You are invited to participate in a research study titled:

“Mental health in sport: GAA coaches’ role in supporting young people’s mental health.”

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What is the research about?
The aim of this research study is to explore GAA coaches’ understanding of depression and to examine the coach’s role in supporting young people’s mental health. To do this, the current study invites current GAA coaches to complete a questionnaire related to this topic.

Why is this research being done?
Research in Ireland has shown that many young people (13-24) during their lifetime have met the criteria for a mental health issue. Many young people in Ireland engage in organised sport such as Gaelic football, hurling and camogie. The sporting environment and the authority figures within this environment such as coaches may have a valuable role in supporting young people’s mental health. However, little is known about GAA coaches’ knowledge of mental health issues and whether they engage in behaviours or activities that support or promote young people’s mental health. Therefore, this study aims to provide some information on this topic.

What will happen if you decide to participate in this study?
If you agree to participate in the study, you will be asked to complete an online questionnaire which will take approximately 10 minutes to complete.

How will the data be used and how will use protect my privacy?
No identifiable information (such as your name or the club or county in which you coach) will be collected from you in the questionnaire, which means that no-one will know what responses you have given. However, as the individual questionnaire cannot be linked to you, you will not be able to withdraw from the study after you submit your questionnaire as it will not be possible to remove your questionnaire because there is no way to know which one is yours. All data from the study will be stored in password protected computer files for 6 months post study and then will be destroyed according to the Data Protection (amendment) Act 2003 by Dr James Matthews. Only the Principal Investigator will have access to this data. Results of the study may be published in peer-reviewed journals, or presented at conferences, but these published results will not identify you in any way and will be written to respect confidentiality.

Do you have to take part and can you withdraw from the study?
Your participation in this study is entirely voluntary. Your decision whether or not to take part in the study will not influence or affect your coaching role in any way, either positively or negatively. If you decide to take part in the study, you will not be able to withdraw from the study after you submit your questionnaire, as it will not be possible to remove your questionnaire because there is no way to know which one is yours.

What are the benefits of participating in this research?
There are no direct benefits to you from participating in this research; however, through your participation you will help us to gain a better understanding as to GAA coaches’ knowledge of mental health issues and whether they engage in behaviours that support young people’s mental health which may inform future initiatives.

What are the risks of taking part in this research?
There are no risks involved in participating in this research. During the questionnaire, you will be asked about your understanding of depression, using a number of true and false questions. You will be given the answers to these questions at the end of the survey. You will be also asked about particular behaviours or activities you might engage in to support young peoples’ mental health as part of your coaching role. If after completing these questions, you would like to speak to an appropriate support service, the contact details of a range of appropriate support services are provided below and also on the final page of the online questionnaire. Alternatively you may contact, Dr James Matthews, who will help you in contacting the relevant organisation to get appropriate support / advice.

General Information

www.yourmentalhealth.ie This website is a place to learn about mental health, and how to support yourself and other people. You can find support services near you and learn about mental wellbeing. This website was developed by the HSE, the
National Office for Suicide Prevention and partner organisations across the country.

www.reachout.com/parents/ This website provides reliable information for parents to support young people’s mental health and wellbeing. The site was developed by ReachOut.com, a service, service to support the mental health of young people aged 12-25 years-old.

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<th>Organisation</th>
<th>Telephone Support</th>
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| Samaritans   | Free Call Phone Number: ROI: 116 223  
                           NI: 08457 909090  
                           Available 24 hours a day,  
                           365 days a year  | Email support: jo@samaritans.org (Emails responded to within 24 hours) |
| Aware        | LoCall Helpline Phone Number: 1890 303 302  
                           Monday – Sunday: 10am - 10pm. 365 days a year | Email support:  
                           supportmail@aware.ie  
                           (Emails responded to within 24 hours) |
| Pieta House  | Free Call Phone Number: 1800 247 247  
                           Available 24 hours a day,  
                           365 days a year  | Email support:  
                           mary@pieta.ie  
                           Text HELP to 51444 |

For further information:
Should you require any further information about this study or to help your decision to participate or not, please contact the Principal Investigator using the information below.

Principal Investigator: Dr James Matthews  
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