



E-Intervention enhancing Mental Health in Adolescents (IMPROVA Project)

1. Data Controller

- (1) Ulm University is responsible for data collection and security as part of the study E-Intervention enhancing Mental Health in Adolescents.

In accordance with Art. 4 Par. 7 of the General Data Protection Regulation (GDPR), the controller for data processing is

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Ulm University is a public body, which is represented by the President Prof. Dr.-Ing. Michael Weber (praesident@uni-ulm.de) or by the Chancellor Dieter Kaufmann (kanzler@uni-ulm.de).

If you have any questions about data protection, please contact dsb@uni-ulm.de or send a letter with the addition "Data Protection Officer" to the above address.

- a) Questions about study participation, which require knowledge of the assignment of personal data to data collected during the study, can only be processed by the following department:

„Study team IMPROVA“
✉ improva@uni-ulm.de

General questions and further information about the study can only be answered via this address.

- b) The contact details of the study manager for data processing:

University of Ulm:
Prof. Dr. Harald Baumeister
Lise-Meitner-Straße 16 · 89081 Ulm
✉ harald.baumeister@uni-ulm.de

- c) Data security engineer:

External data protection officers:



DDSK GmbH
Irina Weiß
Phone: +49 (0)7542/949 21-09
E-mail: dsb@uni-ulm.de

2. Purpose and legal basis of data processing

- (1) This study and the associated data processing serves exclusively the purposes of scientific research: In the scientific study "E-Intervention to Improve Mental Health in Adolescents", a modular eHealth intervention platform is to be designed together with relevant management groups and then piloted, evaluated and disseminated. This eHealth platform aims to improve the mental health and well-being of secondary school students in Germany, France, Romania and Spain, identify mental health problems early and prevent common mental health problems in adolescents. Information collection in the context of the online survey on LimeSurvey and the use of the eSano platform is required for the implementation of this study. Without this information, participation in the research project is not possible. There are no disadvantages in the event of non-participation.
- (2) The legal basis for data processing is consent in accordance with Art. 9 Par. 2 (a) GDPR. If personal data is used for purposes other than the purpose for which it was collected, this will not happen without the previously obtained consent of the study participants concerned, including informing them of the new purpose and of all other relevant information.
- (3) There is no intention to transfer the personal data to another country or to an organisation outside the European Economic Area (EEA) that is not listed in this information sheet.

3. Processed data categories and categories of persons

As part of the study, personal data of adolescents, parents, teachers and school staff will be processed. The processed data categories for the respective participants of the target groups are listed in Tables 1 and 2. In addition, the school-related data listed in Table 3 are collected to complement the data at the individual level.

This is intended to make transparent what types of information must be provided during the course of the study and why the study teams require them.

Table 1: Data categories for adolescents, parents, teachers and school staff:

Categories of data	Elucidations
Sociodemographics	
Information on socio-demographic characteristics such as: gender, age	Data is used for evaluation. Collection via the survey platform "LimeSurvey".
Psychological variables	
Various validated psychological questionnaires in the local language.	Collection of psychological variables (e.g. mental health, satisfaction, self-esteem) via the survey platform "LimeSurvey".
Technical data about the use of the app, the information website and the eSano platform	
<p>App: Basic user information (e.g., number of logins) from users using the cross-platform app;</p> <p>Information website: Basic user information (e.g. IP addresses, cookies) of users using the information website;</p> <p>eSano platform: Basic user information of users who use the online intervention platform eSano (e.g. number and order of visits as well as the time of access).</p>	This information is essential to obtain statistical information about users and to match a user's interactions, as well as to assess the usability (e.g. drop-out rates) and effectiveness (comparison with the results of the follow-up assessment) of the different modules.
Informed consent and data for the assignment of the intervention program	
Declaration of consent to study participation and data protection	<p>Informed consent is a prerequisite for participation in the study. For underage adolescents, parents additionally give consent. It is obtained via an opt-in on the LimeSurvey survey platform.</p> <p>Information is required for assignment to the intervention or control group and the assignment of the intervention programme. Collection via LimeSurvey.</p>
Country, School, e-mail-address of a parent/guardian, e-mail address of the participating child, grade level of the child	Information is required for assignment to the intervention or control group and the assignment of the intervention programme. Collection via LimeSurvey.
Contact details	
First and last name, e-mail address	This data is required for obtaining the declaration of consent as well as for study management (e.g. to send links for the LimeSurvey surveys, for eSano and for the information website; for logging in to eSano)

Study Identification Number

Sequential non-personal identifier (e.g.: IS_0001). The study ID does not allow any conclusions to be drawn about the identity of the study participants (only Ulm University, PSJD, INSERIM, UBB, UKW have access to linking the study ID with the personal data).

The study ID is used for pseudonymized storage of data.

Access-Code

Individual link to register on the online intervention platform eSano.

Participants can use the access code to register on the online intervention platform eSano. The matching of the access code and the LimeSurvey survey data or the study ID takes place via LimeSurvey and enables the linking of eSano usage data and survey data.

Table 2: Data categories for pupils only:

Categories of data	Elucidations
Questionnaire data through Ecological Momentary Assessments (EMA)	
Self-reported measures of mood, the perception of news reports (News Exposure) and Sleep Quality. This will happen for 14 days.	Data will be used for evaluation to better understand individual differences and needs of students and to create the data basis for digital health interventions in future studies. The EMA values are recorded as raw values by the smartphones (if consent has been given and the eSano-App is being used) and sent to the IMPROVA backend.
Data from sensor measurements	
Adolescents are asked to provide access to various sensors (screen time, step count, GPS) of their smartphone. This will happen for 14 days.	Data is used for evaluation. The participation in this part of the study is optional. In addition, participants can deactivate data collection for the individual sensors at any time.

Cigarette and alcohol consumption

Frequency and amount of cigarette and alcohol consumption in the last 30 days

Only for young people aged 15 years or older.

Table 3: Data categories at school level:

Categories of data	Elucidations
School-related data	
Data already available at school level will be collected, e.g. previous mental health and wellbeing programmes, cases of bullying in the last five years, student absenteeism.	The data at school level is collected to supplement the data at the individual level (aggregated, no conclusions can be drawn about individuals).

3. Duration of storage of your data

The name, surname and contact details of the participants are deleted after the data collection has been completed, so that only the anonymised data is available. The data relevant to the investigation will be collected, recorded and stored for 10 years after completion of the overall IMPROVA project. This data is used anonymously for scientific evaluation. The project duration is 4 years (April 2023 to March 2027). The personal data is stored in encrypted form in accordance with current security standards (at least AES-256) via the PSJD cloud solution, to which only the consortium partners PSJD, Ulm University, UKW, INSERM and UBB have access.

4. Recipients or categories of recipients of your data

Recipients of your data and the purpose of the disclosure are described below. We assure you that all your information will be treated with absolute confidentiality – without restriction.

Recipients of your data	Purpose of the transfer
*Ulm University, consortium partner, responsible for data management of online survey data	Data collection via LimeSurvey and eSano.
*University Hospital Würzburg – Hospital of the Bavarian Julius-Maximilians-University (UKW), consortium partner, responsible for data	Data collection via LimeSurvey and eSano.

management of the usage data of the online intervention platform eSano	
* Research, Innovation and Teaching Unit, Parc Sanitari Sant Joan de Déu (PSJD), Sant Boi de Llobregat, Spain Consortium Partner and Study Coordinator, Responsible for Data Management	Data collection via LimeSurvey and eSano.
*Babes Bolyai University (UBB), Romania Consortium partner, responsible for data management	Data collection via LimeSurvey and eSano.
*Social epidemiology research team, Pierre Louis Institute of Epidemiology and Public Health, National Institute of Health and Medical Research (INSERM), France Consortium partner, responsible for data management	Data collection via LimeSurvey and eSano.

* A joint controller agreement in accordance with Art. 26 GDPR between Ulm University, the UKW, PSJD, INSERM and UBB has been concluded.

6. Your rights as a data subject

To protect your personal data, you have the following rights:

- to obtain information about the personal data concerning you (Art. 15 GDPR), to be provided with a free copy of the data,
- have incorrect data corrected (Art. 16 GDPR),
- request the deletion or restriction of the processing of your personal data under certain conditions (Art. 17, 18 GDPR),
- object to the processing of your data (Art. 21 GDPR),
- Have your data transferred to other entities designated by you (Art. 20 GDPR). Separate consent is required for this.

You have the right to withdraw your consent at any time, without affecting the lawfulness of the processing carried out on the basis of the consent before its withdrawal. In the event of a revocation, you can generally decide whether your data should be deleted or destroyed or whether it may be used in anonymised form for further research projects.

The lawfulness of the processing up to the time of revocation remains unaffected. Your data can only be deleted if the scientific goals of the study are not seriously jeopardized. The data included in a publication can no longer be deleted. After anonymization, it is no longer possible to assign the



data to a person. We will therefore not be able to comply with a request for deletion on your part after the data has been anonymised.

Furthermore, you have the right to lodge a complaint with a data protection supervisory authority (Art. 77 GDPR) if you believe that the processing of your personal data is not lawful. However, we recommend that you always first address a complaint to our data protection officer.

You can reach the authority responsible for us at:

The State Commissioner

for Data Protection and Freedom of Information Baden-Württemberg

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70025 Stuttgart

Phone 0711 6155410

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