**Participant Information Sheet: Stage II**

**Study Title**: Efficacy of a Brief Compassion Intervention on Psychological Outcomes in Males Following a Betrayal.

**Researcher**: Alexandra Newman

**ERGO number:** 72333

Welcome to Stage II of the research study. My name is Alexandra Newman. I am a Trainee Clinical Psychologist doing my Doctorate with the University of Southampton. I would like to invite you to take part in my research study. However, before making your decision, you need to understand why the study is being done and what it would involve. Please take time to read the following information carefully. You do not have to make the decision right away and if you have any doubts or feel unsure please take some time to think it over. If you have any questions about taking part, please email me ([an3n20@soton.ac.uk](mailto:an3n20@soton.ac.uk)).

**What is the research about?**

The aim of this project is to investigate the impact of interpersonal betrayal in men. The research will investigate the relationship between mental imagery and a number of different dimensions of how you feel about yourself.

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

You have been asked to participate in the second stage of the study based on your responses to the questions in stage one.

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

Firstly, you will receive an email that will include a direct link to a Microsoft Office Form listing the possible dates and times that I can do an individual video call with you over MS Teams. This stage of the study is not anonymous as by joining a video-call, I would be able to visually identify you. A reminder email will be sent one week beforehand to you with confirmation of your slot and a link to the Teams call.

You will also be randomly allocated to one of two conditions and once joining the video call you will be given a brief memory task. You will then be asked to complete a set of four questionnaires before being guided through an imagery exercise. Immediately after you will be asked to complete a set of four questionnaires again. In total, the intervention including outcome measures is expected to last between 45 minutes and an hour.

Finally, you will be contacted in a week’s time from the experimental intervention to complete the four measures for a final time using the Qualtrics survey link. This stage is not expected to take any longer than thirty minutes. At the end of the study, I will email you a debriefing form that provides more details about the study and thank you for your participation.

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

You will be offered the opportunity to be entered into a prize draw for the chance to win an Amazon gift voucher worth £20. I also hope that you may find your involvement a worthwhile opportunity to take part in research which aims to help develop current understandings of and possible intervention for experiences of betrayal.

**Are there any risks involved?**

Whilst there are no foreseen risks, given the nature of the research asking about betrayal, it is possible that you may find the experience distressing in some way. With this in mind, I have included a list of relevant support organisations that you may wish to contact if you feel distressed, either upon completion of the study or in the future. If experiencing any adverse effects from participating, you are encouraged to contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)).

**What data will be collected?**

Data will be collected on the betrayal experience with various questionnaires on wellbeing. Topics of data collected will be self-reported scores on your mood and attitudes toward yourself and others. Demographic information that was collected from you in the screening stage included your ethnicity and sexual orientation. This data is classified as special category by identifying personal characteristics and the responses to questions about depression and anxiety will be used to identify your wellbeing.

**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. Your answers will be entered into a database where you are identifiable by participant number only. No email addresses or names will be included in the final database. It is completely your decision whether you participate or not. If you would like to be contacted via email with a summary of the study’s findings upon its completion, then you will be required to provide your email address. However, this will be kept separately from your responses to the surveys and contact details will be deleted once the study has been completed.

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

This project will comply with the Data Protection Act and University of Southampton data protection policies. The research proposal has been submitted through Ergo II and will be conducted in accordance with the University of Southampton School of Psychology Ethics Code of Practice Committee, in line with the British Psychological Society (BPS) Code of Human Research Ethics. It is likely that the data collected will be stored for a minimum of ten years before it is destroyed.

**Do I have to take part?**

No, it is entirely up to you to decide whether or not to take part. Participation in the study is entirely voluntary and you would be able to withdraw at any time. You do not have to give any reasons if you decide not to take part or if you decide to discontinue.

**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. By closing your browser before reaching the page to submit your answers, any data entered will not be saved and will automatically be deleted. If you change your mind after submitting your answers or during or after the imagery exercise, you should contact me in the first instance at [an3n20@soton.ac.uk](mailto:an3n20@soton.ac.uk).

**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. Anonymised data used for the academic report will be stored on the university network repository in line with the University of Southampton policies data protection policies. This means they will be stored for a minimum of ten years. You may have a copy of the findings and report by contacting the Clinical Psychology Department at the University of Southampton.

**Where can I get more information?**

If you would like additional information about this study, you can contact either myself at [an3n20@soton.ac.uk](mailto:an3n20@soton.ac.uk) or Dr Alison Bennetts (University Supervisor) through the Clinical Psychology Department at the University of Southampton:

*Doctorate in Clinical Psychology, Building 44/3089, University of Southampton, Highfield Campus, Southampton, SO17 1BJ*

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

If you have a concern about any aspect of this study, you should speak to me initially.. 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 ten 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)). **Thank you.**

**Mind.** Mental health charity offering information on a range of topics including types of mental health problem, where to get help, medication and alternative treatments, advocacy. They will look for details of help and support in your own area. Contact details: 0300 123 3393 [info@mind.org.uk](mailto:info@mind.org.uk) Text: 86463. Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

**Samaritans.** Samaritans are open 24 hours a day, 365 days a year, to listen to anything that is upsetting you, including intrusive and difficult thoughts of suicide and self-harm. Their national free-phone number is 116 123, or you can email [jo@samaritans.org](mailto:jo@samaritans.org) You can also visit the website: [www.samaritans.org](http://www.samaritans.org)

**Victim Support.** If you've been a victim of any crime or have been affected by a crime committed against someone you know, we can help you find the strength to deal with what you've been through. Our services are free and available to everyone, whether or not the crime has been reported and regardless of when it happened. See more at: [www.victimsupport.org.uk](http://www.victimsupport.org.uk) or call: 0845 303 0900. Available weekdays 9am to 8pm, weekends 9am to 7pm, bank holidays 9am to 5pm.

**ManKind Initiative.** Male Victims of Domestic Abuse – Please call the national helpline 01823 334244 (open weekdays, 10am – 4pm)**. Domestic Abuse Network** Email: [mdan@mankind.org.uk](mailto:mdan@mankind.org.uk) Our confidential helpline is available for male victims of domestic abuse and domestic violence across the UK. We provide an information, support and signposting service to men suffering from domestic abuse from their current or former wife, partner (including same-sex partner) or husband. This can range from physical violence or object throwing to abuse such as constant bullying or insults. We have also produced a [directory of local service](https://www.mankind.org.uk/help-for-victims/directory/) (called the Oak Book) which support male victims, so please visit this section to find the service in your community. The helpline is a listening service which provides emotional support, practical information and signposting. We receive calls from male victims of domestic abuse across all age ranges and professions. The helpline also welcomes calls from friends, family members, neighbours, colleagues and employers of male victims seeking information.

**Enabling Services.** For students at The University of Southampton, please [visit](http://www.southampton.ac.uk/edusupport/mental_health_and_wellbeing/index.page), call +44(0)23 8059 7488 or email [firstsupport@soton.ac.uk](mailto:firstsupport@soton.ac.uk)