



Recruitment Poster V2 03/03/2024
IRAS ID: 336012

EXPLORING GROWTH FOLLOWING A FAMILY MEMBER EXPERIENCING PSYCHOSIS



Do you have a family member or someone you consider to be in your family unit with a psychosis diagnosis? ✓

Have you noticed positive changes in yourself or your family having had this experience? ✓

Are you 16 years old or above? ✓

Would you like to take part in a research study looking into growth experiences following a family member experiencing psychosis?

What does taking part involve?

If you choose to take part, you will be invited to attend an interview with a researcher. This will last up to 1 hour and can be completed in person or remotely.

You will receive a £10 voucher for your time.

If you want to find out more, please contact me using the email below to get in touch.

Chief Investigator: Molly Heeger
Email: mh1216@canterbury.ac.uk

Participant Information Sheet

Investigating growth in family members who have experienced psychosis in their families.

My name is Molly Heeger, and I am a trainee Clinical Psychologist at Canterbury Christ Church University. As part of my professional doctorate in Clinical Psychology, I am conducting a research study into the growth factors among family members who support someone with psychosis. What is meant by “growth” is any positive changes following a difficult life event, these can be any changes you have noticed, even if they may seem small. A family member could be a blood relative however family looks different for everyone, if someone is very close to you and you consider them to be in your family unit, you will also be able to take part.

I would like to invite you to take part in this study. However, before you decide if you want to take part, it is important that you understand why this research is being conducted and what it will involve for you. I am happy to go through this information sheet with you and answer any questions you have. **Taking part is completely your choice.** It is also strongly recommended that you speak to your family member who has experienced psychosis about the study before agreeing to take part, you will not directly be asked about their life experiences or personal information.

What is the purpose of the study?

We know very little about the positive changes in families who are supporting a relative who has experienced psychosis. This study is looking to explore what changes families notice within themselves and their family unit having experienced a family member developing psychosis. We hope that this study will help us to understand positive changes within families in more depth and how we might support this within services.

Why have I been invited?

You have been invited because you have expressed an interest in taking part and have a family member who has experienced psychosis.

Do I have to take part?

No, you do not have to take part it is entirely up to you to decide whether you want to participate. You can take your time to think about it. If you decide to take part, you'll be asked to sign a consent form to document your agreement. Even after signing this, you are still free to withdraw, and you don't need to give a reason.

What will happen to me if I take part?

If you choose to take part, **you will be invited to complete an interview.**

This study would involve speaking to Molly Heeger about your experiences of supporting someone with psychosis, and how this may relate to growth for yourself and your family. You have a choice of how you would prefer the interview to take place. If you would prefer an online format, you would need access to Microsoft Teams which requires, internet access and either a computer, laptop or smartphone. Support can be given to set up the call, but you would need access to a device. If you would like to take part in the interview over the phone, you would need access to your own phone. If you would like to take part in the interview face-to-face this would happen on an NHS site in Greenwich where the Greenwich Intensive Care Management for Psychosis team is based. The interviews normally take around 1 hour, but you are welcome to end the conversation at any time. You will also be invited to take part in a follow-up conversation to look at the findings from the interviews and comment on the meanings made from the data to make sure it is accurate from your point of view. You are also free to specify if you would like anything you have said to be deleted or replaced. **You will receive a £10 voucher for your time.** It is important to know that travel expenses cannot be reimbursed if the interview were to take place face-to-face.

We hope to use this information to build on our understanding of the growth aspects family members experience. This study will be submitted as part of a doctoral thesis at Canterbury Christ Church University.

What are the possible disadvantages and risks of taking part?

Occasionally people might find it upsetting to talk about their experiences. The interviews may touch on experiences that might be upsetting to speak about, such as experiences of supporting someone with psychosis. However, the aim of the interview is not to primarily focus on problems that have been experienced in the past or present it is to look at growth from the experience of psychosis.

You are not obliged to speak about anything that you don't wish to, all the questions are optional, and you can decide to end the interview at any time.

What are the possible benefits of taking part?

This research is aimed at improving understanding of growth aspects that family members experience from their perspective. Understandings from family members and carers is under researched and we hope this study can contribute to improving understanding of family's experiences to inform clinicians on how to support families better.

What will happen to the results of the study?

If you agree, a summary of the findings will be made available to you once the study is complete. The findings of this will be included in my doctoral major research project, which will be held by Canterbury Christ Church University. Quotes from the interviews may also be included in scientific papers and at conferences.

What will happen if I don't want to carry on with the study?

If you decide to withdraw during or after your interview this will not affect your or your relative's involvement with services. If you would like to withdraw you can contact Molly Heeger via the email address at the end of this information sheet to do this. Data analysis will normally begin one week after the interviews. We would ask that you contact Molly before this time if you do not wish your responses to be used in the analysis. If you wish to withdraw after this point no further information will be collected from you however information already provided will be kept.

Who has reviewed the study?

The study is funded and organised by Canterbury Christ Church University and has received ethical approval from the NHS. This research is being undertaken in completion of a Professional Doctorate in Clinical Psychology. All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. If you are harmed during the research, and this is due to someone's negligence then you may have grounds for legal action for compensation against the Trust, but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

How will we use information about you?

We will need to use information from you for this research project.

This information will include your:

- Initials
- Name
- Contact details (in order to arrange the interview)

People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

We will keep all information about you safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no one can work out that you took part in the study.

Will information from or about me taking part in the study be kept confidential?

Yes, all the information collected from or about you throughout your involvement in the study will be kept strictly confidential. Any information about you will have your name and contact details removed so that you cannot be recognised. All data will be anonymised and you will not be identifiable in the write-up of the study.

Pseudonyms will be allocated so that you are not identifiable. You have a right to check if the information I have collected about you is accurate.

I will ask if you agree for us to record the interview so what we discussed can be transcribed (which means the interview will be typed out word for word) and the information analysed. I will use the encrypted recording device for this, and any identifiable information will be stored securely and separately from your consent form and audio-recorded interview.

If the interview is conducted via Microsoft Teams, I will ask if I can record this. Microsoft Teams cannot solely record the audio so the video would also be recorded, if you do not feel comfortable with this, we can switch off the camera so that the video is not displayed. Your data, including your recorded interview and transcripts, will be kept in password-protected files on encrypted university systems (OneDrive). After the completion of the project, data will be kept on the encrypted University storage (OneDrive).

Are there any exceptions for breaching confidentiality?

It is important that we ensure the safety of both you and others. In the case that you disclose information that raises concerns about your safety or that of others, the appropriate services may be contacted without formal consent.

What are your choices about how your information is used

- You can stop being part of the study at any time, without giving any reason, but we might keep information about you that we already have. (Please see section “What will happen if I don’t want to carry on with the study?”)
- We need to manage your records in specific ways for the research to be reliable. This means that we won’t be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information

- At www.hra.nhs.uk/information-about-patients/
- This leaflet available from www.hra.nhs.uk/patientdataandresearch
- By asking one of the research team
- By contacting our Data Protection Officer:
Deborah Chadwick, Salomons Institute for Applied Psychology
1 Meadow Road, Tunbridge Wells, Kent, TN1 2YG
Deborah.chadwick@canterbury.ac.uk
01227 927074

Information and contact details

Please do not hesitate to contact me (Molly Heeger) with any questions. If you have read this sheet and are certain you would like to take part in this research, please contact me so that we can schedule an interview. Please see my details below.

Chief Investigator: Molly Heeger

Email: mh1216@canterbury.ac.uk

Address: Salomons Institute for Applied Psychology,
Canterbury Christ Church University
1 Meadow Road, Tunbridge Wells
TN1 2YG

Primary Supervisor: Dr Sue Holttum

Email: sue.holttum@canterbury.ac.uk

Address: Salomons Institute for Applied Psychology,
Canterbury Christ Church University
1 Meadow Road, Tunbridge Wells
TN1 2YG

What if I have a complaint?

If you have any concerns or complaints about anything related to the study, please don't hesitate to contact the Director of Research for the Clinical Psychology program Dr Fergal Jones, whose contact details are included below.

Email: fergal.jones@canterbury.ac.uk

Tel: 01227 927110

Address: Salomons Institute for Applied Psychology,
Canterbury Christ Church University
1 Meadow Road, Tunbridge Wells
TN1 2YG

Thank you for taking the time to read this information sheet. Please keep a copy for your records.

