**Participant Information Sheet**

**Study Title**: Post-traumatic growth in recovery from addiction

**Researcher**: Dr Sophia Chambers

**ERGO number:** 61965

You are being invited to take part in the above research study. 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 or not to take part. If you are happy to participate you will be asked for your consent online.

**What is the research about?**

This research is being undertaken as part of a doctoral qualification in Clinical Psychology at The University of Southampton.

We are looking to understand people’s experience of positive life change (also known as ‘posttraumatic growth’) since being in recovery from problematic alcohol or drug use. We are also interested in factors that might be associated with personal growth such as your thoughts, past level of drug/alcohol dependence, social support, and length of time in recovery. Some people feel they have had positive change and others do not, but we are interested in all these experiences.

This research is sponsored by The University of Southampton. Details of the person acting on behalf of the research sponsor are: Dr Alison Knight (Head of Research Integrity and Governance), 02380 595058, rgoinfo@soton.ac.uk

**Why have I been asked to participate?**

We are inviting individuals in recovery from problematic alcohol or drug use to take part in this online survey. You are eligible to take part if you are 18 years or older and consider yourself to be in recovery from problematic drug and/or alcohol use.

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

If you decide to take part, you will be asked to complete an online survey which will take approximately 15 minutes. If after this, you have another 5 minutes and would like to reflect on your experience of recovery and personal growth in more detail, you will be asked to answer another three free-text questions.

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

There are not likely to be any personal benefits of completing the survey. However, it will help improve our understanding of recovery from problematic alcohol or drug use and what factors influence personal growth. As a thank you for participating, there is also a chance of wining one of ten £20 Amazon vouchers by entering a free prize draw at the end of the survey, where you will be asked for your email address.

**Are there any risks involved?**

We do not expect that this study will have a negative impact on your psychological or physical health. However, recollection of difficult experiences may cause some participants to become upset. If you do experience any distress during this study and would like some further support or information please visit [www.nhs.uk](http://www.nhs.uk) or the Adfam website for a list of useful organisations ([www.adfam.org.uk/help-for-families/useful-organisations](http://www.adfam.org.uk/help-for-families/useful-organisations)).

**What data will be collected?**

Electronic data (survey responses) will be collected online and will be kept strictly confidential. This will include collection and use of personal data that is special category data according to Data Protection (this includes information on ethnicity, age, gender identity). This personal data will be handled securely during collection, analysis, storage, and transfer using encryption and password protected access.

**Will my participation be confidential?**

Your participation and the information we collect about you during the course of the research will be kept strictly confidential.

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. At the end of the project, data with all identifying information removed will be stored by the University and may be made available to future researchers. All of these people have a duty to keep your information, as a research participant, strictly confidential.

To protect your anonymity, if you choose to enter the prize draw at the end of the study, your email address will be removed and kept securely and separately from your survey responses. Electronic data will be encrypted and stored in a password-protected database only accessible to the research team. All data will be deleted according to The University of Southampton guidelines.

**Do I have to take part?**

No, it is entirely up to you to decide whether or not to take part. If you decide you want to take part, you will need to sign a consent form to show you have agreed to take part.

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

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. If you wish to withdraw at any point, please do so by exiting the survey. Please note that in anonymous surveys, it is not possible for participants to withdraw their data retrospectively.

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

The project will be written up as part of my doctoral thesis, presented as conferences and submitted for publication in a peer-reviewed journal. Research findings made available in any reports or publications will not include information that can directly identify you. Your personal details will remain strictly confidential if you wish to take part in the prize draw.

**Where can I get more information?**

If you have any queries or would like to know more about this study, please do not hesitate to get in touch. Details of the research team are: Chief Investigator, Dr Sophia Chambers (sec1n14@soton.ac.uk) and Research Supervisors, Dr Catherine Brignell (C.Brignell@soton.ac.uk) and Dr Paul Toner (p.toner@qub.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:** please click here for more information *(see next page for information which will be presented when this link is clicked)*.

**Thank you for taking the time to read the information about and considering participation in the research.**

Please check the boxes below if you agree with the statements and wish to proceed to the study:

I have read and understood the online Participant Information Sheet (version 1) and have had the opportunity to ask any questions should I need to. □

I understand that my participation is voluntary and I may withdraw at any time during the online survey for any reason without my participation rights being affected. □

I understand that by checking this box, I am giving my consent to take part in this survey and agree for my data to be used for the purpose of this study. □

**Data Protection Privacy Notice**

The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to 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 is capable of identifying 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, in order 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)).