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**School of Psychology**  
**Information Sheet**

***Title of Project: Executive Functions in Puberty Transition***

*Ethics Approval Number: S1604*

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Thank you for expressing interest in our research topic titled 'Executive Functions in Puberty Transition'. Before deciding whether your child(ren) to participate, it is important to understand why the research is being conducted and what it will involve. Please read the following information thoroughly.

**The aim of the study:** Puberty represents a phase of teenage marked by significant biology, cognition, and hormonal changes. Most research about how our brains work has mainly considered a person's age in years. However, the changes happening in our bodies during early teenage years may have a more impact on our brain development.

Executive functions are like our brain's control centre, helping us make decisions, stay focused, memorise, and plan. Since these skills are very important for everyday life, we aim to explore if the changes that come with early teenage can cause any differences between individuals in the development of executive function.

**Measuring Executive Functions:** If you decide your child(ren) will participate in this study, they will participate in four interesting computer-based games. Before starting each task, it will be thoroughly explained, and they will have a chance to practice it. They will also be asked about body changes during their early teenage years like growth spurts, body hair, skin changes for both genders. Boys will be asked about facial hair and voice changes. Girls will be asked whether they have noticed any physical changes such as breast development or the start of their period. Another questionnaire is about different activities they do in their daily lives and will take about 5 minutes to complete. The entire experiment will last around 30 to 40 minutes, and we will set some breaks during the sessions.

Participation in this study is totally voluntary, and they are under no obligation to take part. Everyone is free to withdraw at any point before or during the study. All data collected will be kept confidential and used for research purposes only. In accordance with the new General Data Protection Regulations (GDPR) Article 6(1e), the University processes the data as it allows us to conduct research in the public's interest. Further detail on how your children's information is processed and how to find out when it will be disposed of can be found at <https://tinyurl.com/researchprivacynotice>. Details on how to contact the University's Data Protection Officer and your rights towards your data can be found at: <https://www.nottingham.ac.uk/utilities/privacy/privacy.aspx>.

All researchers possess a valid and clean Disclosure and Barring Service (DBS) check and comply with the [university safeguarding policy](#).

If you have any questions or concerns either now or after your participation, please don't hesitate to get in touch using the contact details above.

If you have any complaints about the research, please contact:

Stephen Jackson [stephen.jackson@nottingham.ac.uk](mailto:stephen.jackson@nottingham.ac.uk) (Chair of Ethics Committee) for ethical concerns and Ria Symonds [ria.symonds@nottingham.ac.uk](mailto:ria.symonds@nottingham.ac.uk) (Faculty of Science Safeguarding Representative) and/or the University of Nottingham [report and support system](#) for any safeguarding concerns.