Plan Overview

A Data Management Plan created using DMPonline

Title: Co-creation of a supportive, inclusive resource for 10-15-year-olds to promote a balanced diet and positive body image

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Funder: Medical Research Council (MRC)

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Project abstract:

Around 68% of UK adults are living with overweight or obesity. In addition, approximately 20% of 8-16-year-olds have a probable mental health disorder, with 12.5% reporting an eating disorder – a staggering increase from 0.8% in 2017. The last 20 years has seen a surge in public health campaigning around eating a balanced diet, maintaining a healthy weight, and, more recently, promoting mental wellbeing. We do not know whether these have had a positive or negative impact on young people.

Adolescence (10-19 years) represents a critical period for intervening to impact these public health concerns both now and in their future. Over this developmental stage, teens develop biologically, psychologically and socially; this is where they cultivate their lifestyle behaviours for adulthood. However, in a time of developing their sense of Self and body image, adolescents are particularly vulnerable to misinformation, especially given their use of social media and digital technologies. Those already struggling with their eating or weight may be more vulnerable still. Empowerment of adolescents around their bodies and eating is currently low – recent surveys estimate that around a third of teenagers feel upset or ashamed about their body, with around half often worrying about how they look. These teenagers have identified body image as the third biggest challenge (after lack of employment opportunities and failure to succeed within the education system) currently causing harm to young people. Around 40% of teenagers said images on social media caused them to worry about their body image.

As the adolescent voice is often not heard in research, we do not know how they want to be communicated with about eating and body weight, what would be supportive, and which platform or medium would be the most impactful. Clear, inclusive communication with this group to empower them around their eating and wellbeing, as well as to enhance their resilience to misinformation or biased information, is crucial to improving their future outcomes as adults. Research with adolescents, for adolescents, is vital to creating engaging, effective resources to communicate with adolescents about eating a balanced diet and developing a positive body image.

The proposed project will co-create a supportive resource with adolescents (10-15-year-olds) that empowers and supports teens seeking information about eating and body weight. This resource will empower and support teens to have a balanced diet and positive body image through clear but engaging messaging, written by adolescents, that builds knowledge, resilience to misleading or ‘toxic’ messaging, and self-esteem.

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Co-creation of a supportive, inclusive resource for 10-15-year-olds to promote a balanced diet and positive body image

0. Proposal name

0. Enter the proposal name

CO-Creation of a Resource for Early Adolescents To inspire Eating and Developing well – The CO-CREATED Project

1. Description of Data.

1.1 Type of Study

1. **Initial assessment of the resource**: adolescents will assess the resource using a think aloud protocol (TAP) and take part in 1:1 interviews.
2. **Assessing feasibility of the final resource**: adolescents will complete an online survey and a subgroup will also complete a 1:1 interview.

1.2 Types of Data

Qualitative data generated from TAP and interviews; quantitative data generated from online surveys.

1.3 Format and scale of the data

Interviews (n=44 total) will be transcribed in Microsoft Word and exported as PDFs.
Quantitative survey data (n=200 total) will be downloaded from Qualtrics as a CSV file and converted into an SPSS file for analysis.

2. Data collection / generation

2.1 Methodologies for data collection / generation

Semi-structured interviews, following an interview guide, will be conducted and audio recorded. These will then be transcribed and saved as Microsoft Word document (.docx) transcripts. Master copies of the transcripts will be created by exporting the .docx files into .pdf format.
The survey data will be collected online using Qualtrics, a third-party online survey software, and will then be downloaded as an excel file (.CSV). Qualtrics is a GDPR-complaint software and is Health Information Trust Alliance (HITRUST) certified. The online survey data will be saved as an Excel Workbook file, cleaned, and coded, with a codebook sheet added. A master copy of the data will be stored. No analysis will be run on this copy, so if the working copy gets corrupted, lost, becomes unusable or otherwise unstable, we can create an identical working copy. The master copy will be backed up on Loughborough University's OneDrive to ensure its integrity.

2.2 Data quality and standards

FS will be responsible for creating the supporting documentation, which will be written when the data is collected. The project Research Associate will check the documentation for accuracy and consistency before finalising for uploading to the repository. Transcripts from the semi-structured interviews will be transcribed in Microsoft Word and exported as PDFs. A 'Read Me' document will be created to accompany the transcripts. This will give a brief overview of the study and a link to the OSF registration page for the project, and include details of the creators of the data and the date of creation. The online survey data will be uploaded to the repository as a CSV file. 'Read Me' and 'Codebook' sheets will be included within the Excel Workbook for the survey data. The 'Read Me' sheet will give a brief overview of the study and a link to the OSF registration page for the project. The codebook will include information about each variable in the dataset and will follow the Medical Subject Headings (MeSH) created by the National Library of Medicine (Medical Subject Headings - Home Page (nih.gov)).
Additional to the above metadata, we will also include any study documents uploaded to the Open Science Framework as part of the project (e.g. a .pdf file of the online survey questions) and relevant visualisations.

3. Data management, documentation and curation

3.1 Managing, storing and curating data

During the research process, data will be stored on password-protected systems at Loughborough University (OneDrive). This will be sufficient to store the estimated size of the data. The data will be securely backed up, with version history for up to 30 days. Details of this storage can be found on the Loughborough IT webpages. Microsoft OneDrive has recovery procedures in place in the event of data loss or accidental deletion. Master copies of the survey data and the interview transcripts will be stored. No analysis will be run on this copy, so if a working copy gets corrupted, lost, becomes unusable or otherwise unstable, we can create an identical working copy. Master copies will be backed up on Loughborough University's OneDrive to ensure their integrity in a location geographically separate from the working data. FS will be responsible for backup and recovery of the data. Once the project is completed (estimated October 2025), the data will be uploaded to the Loughborough University Research Repository, where it will be stored indefinitely.

3.2 Metadata standards and data documentation

'Read Me' documents will accompany the data generated from this project to allow others outside of the research team to understand what was done. This will include a 'Codebook' sheet within the Excel Workbook for the survey data. The 'Read Me' documents will give a brief overview of the study, a link to the OSF registration page for the project, and include details of the creators of the data and the date of creation.

3.3 Data preservation strategy and standards

All data collected will be retained and uploaded to the Loughborough University Research Repository, to be stored indefinitely per best practice at Loughborough University. We foresee that the data may be reused, for example to validate research findings, conduct new studies, or for exploring adolescents' responses to this kind of resource.

4. Data security and confidentiality of potentially disclosive personal information

4.1 Formal information/data security standards

We will use Microsoft OneDrive to store data during the project. The Loughborough University Research Repository uses Figshare. Both of these are ISO27001 complaint.

4.2 Main risks to data security

There will be no personal data collected within the online survey, and the online survey will be completed anonymously. Qualtrics is a GDPR-complaint software, and is Health Information Trust Alliance (HITRUST) certified. Once data collection is completed and all survey responses downloaded, the Qualtrics project will be deleted for additional security. Audio-recordings will be deleted and destroyed following transcription. Interview transcripts will not include any personal information (for example, names of participants or people in their lives). All data will be stored on password-protected systems at Loughborough University (OneDrive).

5. Data sharing and access

5.1 Suitability for sharing

The data generated will be suitable for sharing as it will be anonymous (or anonymised) data. This data will be of interest to those conducting research with adolescents.

5.2 Discovery by potential users of the research data

Data will be uploaded to the Loughborough University Repository upon completion of the project (estimated October 2025). This data will be held under a Creative Commons Attribution Non commercial License, and be open access. Medical Subject Headings (MeSH) will be used within the data and metadata. All data supporting publications will be deposited and citable using a persistent identifier (DOI). 'Read Me' documents will be included to give details of the data available, including summary information for the data. Individuals outside of Loughborough University will also be able to access the project file on the Open Science Framework (OSF).

5.3 Governance of access

The Project Lead (Dr. Florence Sheen) will be responsible for uploading the data onto the Loughborough University Repository, after which Loughborough University Repository will be responsible for data management. There will be no additional restrictions outside of those placed by the Loughborough University Repository on sharing of repository data.

5.4 The study team's exclusive use of the data

The Project Lead (Dr. Florence Sheen) will be responsible for backup and recovery of the data. Once the project is completed (estimated October 2025), the data will be uploaded to the Open Repository, where it will be stored indefinitely.

5.5 Restrictions or delays to sharing, with planned actions to limit such restrictions

All data will be anonymised, and all participants will have consented to having their (anonymous/anonymised) data uploaded to the repository.

5.6 Regulation of responsibilities of users

As the data will be open access, a data sharing agreement is not required for external users.

6. Responsibilities

6. Responsibilities

The Project Lead (Dr. Florence Sheen) will be responsible for data management through the lifetime of the project, and will be supported by Dr Lara Skelly (Open Research Manager for Data and Methods at Loughborough University). The research team will agree research data management procedures at the start of the project. Following the uploading of the data to the Loughborough University Repository (expected October 2025), responsibility for data management will be transferred to Loughborough University.

7. Relevant policies

7. Relevant institutional, departmental or study policies on data sharing and data security

Policy	URL or Reference
Data Management Policy & Procedures	https://www.lboro.ac.uk/media/wwwlboroacuk/content/library/downloads/researchsupport/2016_09_21_ResearchDataManagementPolicy.pdf
Data Security Policy	https://www.lboro.ac.uk/media/wwwlboroacuk/external/content/services/academicregistry/dataprotection/LU_data_protection_policy_v1.2.pdf
Data Sharing Policy	https://www.lboro.ac.uk/services/registry/information-governance/policy6/
Institutional Information Policy	https://www.lboro.ac.uk/services/registry/information-governance/policy1/

8. Author and contact details

8. Author of this Data Management Plan (Name) and, if different to that of the Principal Investigator, their telephone & email contact details

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