1. Participant Information Sheet

**Study Title**: Factors affecting the transition from child to adult mental health services: A Quantitative Approach.

**Researcher**: Paris Williams, Dr Valerie Brandt, Dr Alison Bennetts

**ERGO number:** 46759

You are being invited to take part in the above research study because you are16 years old or over and you live in the UK. To help you decide whether you would like to take part or not, it is important that you understand why the research is being done and what it will involve. Please read the information below carefully and ask questions if anything is not clear or you would like more information before you decide to take part in this research. You may like to discuss it with others, but it is up to you to decide whether to take part. If you are happy to participate you will be asked to tick a box to indicate your consent.

**What is the research about?**

My name is Paris Williams and I’m currently studying the Doctorate of Clinical Psychology course at the University of Southampton. For my thesis I am looking into the factors that affect an individual’s transition from child to adult mental health services. Specifically, I will be looking at pre-, peri- and post-transition factors as well as the effect of a client’s attachment to their therapist on how the individual perceived the transition process.

**What will happen to me if I take part?**

Once you have clicked on the survey you will be directed to a series of questions about your experiences with child and adult mental health services in the UK. Once you have completed the survey you will be directed to a debrief form.

**Are there any benefits in my taking part?**

By taking part in this study you will also be helping us to identify factors that need to be taken into consideration in the future to help create better conditions for individuals transitioning from child to adult mental health services. If you agree to take part, you will be entered into a prize draw for the chance of winning 1 of 10 £40 amazon vouchers in order to thank you for your participation.

If you are a Psychology student at the University of Southampton, you will receive 4 credits for taking part.

**Are there any risks involved?**

As this project is looking at experiences related to the topic of mental health, there may be a possibility that you could experience some emotional discomfort as a result of reflecting on your transitioning experience and personal struggles with mental health.

If you experience any emotional distress during or following the completion of the survey, please seek support from your clinician or you can contact Mind.org (Monday – Friday, 9am – 6pm) on 0300 123 3393 or the Samaritans (free 24-hour helpline) on 116 123.

Furthermore, the below websites may also be helpful:

* Mood Gym: [https://moodgym.com.au](https://moodgym.com.au/)
* Bite Back: [https://www.biteback.org.au](https://www.biteback.org.au/)
* Beating the Blues: <http://www.beatingtheblues.co.uk/>

Lastly, at the end of the survey you have the option to complete a mood repair task.

**Will my participation be confidential?**

Your participation and the information we collect about you during the research will be kept strictly confidential. We will be collecting email-addresses, via a separate survey at the end of the main one, to give out the vouchers. Emails will be stored in a separate database to the main survey and drawn randomly for prize draw, after which the emails will be deleted.

Only members of the research team and responsible members of the University of Southampton may be given access to data about you for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your data. All these people have a duty to keep your information, as a research participant, strictly confidential.

Following completion of the study, the anonymised data will be deposited at the university’s institutional repository, therefore available for others to access (e.g. public or wider academic community). All research data will be stored in accordance with the University of Southampton’s policy and should be held for a minimum of 10 years. The university’s research data management policy can be found on its website <http://www.calendar.soton.ac.uk/sectionIV/research-data-management.html>.

**Do I have to take part?**

No, it is entirely up to you to decide whether to take part. If you decide you want to take part, you will need to indicate your consent by ticking the consent box provided to show you have agreed to take part. You can withdraw from the study up to the point of submission by closing your browser window. Once you have submitted your data, it cannot be withdrawn because it is anonymous.

**What happens if I change my mind?**

You have the right to change your mind without giving a reason and withdraw up to the point of submission by closing the window.

**What will happen to the results of the research?**

Your personal details will remain strictly confidential. Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

**Where can I get more information?**

If you wish to gain more information about this research project, please don’t hesitate to contact a member of the research team: Paris Williams ([pw1u18@soton.ac.uk](mailto:pw1u18@soton.ac.uk)) , Dr Valerie Brandt; [V.C.Brandt@soton.ac.uk](mailto:V.C.Brandt@soton.ac.uk), Dr Alison Bennetts; [a.bennetts@soton.ac.uk](mailto:a.bennetts@soton.ac.uk).

**What happens if there is a problem?**

If you have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions.

If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)).

**Data Protection Privacy Notice**

The University of Southampton conducts research to the highest standards of research integrity. As a publicly funded organisation, the University must ensure that it is in the public interest when we use personally identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, ‘Personal data’ means any information that relates to and can identify a living individual. The University’s data protection policy governing the use of personal data by the University can be found on its website (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>).

This Participant Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about you.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at <http://www.southampton.ac.uk/assets/sharepoint/intranet/ls/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20Participants.pdf>

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University’s policies in line with data protection law. If any personal data is used from which you can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason (‘lawful basis’) to process and use your Personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the ‘Data Controller’ for this study, which means that we are responsible for looking after your information and using it properly. The University of Southampton will keep identifiable information about you for 10 years after the study has finished after which time any link between you and your information will be removed.

To safeguard your rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, for the research output to be reliable and accurate. The University will not do anything with your personal data that you would not reasonably expect.

If you have any questions about how your personal data is used, or wish to exercise any of your rights, please consult the University’s data protection webpage (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page) where you can make a request using our online form. If you need further assistance, please contact the University’s Data Protection Officer ([data.protection@soton.ac.uk](mailto:data.protection@soton.ac.uk)).

**Thank you.**