

PARENTAL / LEGAL GUARDIAN INFORMATION SHEET

ADOLESCENT INFORMATION SHEET

You and your child/ward are invited to participate in a research study. This information sheet provides you with information about the research. Read the information below and ask questions about anything you don't understand before deciding whether or not to allow your child/ward take part.

It is recommended that you and your child/ward read this information sheet together. If you agree, together with your child/ward, please indicate on the online informed consent form. You should download a copy of this document for your reference.

STUDY INFORMATION

Protocol Title: Cross-cultural differences in sleep patterns and problems in Asian school-aged adolescents: the ACROSS study (NUS-IRB-2025-747)

Principal Investigator and co-investigator(s):

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WHAT IS THE PURPOSE OF THIS RESEARCH?

Sleep problems are common in adolescents. Studies have consistently demonstrated that sleep disturbances are prevalent, affecting up to 50% of this population. The situation is worrying as an expanding body of evidence has demonstrated the close relationship between inadequate sleep and daytime impairment, obesity, diabetes, cardiovascular complications, disruptive behaviors, mental health and poor academic performance. There are multiple factors that contribute to sleep problems in adolescents including biological, social and cultural factors.

Together with countries in our region, we aim to map out sleep patterns, risk factors, and obstacles for sleep in adolescents across Asia, capturing the diversity of societal factors (e.g. geographical, cultural, religious factors) that shape the sleeping habits of adolescents in our region.

Study objectives of the **ACROSS** study:

1. To conduct a survey in **A**siatic adolescents
2. To explore the **C**ultural differences in sleep patterns and problems
3. To evaluate the **R**isk factors associated with sleep problems
4. To understand the **O**bstacles to obtain adequate sleep
5. To promote healthy **S**leep in **S**chools

WHO CAN PARTICIPATE IN THE RESEARCH? WHAT IS THE EXPECTED DURATION OF MY PARTICIPATION? WHAT IS THE DURATION OF THIS RESEARCH? WHAT IS THE APPROXIMATE NUMBER OF PARTICIPANTS INVOLVED?

This study will recruit about 1000 students in Singapore aged between 12 to 18 years old. All students who are interested are eligible to participate.

Your child/ward will fill in one questionnaire at a single time point, it is estimated to take approximately 20 mins.

The window for data collection for this study will be between Jan 2026 and Dec 2026.

WHAT WILL BE DONE IF I TAKE PART IN THIS RESEARCH?

Your child/ward will be asked to fill out a questionnaire covering the following areas: sleep patterns, mental well-being, lifestyle, socioeconomic status, and physical activity.

HOW WILL MY PRIVACY AND THE CONFIDENTIALITY OF MY RESEARCH RECORDS BE PROTECTED?

The survey data will be collected anonymously. There will be no identifiable information collected (e.g. no names, no NRIC and no contact details). Within the NUS research team, the Principal Investigator and personnel conducting the research will have access to the data. According to NUS Research Data Management Policy, all data will be archived for a minimum of 10 years.

For the purpose of comparison across Asia, the anonymous data will be made available for collaborative research analyses, which could involve transfer of data outside of Singapore to external parties. The purpose of this is to enrich data analyses and allow a better understanding of how adolescent sleep patterns in our region are influenced by societal factors. Data analyses will be stored for as long as the purpose of the analyses remains relevant.

WHAT ARE THE POSSIBLE DISCOMFORTS AND RISKS FOR PARTICIPANTS?

This study has minimal risk to participants. The probability and magnitude of harm or discomfort anticipated in the research are not greater in and of themselves than those ordinarily encountered in daily life or during the performance of routine physical and psychological tests.

WHAT IS THE COMPENSATION FOR ANY INJURY?

No injury is expected for this study.

WILL THERE BE REIMBURSEMENT FOR PARTICIPATION?

There is no reimbursement for your child/ward's completion of the questionnaire.

WHAT ARE THE POSSIBLE BENEFITS TO ME AND TO OTHERS?

There is no direct benefit to you and your child/ward. However, you and your child/ward's voluntary participation will contribute to understanding of sleep patterns, risk factors, and obstacles for sleep in adolescents across Asia which may inform future policies.

CAN I OR MY CHILD/WARD REFUSE TO PARTICIPATE IN THIS RESEARCH?

Yes, you can. Your decision to participate in this research is voluntary and completely up to you. You can also discontinue the survey at any time without giving any reasons. Please note that the withdrawal of consent does not affect the research information obtained before the consent is withdrawn and such information may still be retained and used for research. There will be no penalties or damages imposed on you should you withdraw your consent to participate in this research.

WHOM SHOULD I CALL IF I HAVE ANY QUESTIONS OR PROBLEMS?

Please contact the Principal Investigator, Dr. Michael Chee (michael.chee@nus.edu.sg or 6516 3934) for all research related matters and in the event of research-related injuries.

For an independent opinion specifically regarding the rights and welfare of research participants, you may contact a staff member of the National University of Singapore Institutional Review Board at telephone (+65) 6516 1234 [Mondays to Thursdays from 8.30am to 6pm, and Fridays from 8.30am to 5.30pm, except public holidays] or email at irb@nus.edu.sg.

Authorization & Consent Page

Protocol Title: Cross-cultural differences in sleep patterns and problems in Asian school-aged adolescents: the ACROSS study

To: Prof. Michael Chee, Centre for Sleep & Cognition, Yong Loo Lin School of Medicine, National University of Singapore, MD1: 12 Science Drive 2, Singapore 117549; michael.chee@nus.edu.sg;
Ph: +65 66013199

I hereby acknowledge that:

1. I have agreed for my child/ward to take part in the above research.
2. I have received a copy of this information sheet that explains the use of my child/ward's data in this research. I understand its contents and agree to donate my child/ward's data for the use of this research.
3. I and my child/ward will not have any financial benefits that result from the commercial development of this research.
4. I understand that my child/ward and I can withdraw from the research at any point in time while the survey is ongoing, by simply closing the survey. However, I understand that once the survey is submitted, it will no longer be possible to withdraw as all responses are anonymous and cannot be linked back to a specific participant.

☐ I consent for my child/ward to take part in this research.

Date: Click or tap to enter a date.

CHILD & ADOLESCENT/ PARTICIPANT ASSENT FORM
For Children and Adolescents/ Participants aged 7 to below 19 years

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1. You are invited to take part in a research study that aims to map out sleep patterns, risk factors, and obstacles for sleep in adolescents across Asia, capturing the diversity of societal factors (e.g. geographical, cultural, religious factors) that shape the sleeping habits of adolescents in our region.
2. If you agree to participate, you will fill in a 20 min questionnaire.
3. You can choose if you want to be in this study or not. If you decide not to be in the study, it is perfectly fine. You can also withdraw from the study any time you wish without any penalty.

ASSENT

☐ I have read the study information, and I agree to take part in this study.

Date: Click or tap to enter a date.