the results if you wish to read them. However, please be aware that the results you would receive would be the overall study findings and it will not be possible to send you your individual results.

I have some more questions who should I contact?

If you have any further questions do not hesitate to contact the following people:

Luke Felton
Tel: 01509 228450
Email: L.Felton@lboro.ac.uk

Dr Sophia Jowett
01509 226331
S.Jowett@lboro.ac.uk

What if I am not happy with how the research was conducted?

No special compensation arrangements are in place in the extreme unlikely case that taking part in this research results in any negative effects for you. However, if you wish to discuss or complain about any aspect of the study, such as the way you have been approached or treated during the course of this study, please contact Dr Sophia Jowett. In addition the University has a policy relating to Research Misconduct and Whistle Blowing which is available online at [http://www.lboro.ac.uk/admin/committees/ethical/Whistleblowing\(2\).htm](http://www.lboro.ac.uk/admin/committees/ethical/Whistleblowing(2).htm)

Thank you for taking the time to consider participation in this study.