



UNIVERSITY OF JYVÄSKYLÄ

DEPARTMENT OF TEACHER
EDUCATION

6.8.2026

RESEARCH INFORMATION SHEET FOR GUARDIANS

1. Invitation to participate in the ADAPT study (Underlying Mechanisms of Successful Student Adaptation in Educational Transitions during Adolescence)

You and your child are invited to participate in the **ADAPT** study, which explores students' experiences when transitioning to secondary and upper secondary school. The aim of the study is to gain understanding into which factors are connected to smooth school transitions and what kind of support is needed in challenges related to transitions. Based on the experiences of students, guardians and teachers, a model for supporting students in school transitions is developed. Therefore, we invite not only students, but also guardians and teachers to participate in the study.

This information sheet provides information about the study and what participating in it means for you and your child. The privacy notice provides information about the processing of your personal data in the study, and can be read via this link: <https://www.jyu.fi/en/research-groups/adapt-underlying-mechanisms-of-successful-student-adaptation-in-educational-transitions-during#research-information-sheets-and-privacy-notice--2>.

We ask for your consent to participate in the ADAPT study. Your child's consent for participation will be asked separately.

The research information sheet is available in Finnish, English and Easy Finnish. Participation in the study requires that you understand the contents of the information sheet and consent form in at least one of these languages. Altogether approximately 1200 students (600 7th graders and 600 first-year upper secondary students) and their guardians and teachers are invited to participate in the study. The study will be conducted during the fall and spring terms of 7th grade or first year of upper secondary studies.

2. Voluntariness

Participating in the study is voluntary. You or your child can decline or stop participation or cancel your previously given consent at any time during the study, without having to state a reason. This will not result in any negative consequences for you or your child.

If you stop participating or cancel your previously given consent, your data collected up to that point will be used as part of the research material as far as it is necessary to ensure relevant research outcomes.

Your child will not be put in any unequal position at school, if they do not want to participate in the study.

3. Progress of the study

Student questionnaires and interviews

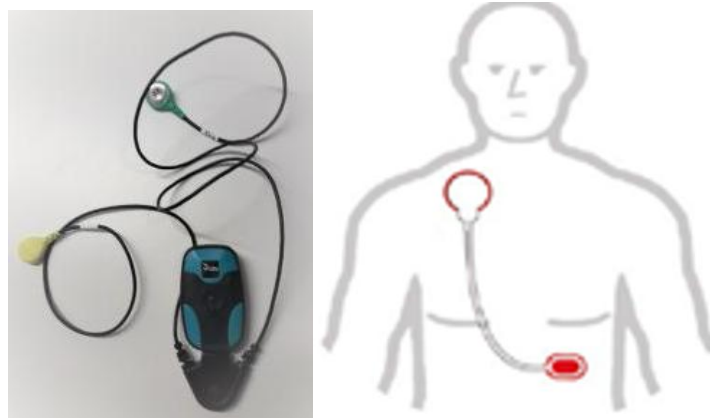
First-year upper secondary students ($n = 600$) complete questionnaires in August–October 2026 and March–April 2027. The questionnaires include questions about the transition to upper secondary education, and related emotions and wellbeing. The questionnaires are completed in the classroom during a regular school day, under the guidance of a trained researcher, and take approximately 20 minutes to complete.

Students are also invited to answer mobile questionnaires on their own mobile device five times a day for two weeks, both in the fall and spring terms. These questionnaires include questions about daily emotions and experiences. Responding to each daily questionnaire takes approximately 2–3 minutes.

All questionnaires are in Finnish. If a student's Finnish language skills are limited, they may still take part in the classroom questionnaires together with their classmates to ensure that the situation does not create a feeling of exclusion for anyone.

Based on the fall term questionnaire, approximately 45 students will also be invited to participate in a voluntary interview during spring 2027. Students who have differing experiences about transitioning into a new school will be invited to participate in the interviews.

In the interview, the student will have the chance to share their experiences on transitioning to upper secondary education in more detail. The interview lasts approximately 30–40 minutes and is carried out during a regular school day by a trained researcher. Some interviewees will be invited to participate in voluntary physiological measurements (heart rate and heart rate variability) during the interview. These measurements provide information about the autonomous nervous system, physiological stress and recovery. Participation in physiological measurements is voluntary, and the interview can be attended without them. The student's consent to participate in the measurements will also always be confirmed directly from the student before the research procedures begin. Below are pictures of the measurement devices used. Participants place the measurement devices on themselves.



Teacher questionnaires and interviews

Your child's teachers will also be asked to complete questionnaires about your child's class/group. Teacher questionnaires collect information, for example, about the teacher's experiences of working with their groups and on school practices related to students' transition to upper secondary education. Teachers are also invited to participate in the two-week mobile questionnaires at the same time as the students. In addition, approximately 15 volunteer teachers are invited to take part in an interview, in which they will be asked about school transition practices and the ways in which teachers support students as they move to a new school. Some of the interviewed teachers will also be asked to participate in physiological measurements during the interview, in which their heart rate and heart rate variability will be measured. Participation in physiological measurements is voluntary, and the interview can be attended without them.

Guardian questionnaires and interviews

We also invite you to complete a questionnaire concerning background information about your family and child, as well as your own well-being and thoughts regarding your child's transition to upper secondary education. We also ask you to respond to the two-week mobile questionnaires at the same time as students. The questionnaires are filled out on your own mobile device five times a day for two weeks and include questions about your daily thoughts and feelings. Responding to each questionnaire takes approximately 2–3 minutes.

Approximately 45 volunteer guardians are also invited to participate in an interview, in which you will be asked in more detail about your family's experiences related to your child's transition to upper secondary education. If you give consent, we will also measure your heart rate and heart rate variability during the interview. These physiological measurements provide information about physiological stress and recovery. Participation in physiological measurements is voluntary, and the interview can be attended without them.

4. Possible benefits from the study

Participation in the study provides broad benefits to the field of learning and teaching research, as through a longitudinal design it is possible to gain a deeper understanding of adolescents' school transitions, as well as the individual and environmental factors related to these transitions. Based on the experiences of students, guardians, and teachers, a model will be developed to facilitate smoother school transitions and better support students during these transitions.

5. Possible risks, harm, and inconvenience caused by the study as well as preparing for these

Participating in the study will not cause any harm or risks. During the voluntary interviews conducted by a trained researcher, heart rate and heart rate variability are measured based on separate consent. These measurements are completely safe and painless, and they are conducted on the surface of the skin without interfering with the participant's physical integrity. The interviews and questionnaires are conducted by experienced and trained researchers, and every effort is made to ensure that the research situation is as pleasant as possible. If you experience any uncomfortable feelings or thoughts at any stage of the study, you can talk about them in more detail with health care professionals. If your child experiences any uncomfortable feelings during the interview, they

can discuss them with, for example, their guidance counselor, the school nurse or student welfare professionals.

6. Insurance coverage for research subjects

The University of Jyväskylä has insurances for its activities and research subjects. During the research activities, the subjects are covered by the insurance for accidents, damages and injuries inflicted by an external cause. The accident insurance is valid during measurements and on trips integrally connected to them.

In the case of research conducted remotely, the insurance of the University of Jyväskylä compensates only for damage that is directly related to the assigned research task and that has occurred during the actual guided research task. The insurance does not cover accidents that occur during breaks. The insurances of the University of Jyväskylä are not valid in the case of research conducted remotely if a research subject's home municipality is not in Finland.

7. Study-related costs and compensations to the subject

If you want, you will receive a gift card worth 10 euro for participating in the questionnaires (5€ for fall-term questionnaires and 5€ for spring-term questionnaires). As a reward for participating in the interview, you will receive a gift card worth 20 euro.

The reward is compensation for work, i.e. taxable income for the recipient, which the payer reports to the income register maintained by the tax administration. For income register reports, we need your name, nationality, social security number, and address.

You can refuse the reward or reimbursement.

Additional information about taxation <https://www.vero.fi/henkiloasiakkaat/verokortti-ja-veroilmoitus/tulot/ansiotulot/gallupit-kyselyt-ja-tutkimukset/>

8. Research funding

The study is funded by the Research Council of Finland. The funder has not been involved in the design of the study, nor does it influence the data collection or analysis, publication decisions, or the preparation of manuscripts.

9. Conflicts of Interest

Neither the study nor the researchers have any conflicts of interest that could affect the independence of the research.

10. Informing about research results and research outcomes

Scientific publications, theses, and various presentations will be prepared from the research results. The findings will also be shared on social media, in in-service teachers' continuing education trainings, and in the form of policy recommendations for decision-makers. The results will also be used in university teaching. Findings will always be reported in a way that ensures you, your child, or their classmates or teachers cannot be identified from them. Interview excerpts may be used as examples in publications, but they will be anonymized, and no students, guardians, or teachers can be identified from them.

11. Use of research data after the completion of the study

After the completion of the study, the research data will be anonymized, meaning that all information from which individuals could be identified will be removed. The anonymized data may, where applicable, be uploaded to JYU's JYX service, from which it can be accessed upon request for research and/or teaching purposes. More detailed information about archiving will be provided in due course in the regularly updated privacy notice.

12. Contact details for further information

Roosa Karhunen, project researcher, research coordinator
tel. 050 475 6544
roosa.a.k.karhunen@jyu.fi

Pirita Korpivaara, project researcher
tel. 050 434 5860
pirita.a.s.korpivaara@jyu.fi

Eija Pakarinen, professor, principal investigator
tel. 040 805 3520
eija.k.pakarinen@jyu.fi
PO Box 35
40014 JYVÄSKYLÄN YLIOPISTO

Noona Kiuru, professor, principal investigator
tel. 040 805 4740
noona.kiuru@jyu.fi
PO Box 35
40014 JYVÄSKYLÄN YLIOPISTO

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