

## Participant Information Sheet

**Study Title:** Exploring the Relationship between Moral Injury, the Components of Compassion and Burnout in UK Police Officers and Firefighters

**Researcher:** David Singleton (Trainee Clinical Psychologist)  
**ERGO number:** 79639

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 tick the consent box at the end of this form.

### What is the research about?

The researcher is a Trainee Clinical Psychologist who is completing their doctoral thesis at the University of Southampton. The researcher has a passionate interest in moral injury and compassion, having completed previous research with healthcare professionals. The researcher recognises that there is a gap in research and therefore a lack of understanding of how police officers and firefighters may also experience moral injury.

The researcher would like to understand the relationship between moral injury, the components of compassion and burnout in UK police officers and firefighters. It is important to build a greater understanding of these relationships so that an evidence base develops that can later inform supportive interventions that can help protect against any negative impacts of experiencing moral injury. Additionally it can then subsequently support and protect the physical, emotional and psychological wellbeing of UK police officers and firefighters.

The study is funded by the University of Southampton.

### Why have I been asked to participate?

You have been approached as potential participants for this study as the target population for this research is actively serving police officers and firefighters in the United Kingdom. The research aims to involve approximately 200 people; 100 police officers and 100 firefighters.

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

If you decide that you would like to take part in the research, you will be directed to an online survey after ticking the consent box at the end of this form. This survey consists of 9 questionnaires, and it has estimated that it should take no longer than 40 minutes to complete. Please allow yourself enough time to complete the survey, we do not want you feeling rushed. You will be required to answer each question, and you will not be able to skip or go back to questions.

At the end of the survey you will be asked whether you would like to opt in for a prize draw, where the researcher is distributing 19 Amazon vouchers ranging between £25 and £100 randomly. You will be asked to tick either yes or no. If you opt in by selecting yes, then you will be redirected to a separate survey where you will be asked to provide an email address to enter the prize draw. The debrief statement will also be reshown (including all links to the resources and support services) after you provide your email address. This information is kept separate to the main survey preserving your anonymity in the study. Once the prize draw has been made and vouchers distributed, your email address will be deleted.

You will be provided with a link to a range of self-help compassionate mind resources after completing the survey. You will be directed to these resources, along with the details of several support services that you can contact, once you have completed the survey.

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

The hope is that this research will improve our current understanding of how moral injury, compassion and burnout impacts police officers and firefighters. This may lead to further research into developing and implementing supportive interventions to protect the wellbeing of our emergency services personnel.

Taking part in this research will also involve receiving access to a variety of self-help resources focused around compassion. Additionally, there is an opt in prize draw, with 19 Amazon vouchers ranging between £25-£100 to be randomly distributed to any participant that completes the whole study and opts in for this draw. This is thank participants for their time and energy in engaging in this research.

### **Are there any risks involved?**

There are no direct risks in taking part in this study. However, you may find that some of the questions explore sensitive and personal issues where you may feel some psychological discomfort or distress. We will ensure to provide you with the contact details of several support services who you can reach out to if you do feel any psychological discomfort or distress.

### **What data will be collected?**

You will be asked to provide an email address so that you can access the online survey (the researcher will not be given this information). At the end of the survey you will be asked to provide an email address if you wish to opt into the prize draw. The researcher will get access to this email address, but will delete this immediately after the prize draw has been made, and the vouchers distributed.

As part of the survey you will be asked to provide some demographic information including gender, age, ethnicity, marital status, religion, whether you are actively working as a UK Police Officer or Firefighter, role/rank, length of service and UK force you work in. You will not be asked to provide any other personal information. The information that you do provide will remain anonymous and completely confidential, and if you opt in for the prize draw, your email address will be kept in a separate password protected file from the information you provide in the survey. This maximises anonymity and reduces the risk of identification. It will be stored on a password protected file on a database used by the University. Only the researcher and their 2 supervisors will have access to the file.

### **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 provide consent by ticking the consent box at the end of this form. The information you provide in the survey is transferred securely to a database programme approved by the University. Once the data has been transferred onto this database, it will be under a password protected file, that only the researcher and their 2 supervisors will have access to.

### **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 provide consent by ticking the consent box at the end of this 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. You can withdraw at anytime during the survey up until you have completed it. Withdrawal after completing the survey will not be possible as the data will not be identifiable to you. Although you provide an email address for the opt in prize draw, this is kept separate from the other information in the survey you provide, so it will not be possible to remove your participation once completed.

**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.

As part of the researcher's Doctorate in Clinical Psychology training, the research will be written up in a report, and presented at a conference including to a panel of examiners. The researcher also aims to publish this research in a relevant academic journal.

**Where can I get more information?**

If you would like to contact the research team with any questions about this research or about your potential participation, please contact:

David Singleton (Trainee Clinical Psychologist) – [D.Singleton@soton.ac.uk](mailto:D.Singleton@soton.ac.uk)

Dr David Beattie (Clinical Psychologist) – [D.Beattie@soton.ac.uk](mailto:D.Beattie@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/Is/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 7 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.**

The researcher would like to thank you for taking the time to read this information sheet and considering whether you would like to take part in this research project.

### **Consent**

Please check the following box to indicate that you consent to participating in the study

- I have read and understood the information sheet, I agree to take part in this research project and agree for my data to be used for the purpose of this study, and I understand that my participation is voluntary and I may withdraw at any time (up until completing the survey) for any reason without my participation rights being affected.