1. INTRODUCTION OF THE STUDY

WHAT IS THE PEAT STUDY?
The Physical Environment and Active Transportation (PEAT) Study will look at the impact of the new Washington, DC Metro system extension (The Dulles Corridor Metrorail Project (Silver Line)) on adolescent active transportation in Fairfax County, Virginia, where more than one quarter of youth are overweight or obese and more than 78.5% do not meet the Centers for Disease Control and Prevention’s physical activity health guidelines. Active transportation, such as walking, biking or using public transportation, as a means of transportation, has increasingly been viewed as a great way to increase physical activity levels in youth and thus reducing overweight or obesity levels. This Silver Line now provides a new physical environment and an opportunity for adolescents to engage in active transportation to and from Metro stations on their way to school and other destinations. Therefore, the goal of PEAT Study is to evaluate how the Silver Line contributes to changes in adolescent active transportation habits and how these changes in transportation habits can potentially affect physical activity levels and overweight/obesity rates among adolescents aged 12-18 years. This information sheet provides additional information about the PEAT Study.

WHY MY SON/DAUGHTER?
The Reston Community Center (RTC), along with the Southgate Community Center (SCC) and Reston Teen Center (RTC), has decided to participate in the PEAT Study. All three centers have allowed us to invite your son/daughter to participate as well. There are two phases of the PEAT Study and all invited adolescent participants can individually decide whether or not to take part in one or both phases of the PEAT Study. Adolescents who decide to participate will be required to give their permission on provided assent forms during the Phase I focus groups of the study, and for Phase II, implied assent will be collected through the online questionnaire completion. Also parents of adolescents aged 12-17 years who do not want their child to participant will also need to return the provided “PEAT STUDY PARENT/GUARDIAN OPT-OUT REPLY SLIP” to RTC, SCC, or RTC. The decision to participate in the PEAT Study is entirely voluntary.

2. PURPOSE, PROCEDURES, AND COMPENSATION

WHERE WILL THE PEAT STUDY TAKE PLACE?
Trained researchers (Drs. Jennifer D. Roberts; Shannon L. Jette and Craig Fryer) from the University of Maryland, School of Public Health, will visit the RCC at the Hunters Woods Village Center location, RTC and SCC in Reston, VA to conduct the study.

WHAT WILL THE PEAT STUDY INVOLVE FOR MY SON/DAUGHTER?
The PEAT Study will involve two phases. The first phase will take place in February-March 2016 and will entail 12 focus groups with 6 to 10 participants per group. The second phase will take place later in June-August 2016 and during this period a questionnaire will be given to the participants. Your son/daughter may choose to participate in the first, second or both phases of the PEAT Study.
The PEAT Study researchers will recruit participants for Phase I and II of the study through informational poster displays throughout the RCC, SCC and RTC facilities as well as through this provided home mailing of “PEAT Study Parent/Guardian Information Sheet” as well as the “PEAT Study Adolescent Participant Information Brochure”. Potential participants who are interested in participating in either or both phases of the study can express their interest by returning the “HOW DO I SIGN UP?” portion of the “PEAT Study Adolescent Participant Information Brochures” to RCC, SCC, RTC or by email to jenrob@umd.edu.

- **PEAT Study Phase I – February-March 2016**
  - **Focus Groups:** Based on the interest expressed in the “PEAT Study Adolescent Participant Information Brochure”, several participants may be invited by phone and/or email and choose to participate in a 45-60 minute digitally recorded focus group. Pre-set times and locations of the focus groups will be provided when the PEAT Study researchers make contact by phone and/or email. **In a focus group with 6-10 adolescents, each participant will create his/her own research pseudonym to preserve anonymity and talk to other group members about his/her perceptions of walking, biking or using public transportation to school and other destinations.** Focus groups will take place at the RCC, SCC and RTC. All focus group participants will receive a $10 gift card for participation.

- **PEAT Study Phase II – June-August 2016**
  - **Questionnaire:** Participants will be asked to complete a 15-20 minute online questionnaire about their transportation to school and other destinations, as well as, their neighborhood environment. Again, participants may be recruited by phone and/or email based on the interest expressed in the “PEAT Study Adolescent Participant Information Brochure” as well as through informational poster displays of the PEAT Study throughout the facilities. All adolescents members of RCC, SCC and RTC within the study age range and who’s parents did not submit a “PEAT Study Parent/Guardian Opt-out Reply Slip” can participate as the informational poster displays will provide the online questionnaire link and information for completing. Participants may choose a convenient location with internet access (e.g. home, library) to complete the questionnaire and their responses will be recorded securely and transmitted electronically through Qualtrics.com. **The survey questions are not like a school test, there are no right or wrong answers, and your son/daughter is not required to answer every question.** All survey participants will be entered in a draw for one of five $50 Visa gift cards.

**What will researchers do with the collected data?**

Each participant’s personal information will be collected on a separate paper form and this will be kept separate from the information we collect during the study. The anonymous information from all the participants will be kept at the University of Maryland School of Public Health, and only researchers involved in the project will have access to the data. The data collected will be summarized, presented to RCC, SCC and RTC staff members, and reported in research journals/conferences. At the end of the PEAT Study, the overall results will be available to adolescents and parents who participated. No personal information about individual adolescents will be reported.

3. **Possible Benefits from being in this study**

**What are the benefits to participating in the PEAT Study?**

Findings from this research study may have a significant public health impact by advancing the knowledge of adolescents’ active transportation behaviors, attitudes and perceptions. The PEAT Study intends to take advantage of a natural experiment, the introduction of a new physical environment with the Silver Line,
and results of the PEAT Study can potentially assess of the impact of a new public transportation system extension on adolescents’ active transportation habits in the future.

4. POSSIBLE RISKS OR DISCOMFORTS FROM BEING IN THIS STUDY

**What are the risks to participating in the PEAT Study?**
The PEAT Study does not involve any known risks or harms to your child. Participation in data collection activities will not cause any physical harm. A potential risk is that your child may become uncomfortable answering some of the questionnaire and focus group items. Your child will be informed that s/he can skip questions or withdraw from the study at any time without any consequences.

5. RIGHT TO WITHDRAW

**What if my child or I want to stop participating in the PEAT Study?**
You or your child may decide to stop taking part in the PEAT Study at any time. Your relations with the RCC, SCC and RTC staff and University of Maryland will not be changed in any way if you decide to end your participation in the study.

6. RECOURSE IN THE EVENT OF INJURY

**What is my child gets injured from participating in the PEAT Study?**
If at any time you believe your child has suffered an injury or illness as a result of participating in this research project, you should contact Mr. Joseph Smith, the Institutional Review Board Manager at the University of Maryland, 1204 Marie Mount Hall, College Park, Maryland 20742 at (301) 405-0678. This office can review the matter with you, can provide information about your child’s rights as a subject, and may be able to identify resources available to you.

7. PRIVACY AND CONFIDENTIALITY

**How will all our information be kept private?**
All information you or your child provides as part of this study will be confidential and will be protected to the fullest extent provided by law. Your child’s responses in focus groups and to the questionnaire will be maintained in password-protected archives in a locked file cabinet in the Principal Investigator’s (Dr. Jennifer D. Roberts) office for data storage. All records related to this study will be accessible to those persons directly involved in conducting this study and members of the University of Maryland Institutional Review Board, which provides oversight for protection of human research volunteers. In addition, the Institutional Review Board at University of Maryland and other federal agencies that help protect people who are involved in research studies may need to see the information you give us. Other than those groups, records from this study will be kept private to the fullest extent of the law. Scientific reports that come out of this study will not use your child’s name or identify your or your child in any way.

8. CONTACT INFORMATION FOR QUESTIONS OR PROBLEMS

**Who can tell me more about the PEAT Study?**
You can find more information about the study on our PEAT Study website: www.sph.umd.edu/peatstudy

If you have any questions about the study, please contact the Principal Investigator:
Dr. Jennifer D. Roberts
Department of Kinesiology, School of Public Health, University of Maryland
4200 Valley Drive, College Park, Maryland 20742
Tel: (301) 405-7748
Email: jenrob@umd.edu
If you have questions about your child’s rights as a research subject, you should call Mr. Joseph Smith, the Institutional Review Board Manager at the University of Maryland at (301) 405-0678. He is your representative and has no connection to the researcher conducting this study.

**WHAT DO I DO NOW?**
We very much hope that your son/daughter will be able to take part in the PEAT Study. Please discuss the study with your son/daughter and share with him/her the enclosed “PEAT STUDY ADOLESCENT PARTICIPANT INFORMATION BROCHURE”.

**OPTION A:**
If your son/daughter is **under 18 years of age**, you have an option to sign the enclosed “PEAT STUDY PARENT/GUARDIAN OPT-OUT REPLY SLIP” if **YOU DO NOT** wish your son/daughter to participate in this study.

Please return the signed parental opt-out slip to Reston Community Center, Southgate Community Center, or Reston Teen Center as soon as possible.

**OR**

**OPTION B:**
If your son/daughter is **under 18 years of age**, and **YOU DO** give consent to allow your son/daughter to participate in this study, **no further action is needed at this time from you.**

However, please have your son/daughter return the “**HOW DO I SIGN UP?**” portion of the “PEAT STUDY ADOLESCENT PARTICIPANT INFORMATION BROCHURE” to Reston Community Center, Southgate Community Center, Reston Teen Center, or by email (jenrob@umd.edu) as soon as possible.

**If your son/daughter is 18 years of age or older,** parental consent is not required for adolescents. Your son/daughter can choose whether or not to participate in the study.

We thank you for your time and hope that your son/daughter will be able to participate in the PEAT Study.

Jennifer D. Roberts, DrPH, MPH
Principal Investigator
PEAT Study