

Participant Information Sheet and Consent

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Study Title: How do money problems and childhood experiences impact the ways in which we seek help and cope with problems in adulthood.

Researchers: David Hayward and Stella Pareas

ERGO number: 80031

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 complete a consent form.

What is the research about?

David Hayward and Stella Pareas are Trainee Clinical Psychologists working towards their Doctorate in Clinical Psychology. These research projects are a core part of this qualification. Participants taking part in this single survey will contribute to both of the studies detailed below.

Study 1 by David Hayward: David is looking at how difficult experiences during childhood might influence the ways in which they cope as an adult. To help understand this link, the study will also look at the role of experiences of financial difficulties and the nature of a person's relationship with their main caregiver when they were growing up. It is hoped that in understanding the factors which affect how someone copes, we may be able to target support to those most in need during a crisis.

Study 2 by Stella Pareas: Stella is investigating how adult attachment style (the way we tend to respond in relationships impacted by our upbringing), trust for services and the perception that services have been supportive/not supportive in the past and mental health changes the relationship between worry about finances and help-seeking over time. Help-seeking can be understood through attitudes (the belief that specific means of formal support is helpful/not helpful), intentions (the planned action to access support) and actual behaviour (e.g. self-referral to a service and/or access to appointments).

Data from the study may be used to look at other research questions such as the impact of gender on finances and mental health.

Why have I been asked to participate?

Adults aged 18 and over can take part regardless of the childhood you had, or your current financial or mental health situation. We are particularly interested in receiving responses from people who are struggling financially/to pay their bills and who are using mental health services.

What will happen to me if I take part?

You will complete a series of questionnaires that are online and confidential. These questionnaires will take approximately 20 to 40 minutes and you will be asked to complete them 3 times over a 6 month period, meaning a total time contribution of 60 to 120 minutes. You will be asked to share your first and last names, demographic information and email address, so that we can contact you about follow-up questionnaires. Contact information will not be directly linked to data gathered from the survey and will only be used to make contact to request completion of follow-up questionnaires. We will contact you via email to ask you complete them again 3 months after the first time and again, another 3 months after that.

Participants will be entered into a prize draw on completion of the questionnaires. Students from the University of Southampton will have the option to receive 4 credits for their participation or enter into this prize draw.

Are there any benefits in my taking part?

Those who take part in this research will be put in a prize draw to win an Amazon voucher each time you complete the questionnaires to thank you for your participation. On completion of the questionnaires will have the opportunity to win one of five £25 Amazon vouchers at each timepoint. University of Southampton students will be able to earn 4 credits for their participation on the completion of their survey (12 for all 3 timepoints).

Your involvement in this research will develop our understanding of how financial difficulties affect mental health and can inform how services can support people who are experiencing these difficulties.

Whilst there may be no direct benefit in supporting participants with their current difficulties, we

will provide information of services in the UK that can provide support for both financial and mental health difficulties.

Are there any risks involved?

The questionnaires we are using will ask you about difficult childhood experiences, your emotional state and your financial difficulties which could cause psychological discomfort or distress for some participants. As mentioned above, information for services that participants can access will be made available in the debrief form and we encourage you to contact them if you feel this has affected you negatively either during or following the study.

Information for services that participants can access will be made available at the end of each set of questionnaires as well as in the debrief form at the end of the study. We encourage you to contact them if you feel this has affected you negatively either during or following the study.

What data will be collected?

Demographic information which is special category data under Data Protection will be collected from participants, namely information about age, gender identity, ethnicity, and other information.

Participants will be asked to provide their email addresses and first name so that researchers can contact them at follow-up data collection time-points. All contact information will be deleted at the end of our course in September 2024. Questionnaire data will be pseudonymised (non-identifiable by the information held on the data spreadsheet) and all data spreadsheets will be password encrypted.

Only the researchers will have access to the passwords and the digital files for the duration of our studies. Following May 2024, only our supervisors will have access to this data for storage purposes for 10 years.

Will my participation be confidential?

Yes: 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.

All identifiable information will be held on a separate spreadsheet to data. All spreadsheets will be encrypted using passwords and so will be accessible only by the researchers and their supervisors (contact details below). Collected information will be analysed using laptops provided by the University of Southampton which are security protected.

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.

You can take part in the first time point and then change your mind if you don't want to continue in the future.

Participants can choose to click on the link to access the questionnaires for these studies. You will be asked whether you consent to taking part in this research and will only be directed to the questionnaires if you would like to, which you can indicate by clicking the tickbox that you consent to this.

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 contact the researchers via email on d.r.hayward@soton.ac.uk or s.r.pareas@soton.ac.uk to withdraw from the studies any time up until 2 weeks after the final data collection.

If you withdraw from the study, we will keep the information about you that we have already obtained for the purposes of achieving the objectives of the study only.

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 results will be analysed and written up as reports that contribute to our course. It is likely that the findings will be written in the form of an article to be published in a peer-reviewed journal.

The anonymised data collected will be uploaded to a data suppository and will be publicly available for other researchers to access. This is to support transparency within research.

Where can I get more information?

If you have any further questions after reading this Participant Information Sheet, you can contact the researchers via email on d.r.hayward@soton.ac.uk or s.r.pareas@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 Head of Ethics and Clinical Governance (023 8059 5058, rgoinfo@soton.ac.uk).

Researchers: David Hayward, d.r.hayward@soton.ac.uk; Stella Pareas, s.r.pareas@soton.ac.uk

Supervisors: Dr Thomas Richardson, t.h.richardson@soton.ac.uk; Dr Nick Maguire, nick.maguire@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 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

Thank you for taking the time to read this information sheet and considering to take part in this research.

Do you consent to taking part in this study, having read the participant information sheet, with the awareness that your participation is voluntary and you can stop it at any time?

- ☐ I consent
- ☐ I do not consent