**Participant Information Sheet**

**Study Title:** How do Older Adults experience change in psychological therapy within local secondary care mental health services?

**Researcher:** Laura Prodger

**ERGO ID:** 63222 **IRAS ID**: 297238

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 to sign a consent form.

**What is the research about?**

I am a Trainee Clinical Psychologist completing this study as part of my Doctorate in Clinical Psychology, which is funded by the University of Southampton. I am interested in how older people experience change when they engage in psychological therapy under an Older Adult Mental Health Team.

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

You have been asked to participant in this study because you are aged 65 or over and have been deemed to have benefited from psychological therapy under the Older Adult Mental Health Team following your discharge from the psychology team.

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

You will be asked to participant in one interview with the Trainee Clinical Psychologist, which will last no longer than 90 minutes. You will be required to consent to these interviews being recorded so that they can be written up afterwards to compare interviews with other participants who have taken part. You will be asked questions about your experience of psychological therapy and what you feel you have gained from engaging in therapy most recently. You will be in full control of what you talk about. However, in order to get the most out of this study, we kindly ask for you to be as open and honest about your experience. You can decide whether the interview is conducted over the telephone, via video or face to face in a local NHS site near to where you live.

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

The NHS relies on outcomes of psychological therapy to ensure that psychologists are delivering effective treatment. This also impacts which services get funded. Little research has been completed on what older people gain from psychological therapy. The outcome measures that are used in services are outdated and we want to establish whether these are still relevant to what older people who have engaged in psychological therapy value from their psychological treatment. Therefore, your experiences of therapy will help to shape what outcomes should be considered when evaluating older adult services.

**Are there any risks involved?**

The interviewer will be asking you questions about your experiences of psychological therapy. These questions can feel sensitive and may evoke certain emotions. You will be expected to sit for a duration of up to 90-minutes but are able to take breaks as you need. You will be given a debrief form at the end of the interview in case you feel distressed by the content of the interview and require additional support. This research has been granted ethical approval by the University of Southampton.

**What data will be collected?**

Once your interview has been recorded it will be transcribed verbatim by an external service. I will then use this data to compare with other participants to find any similarities and differences in responses. Your data will be anonymised and stored securely in a password protected file until the completion of this research (September 2023). All identifiable data including your name and contact details will be destroyed after the completion of your interview. We will be collecting some demographic data which will not be used to identify your individual responses but will be used to highlight characteristics of the sample of participants.

**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. All of these people have a duty to keep your information, as a research participant, strictly confidential.

You will be given a unique ID number when you attend the interview. This will replace your personal details and only the interviewer will be able to identify you. All interviews will be anonymised and transcribed by an external service. Once transcribed, all interviews recordings will be deleted. Your interview transcript will be kept in a password protected file until the completion of the project (September 2023). No-one will read your transcripts apart from the research team (which consists of the Trainee Clinical Psychologist, a supervisor from the university and a supervisor from the NHS). Only select comments from your transcript may be used in the write-up of the research study. The research will be written up so that all details are anonymised. Your referring psychologist will not know what you have spoken about during your interview.

**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. Please let your referring clinical psychologist know if you would like to take part or would like further information before consenting. This study is for research purposes only and will not affect any care that you access now or in the future.

**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. You will be given contact details of the researcher so that you can withdraw at any point up until June 2023, when the report writing will begin. If you do withdraw, all of your details and interview recordings will be destroyed.

**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. The study is intended to be submitted to an academic journal for publication. You have the option to receive a copy of the result once the study is completed. If you would like to receive the results, your personal details will be stored solely for this purpose in a password protected file until this is sent to you.

**Where can I get more information?**

Please contact: Laura Parkin, Trainee Clinical Psychologist, University of Southampton via email: l.m.parkin@soton.ac.uk if you would like further information about the study.

**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)).

**What shall I do if I want to take part?**

Please let your clinical psychologist know that you would be happy to take part in the study and how you would like the researcher to contact you (by telephone or email). The researcher will then contact you to arrange a suitable date for the interview. You can decide whether the interview is conducted over the telephone, via video or face to face.

You can also contact the researcher’s supervisors via email:

Dr Warren Dunger, Clinical Neuropsychologist, [w.n.dunger@soton.ac.uk](mailto:w.n.dunger@soton.ac.uk)

Dr Jo Walkley, Clinical Psychologist, [jo.walkley@nhs.net](mailto:jo.walkley@nhs.net)

If you would like to raise compliments or complaints to the NHS please contact the Patient Information Service/PALS connected to your local NHS:

Dorset: 0800 587 4997

Southampton: 023 8120 6325

Solent: 0800 013 2319

Hampshire: 01256 486 766

Portsmouth: 0800 917 6039

Avon and Wiltshire: 0800 073 1778

**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 one year after the study has finished after which time any link between you and your information will be removed.

NHS site will not keep identifiable information about you from this study.

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)).

**Thank you.**