

INFORMATION FOR PARTICIPANTS

The influence of perceived social identity leadership on athlete social outcomes via team identification

My name is Phil Hillson and I am a first year PhD student at the University of Essex. I am conducting a research study to examine the impact that Social Identity Leadership has on both perceived social support between teammates, and levels of felt understanding, within competitive sports teams. The study is in collaboration with my PhD supervisory team: Dr Paul Freeman and Luke Olsson at the University of Essex, and Prof. Pete Coffee at Heriot-Watt University. As a member of a competitive sports team, I would like to invite you to take part in the research study. Before you decide, I would like you to understand why the research is being done and what it would involve for you. Please take time to read the following information and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information. The University of Essex research ethics committee has reviewed and approved this project.

What is the purpose of the study?

There is a growing body of evidence that shows the impact of Social Identity Leadership (IL) on athlete outcomes, such as self-confidence, performance level and group engagement levels. This study will investigate the extent to which IL creates a strong team identity. The study will then measure the impact of the team identity on three specific outcomes:

- 1) The level of social support between teammates
- 2) The degree to which athletes feel appreciated, cared for and understood (felt understanding)
- 3) The strength of the relationship between felt understanding and social support between teammates.

Why have I been asked to take part in this research?

You have been invited to take part in our research because you are currently a playing member or a coach of a competitive sports team. An understanding of competitive team sport and the team environment is required for you to participate and you must be at least 16 years of age.

Do I have to take part?

It is up to you to decide whether or not you would like to take part in the research. Participation is voluntary in any/all aspects of the project. You may withdraw from the study at any point without having to provide a reason.

What will happen to me if I take part?

You will be asked to complete an online survey questionnaire, which is in 4 sections, providing data for the factors already identified: Identity Leadership, Team identification, Social support & Felt understanding. This will take you approximately 15 minutes to complete. You will be asked to complete the survey at three time points across your playing season (start, mid-point and end). If there are any questions that you do not wish to answer, you are able to miss them out. You are also free to stop the study at any time during the completion of the survey, and withdraw completely, if you so wish. Should you wish to withdraw, please inform Phil Hillson (contact details below).

What are the possible risks and disadvantages of taking part in the research?

The study involves you responding to questions about your perceptions. The questions are asking for an opinion, and there is no right or wrong answer. If the questions trigger any concerns and/or you feel that you would like to discuss your well-being with someone in confidence there is a free helpline run by SANE – 0300 304 7000. Or you can visit www.sane.org.uk for advice.

What are the possible benefits of taking part?

You can contribute to the scientific understanding of the relationship between Social Identity leadership, team identity, perceived social support and felt understanding. Science plays an integral role within sport, so the more we can discover and learn about these relationships, the more effective players, coaches and teams may be. We are happy to share a copy of our results with you if you wish, and you can receive a full copy of the results and report by emailing the principal researcher at the address shown below.

Will my taking part be kept confidential?

Yes. All information that is collected about you during the research will be kept confidential and will only be accessible to the research team for the purpose of data analysis. Some aspects of personal data, such as your email address will be collected, but will only be used to ensure you receive emailed links to survey for the second and third data collection points. The email address will also be used to identify your data, for the purpose of analysis, and will be deleted at the end of the study. You will remain anonymous within the data, results and subsequent report written on the study. You have the right to withdraw from the study at any time before, during, or after data collection.

Data handling and confidentiality

Your data will be processed in accordance with the data protection law and will comply with the General Data Protection Regulation 2016 (GDPR). All electronic data will be stored on a cloud-based, password-protected system only accessible by relevant members of the research team, these are students and staff at the University of Essex (Phil Hillson, Paul Freeman and Luke Olsson) and Heriot-Watt University (Pete Coffee). Data will be kept secure for 10 years

Data Protection Statement

The Data Controller will be the University of Essex, and the contact is the University Information Assurance Manager (dpo@essex.ac.uk). We will process your personal data for the purpose of the research outlined above, and for no other reason. The legal basis for processing your personal data for research purposes under the data protection law is a 'task in the public interest' You can provide your consent for the use of your personal data in this study by completing the consent form that has been provided to you.

What is the legal basis for using the data and who is the Data Controller?

The legal basis for using the data gathered in this study will be the informed consent provided by either (a) the participants themselves, if aged 18 and over, or (b) the parent/guardian of participants aged 16+, together with the assent of the participant. This process of assent and consent will be completed within the online questionnaire. All of the data will be controlled by the University of Essex, as this study is approved as part of a student PhD programme. The contact for the data control will be the University's Information Assurance Manager (dpo@essex.ac.uk).

Who has reviewed the study?

This study has been reviewed and approved by the University of Essex Ethics sub-committee 2.

What will happen to the results of the study?

The results of this study will be submitted for publication as part of my PhD thesis. It is possible that the study might in future be published in a scientific journal, book, or book chapter, presented at a conference, and/or shared via blogs and social media. Any research publication would not identify

you individually. If you wish to obtain a copy of the published results, please inform the researcher and we'd be delighted to send them to you when they are available.

What if I am unhappy with the conduct of this study?

If you have any concerns or complaints about any aspect of this study, please contact the Principal Investigator (Phil Hillson) of this project and/or his PhD Supervisor (Dr Paul Freeman), using contact details below. If you believe that your complaint has not been addressed properly please contact the Department Director of Research (Dr Ruth Lowry, email: r.lowry@essex.ac.uk). If you are still not happy and/or satisfied with the way it was handled it, please contact the University Research Governance and Planning Manager (Sarah Manning-Press email: sarahm@essex.ac.uk). Please include ERAMS reference: ETH2122-2169

Further information and contact details

If you have any further questions about this study please contact Phil Hillson (ph21483@essex.ac.uk) or Dr Paul Freeman (pfreeman@essex.ac.uk)

Thank you for taking the time to read this information