Doctorate in Clinical Psychology

Building 44

University of Southampton

SO17 1BJ

Date:

Dear GP

**Psychological Research**

We are writing to inform you that [participant] has agreed to participate in a research study which involves taking part in an interview discussing his most recent course of psychological therapy under the Older Adult Mental Health Team (OPMH).

They were selected to take part in this study because he was deemed by his allocated Clinical Psychologist to have made positive progress pre- to post- therapy and we are interested in determining what patients feel are the facilitators of this change.

As this interview involves discussing the positive aspects of therapy, the likelihood of this causing distress is deemed to be low. However, given the nature of mental health difficulties, this has the potential to bring about some distressing memories for the participant. As the participant has been discharged from Psychology, if the participant would like further support following this interview, the participant will be directed to contact his GP in the first instance.

If you would like more information on the study, I have included the participant information sheet and please do not hesitate to contact me.

Yours sincerely,

Laura Prodger (Clinical Investigator)

Supervised by Dr Warren Dunger (Principal Investigator)