**Participant Information Sheet**

**Date: 22nd July 2022, Version 5**

**Study Title**: Testing the reliability of a new measure which explores aspects of personality and mental health.

**Researcher**: Clarissa Lord, Dr Tess Maguire, and Dr Fiona Kennedy

**ERGO number:** 72890

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. If you consent to taking part in this study, you will be asked to tick a check box to confirm that you consent to taking part when the online questionnaire begins.

**What is the research about?**

This research is being conducted by Clarissa Lord for her thesis project which contributes towards her Clinical Doctorate Programme at the University of Southampton.

With this research, we are interested to formally investigate aspects of people’s experiences of personality and how their mental health may impact their experiences. Additionally, we hope to develop a new questionnaire looking at aspects of personality, by assessing the reliability and validity of this new scale which currently there is a lack of measure for in clinical practice. The data collected will enhance our understanding of whether the new scale reliably measures individual’s experiences, as well as whether it is a valid measure for this population.

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

Any adult aged between 18-65 years of age that would class themselves as experiencing mental health difficulties at some point in their life.

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

You will complete an online survey which consists of several different mental health related questionnaires which will take approximately 30 minutes.

Additionally, we are trying to collect data over two time points, please follow the link at the end of the survey to enter your email address for the raffle and to state whether you consent to me sending out the questionnaire to you again to complete 14 days after your initial completion. If you do decide to send me your email address, there is no way for it to be linked to your questionnaire and will be stored on a secure, password protected laptop. You can opt in to whether you want to put your email address into the raffle if you take part in the first part of the study and you can then enter your email address again if you agree to taking part in the questionnaire for a second time. Not completing the second questionnaire will have no effect on your participation if you decide to just complete it the first time.

You will also be asked for a code name consisting of a random animal and a memorable date (DDMMYY). Please keep this safe as this will be needed if you decide to complete the questionnaire again so we can match your initial questionnaire responses with any follow up ones you complete.

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

If you complete the questionnaire once, you will have the option to enter your name into a raffle to win a selection of Amazon vouchers. There are 3 x £50 vouchers to be won. If you consent to taking part in the questionnaire again 14 days later and you complete the questionnaire, you will have an option to include your email again for the raffle.

Additionally, you will be contributing to the development and improvement of our understanding of aspects of personality and people’s personal experiences, as well as potentially formally assessing a new measure that can be used for these experiences in clinical practice.

**Are there any risks involved?**

As the survey is centred around questions about your mental health experiences, there is a possibility that it could cause some psychological discomfort or distress due to it being a sensitive topic. You are free to discontinue the survey at any time by closing down the browser if you are finding that the questionnaires are triggering distress for you.

If after the survey you are feeling distressed, we encourage you to seek support about this. You can discuss any of these difficulties with your GP and below we have listed some sources of support for you that you might find helpful to contact:

* The Samaritans offer free support to anyone over the telephone any time of the day.  
  Tel – 116 123  
  Website – [www.samaritans.org](http://www.samaritans.org)
* National Suicide Prevention Helpline offers free support to anyone with thoughts of suicide any time of the day.   
  Tel – 0800 689 5652   
  Website: <https://www.spbristol.org/NSPHUK>

* HOPELINEUK offers free support to those under the age of 35 who are experiencing thoughts of suicide.The line is open from 9am-12am (midnight).

Tel – 0800 068 4141   
Website – <https://www.papyrus-uk.org/contact-us/>

The following websites provide freely accessible self-help resources aimed at supporting individuals who are experiencing mental health difficulties:

* **NHS Self Help Guides -** [www.selfhelpguides.ntw.nhs.uk/southampton](http://www.selfhelpguides.ntw.nhs.uk/southampton/)
* **Mind -** [www.mind.org.uk](http://www.mind.org.uk)

If you continue to feel distressed following taking part in this study, you can also discuss this with the research supervisor, Dr Tess Maguire at [t.l.maguire@soton.ac.uk](mailto:t.l.maguire@soton.ac.uk).

**What data will be collected?**

The online survey will initially ask for some personal information about yourself such as age, gender, ethnicity, and mental health diagnosis. It will not be possible to identify you from this data. You may also decide to send us your email address to complete the study again or be entered into the raffle. However, once the study has been completed and the raffle winners announced, your email address will be deleted from the system.

The subsequent questionnaires you will be asked to complete involve rating how statements best apply to you on various numbered scales. All of the data above will be stored securely on the university server and accessed remotely via a password-protected computer or laptop, in line with university data policy and GDPR. The University of Southampton conducts research to the highest standards of ethics and research integrity. In accordance with our Research Data Management Policy, data will be held for 10 years after the study has finished when it will be securely destroyed. Participants can also choose to provide contact information should they wish to complete the study for a second time, and this will be deleted after the second link has been sent.

**Will my participation be confidential?**

Your participation and the information we collect about you during the research will be kept strictly confidential. Questionnaire data will not include any identifiable information about you and will be kept separate from the email address you submit if you would like to enter the draw and/or complete the questionnaire again.

**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 check the tick box when asked if you consent to the study.

**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. It will not be possible to withdraw from the study after completion of the questionnaires as the data will be anonymous.

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

The results of the research are being written up in a thesis and may later be published. 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 would like any further information or have any follow up questions regarding this study, please contact:

Clarissa Lord (researcher) - [cl15n20@soton.ac.uk](mailto:cl15n20@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 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).

**Thank you for taking the time to read this information and consider taking part in the study.**