



## LETTER OF INFORMATION

**Study Title:** Validation of the Transformational Coaching Survey

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### **Introduction**

You are being invited to participate in a research study about the leadership behaviours coaches use, according to the youth athletes who work with them. This letter provides information to help you make an informed choice. Please read this document carefully and ask the researchers any questions you may have. You can discuss your participation with friends, family, Elders, or any others before choosing. All your questions should be answered before you decide whether to participate in this research study. This study has received ethical approval by the Queen's University General Research Ethics Board (GREB). Participation is voluntary, and you can decide to not participate in any part of the research without any impact on your relationship with Queen's or your sport club. You can also change your mind at any time. Whatever choice you make, you will not give up any legal rights or benefits.

### **Study Purpose**

Good coaching depends not only on '*what*' is taught, but '*how*' coaches deliver that content, and how that makes an athlete feel. That means that understanding the interpersonal parts of coaching (i.e., how coaches and athletes interact) is just as important as understanding the sport-specific technical or tactical of coaching. The purpose of this study is to use a newly developed survey to assess how youth athletes feel about their coach's leadership behaviours. By better understanding these behaviours, we can help improve how coaches interact with athletes. As a current youth athlete, we would like to learn your perspective on your coach's leadership behaviours.

### **Study Procedures**

This project is being conducted through the Performance Lab for the Advancement of Youth Sport (PLAYS) within the School of Kinesiology and Health Studies at Queen's University at Kingston. If you agree to participate in this study, you will be asked to fill out one online survey using the Qualtrics platform that will take 8-12 minutes to complete. This survey includes questions about you and your current sport participation, the leadership behaviours you

think your coach uses, and your current levels of motivation and enjoyment in your sport. Your answers to these questions will be anonymous; you will not be asked to provide your name, email, or any other directly identifying information.

To participate in this study, you must be (a) 13 to 19 years old (inclusive), (b) currently working with a coach, and (c) currently interacting with that coach in two or more sessions per week, on average (e.g., 2 practices per week; 1 practice and 1 game; etc.).

### **Study Risks & Benefits**

The results of this study will be used to educate coaches and improve how they interact with athletes. You will not receive any direct benefits from this research. There are no additional risks imposed by participating in this study.

### **Study Cost and Incentives**

There is no cost to you for participating in this study. If you participate in this study, you may choose to be included in a draw for one of 10 Amazon gift cards worth CAD\$25 each. After submitting your survey responses, you will be directed to a separate form where you can enter your contact information (name and email) to be entered into the draw for a chance to win one of the 10 gift cards. Your odds of winning are based on the number of individuals who participate in the survey.

Your name and email will be stored securely and separately from your survey responses and permanently erased once the draw is complete. The survey will close once we have received 450 responses; entry into the draw will close once all survey responses have been received. The draw will take place within two weeks after the survey closes and the winning entries will be selected by a random number generator. Only one prize will be awarded per participant.

Winners will be contacted using the contact information provided upon entry into the draw. If a winner has not responded within 14 days, the winner will forfeit the prize, and another draw will be held to determine a winner. The prize must be accepted as awarded or forfeited and cannot be redeemed for cash. Participation is not required for entry into the draw; to enter without participating in the study, submit a 3"x5" index card with your name and contact information, along with the study title, printed by hand to the lab address. Entries must be received by the closing date above to be eligible. We are not responsible for lost, late, incomplete, illegible, damaged, destroyed, postage due, or misdirected entries. No bulk mailings will be accepted. All entries will become the property of the study team and will not be returned. We reserve the right to cancel the draw or cancel the awarding of the prizes if the integrity of the draw or the research or the confidentiality of the participants is compromised. If you have any questions, please contact the General Research Ethics Board (GREB) at 1-844-535- 2988 (Toll free in North America) or email [chair.GREB@queensu.ca](mailto:chair.GREB@queensu.ca).

### **Study Confidentiality**

Participation is voluntary, and you can decline to participate in any aspect of the research without penalty. All the information collected during the research study will remain strictly confidential to the extent permitted by law. If you decide to participate in this study, the research team will only collect the information needed. That information will include your gender, age, main sport, the club you play for, and your perception of your coach's gender. You can decide to not

complete the survey, or stop completing the survey, at any time. If you decide to stop participating, any answers you have provided will be kept because we cannot link this anonymous data back to you. Your choice to participate in the study will not affect your relationship with your club or with Queen's University.

Data from the main survey and random draw form will be collected and stored separately. They will each be collected using a secure, Queen's-affiliated, Qualtrics account, and then transferred to a secure, Queen's-affiliated, OneDrive account that is only accessible by the PI. Data from the main survey will be kept in this location for at least five years, and deleted by the PI once it is no longer required for research purposes. The random draw will be conducted upon study completion, and all data from the random draw form will be deleted immediately upon completion of the random draw procedure. The Queen's General Research Ethics Board (GREB) and/or Queen's University's representatives may request access to study data and/or all other study materials used in this research to ensure that we (the research team) have or are meeting our ethical obligations in conducting this research. GREB is bound by confidentiality agreements and will not release any personal information.

For each club with a minimum of 10 participants, we plan to share a summarized version of their results in a tailored report. These reports will average responses from at least 10 athletes, so individual results or participants will not be identifiable. The aggregated results of this research study data may be published and/or shared during scientific meetings. For publication, the data used to generate the study results may need to be deposited in a research data repository. If this is required, only de-identified data will be deposited, and the study data stored elsewhere will be deleted. Study data deposited in a research data repository may be accessible to other researchers for future, similar studies. If you do not want your de-identified data to be available to other researchers for future, similar studies, please indicate that in your consent options.

### **Questions**

If you have any questions or concerns about the current study, please contact the project lead, Dr. Stuart Wilson via email at [stuart.wilson@queensu.ca](mailto:stuart.wilson@queensu.ca), or the project supervisor, Dr. Jean Côté, via phone at (613) 533-6000 x 79049, or via email at [jc46@queensu.ca](mailto:jc46@queensu.ca).

If you have any ethics concerns, please contact the General Research Ethics Board (GREB) at 1-844-535-2988 (Toll free in North America) or email [chair.GREB@queensu.ca](mailto:chair.GREB@queensu.ca). Use 1-613-533-2988 if outside North America. Please note that GREB communicates in English only.