SUPERKIDS

Participant Information for Parents

AUGUST 2026

Parent Participation in the SuperKids Study

We would like to invite you, as the parent of your child, to participate in the research project **SuperKids**.

This participant information sheet should be read together with the participant information sheet for your child.

The participant information sheet for the child describes the overall SuperKids study, including its purpose, study procedures, measurements, biological samples, risks, and the handling of data related to your child's participation.

This participant information sheet describes the parts of the project in which you, as a parent, participate as a research participant and where information about you is collected through questionnaires, interviews, and participation in project activities.

In SuperKids, both children and at least one parent participate. The child is the primary participant in the study, but research data are also collected from participating parents through questionnaires, interviews, and participation in intervention activities.

The project is part of the European research project HealthyW8 and is conducted in Denmark by the Technical University of Denmark (DTU National Food Institute). The project was initiated by the HealthyW8 consortium and is funded by the European Union through the Horizon Europe programme. The Danish project leader is Senior Researcher Gitte Ravn-Haren.

Before deciding whether you wish to participate, it is important that you read all study materials carefully. You will also receive oral information about the project and have the opportunity to ask questions. You are welcome to bring a companion to the information meeting. The meeting will normally be conducted in Danish but may be conducted in English if you prefer.

The brochure *"Rights of Research Participants in a Health Research Project"* is enclosed. We encourage you to read the brochure carefully.

Indholdsfortegnelse

1. Purpose of participation

SuperKids investigates whether digital tools and local health-promoting activities can help children develop healthier habits related to diet, physical activity, and well-being.

Parental participation is important because children in this age group need support when using the project's tools and activities. At the same time, we aim to investigate families' experiences with the intervention and the factors that influence health-related behaviours in everyday life.

2. What does participation as a parent involve?

If you choose to participate, you will be asked to:

- participate in the information meeting and relevant study visits together with your child;
- assist your child in using the project's digital tools;
- complete questionnaires regarding family habits, well-being, background information, and experiences with the project;
- complete dietary questionnaires (Food Frequency Questionnaire, FFQ) concerning your child's dietary habits;
- help your child collect urine, saliva, and stool samples at home;
- support your child in relevant project activities;
- potentially participate in an interview about your experiences with the project. Participation in interviews is voluntary.

No biological samples will be collected from you as a parent.

Your participation includes questionnaires, possible interviews, the use of digital tools, participation in relevant project activities together with your child, and the sharing of information about the family's experiences with the project.

If your child is allocated to the intervention group, you will also be given access to and asked to use the project's digital platforms and applications together with your child.

As part of your participation, we will collect information about you and your family's daily life. This information will be used to understand how family, social, and practical factors may influence a child's ability to develop healthy habits.

2.1 What information will be collected about you?

As part of the project, information about you will be collected through questionnaires and, where applicable, interviews.

The information collected may include:

- family lifestyle and daily routines;
- your child's well-being and quality of life from a parental perspective;
- family dietary and physical activity habits;
- social and demographic information;
- employment or educational circumstances;
- experiences with the project's digital tools;
- experiences with project activities;
- personality characteristics measured through a short questionnaire (BFI-10).

The questionnaires will be completed at the start of the project and during selected follow-up assessments at 6 and 12 months.

The questionnaires include topics related to family lifestyle and health behaviours (Family Lifestyle Questionnaire), your child's well-being and quality of life from a parental perspective (KIDSCREEN Parent Survey), family background information (Socio-demographic Profile), work or educational conditions (Work/Studies Flexibility & Satisfaction), personality characteristics (BFI-10), and experiences with the digital tools and project activities (User Experience Questionnaire).

2.2 interviews

Some parents will be invited to participate in an interview about their experiences with the project.

The purpose of these interviews is to gain a better understanding of families' experiences with the digital tools, project activities, and the factors that support or challenge healthy habits in everyday life.

Participation in interviews is voluntary and may be declined without affecting any other aspect of participation in the project.

3. Time commitment

The project lasts 12 months.

There will be 8 study visits during the study period. In addition, you will be asked to spend time completing questionnaires, using digital tools, and potentially participating in activities

and interviews. The extent of participation depends on whether your child is assigned to the intervention group or the control group.

4. What are the benefits of participating?

Your participation may provide insights into your family's health and lifestyle habits and contribute to new knowledge about how families can best be supported in developing healthy eating, physical activity, and well-being habits.

In the longer term, the results may contribute to the development of improved preventive initiatives and interventions for children and families.

5. Are there any risks or disadvantages?

There are no known physical risks associated with your participation as a parent.

The primary disadvantage is the time required for study visits, completion of questionnaires, and the possible use of digital tools. Some questions may be perceived as personal; however, you may choose not to answer any question that you do not wish to answer.

There may be unforeseen risks or inconveniences associated with participation that are not currently known. If new information emerges that may be relevant to your participation, you will be informed as soon as possible.

6. Voluntary participation

Your participation is voluntary.

You may withdraw your consent at any time without providing a reason. This will have no consequences for you, your child, or your future contact with the healthcare system or municipality.

If you withdraw your consent, information collected before withdrawal may still be included in the research analyses to the extent permitted by applicable legislation.

The project may also be terminated, either in whole or in part, if unforeseen safety concerns arise, if it is considered unethical to continue, or for organizational or financial reasons.

If the project is discontinued, this will not affect your child's participation in standard care or your future interactions with the healthcare system.

7. Handling of personal data

As part of the project, information about you will be collected, including information from questionnaires and interviews.

Your information will be treated confidentially and processed in accordance with the General Data Protection Regulation (GDPR) and applicable data protection legislation. Data will be pseudonymised and processed under a study code, and only authorised personnel will have access to the key linking the code to individual participants.

Data will be shared with research partners in the HealthyW8 consortium in Denmark, Luxembourg, Spain, Portugal, Germany, the Netherlands, Italy, and Bulgaria for the purpose of joint research analyses and comparison of results across the participating countries. The storage, handling, and any transfer of samples will be carried out in full compliance with the Danish Data Protection Act and the EU General Data Protection Regulation (GDPR). No data or personal information will be transferred to countries outside the EU/EEA.

8. Financial aspekts

The HealthyW8 study is funded by the EU's Research and Innovation Program.

The Danish part of the project is carried out by the Technical University of Denmark (DTU National Food Institute) in collaboration with local partners.

The total Danish budget amounts to €565,157.50 and covers costs related to staff, research activities, data collection, equipment, laboratory analyses, and dissemination of results.

The funds are not paid to individual researchers but are administered by DTU in accordance with applicable regulations. The investigators have no financial interests that could influence the conduct or results of the study.

9. Publication of results

The study results will be published in scientific journals and presented at scientific conferences. No individual participant will be identifiable in any publication or presentation.

10. Insurance and compensation

Study participants are covered by the Danish Patient Compensation (Patienterstatningen) in accordance with the Danish Act on the Right to Complain and Receive Compensation within the Healthcare System. Any injury resulting from participation in the study will be handled by the Danish Patient Compensation Association in accordance with applicable Danish legislation.

11. Contact information

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