

## Participant Information Sheet

*Study: Understanding the experience of supporting someone with psychosis who is suicidal*

My name is Paul Marshall and I am conducting this study as a student in the Health Research PhD programme at the Spectrum Centre for Mental Health Research, Lancaster University.

### **What is the study about?**

Our aim is to better understand the experience of supporting someone with psychosis who is suicidal by talking directly to people who have done so. If you take part, you will be asked about different aspects of your experiences, such as the impact on your own wellbeing and the kinds of mental health support you may have received.

Better understanding these experiences is important as previous research has shown that those with psychosis are at an increased risk of feeling suicidal, and friends and family members are often those who provide support when this happens. We will make the findings of this research available to people who design services, with the aim that this information will be used to inform better mental health services for people with psychosis and those who support them.

### **Why have I been approached?**

You have been invited to take part in this study because you have been in the role of supporting a friend or relative with psychosis during a time that they experienced suicidal thoughts and/or behaviours.

### **Do I have to take part?**

No – you are under no obligation to agree to take part in this study and your participation is completely voluntary.

If you decided to take part but change your mind, you have the right to withdraw from the study at any time without providing a reason for doing so.

### **What will I be asked to do if I take part?**

If you would like to take part in this study, you will be asked to complete a form establishing your consent to participate. If, for any reason, you lose the capacity to consent to take part during this study your participation will be discontinued. No further data will be collected and only data collected with consent will be used. You will also be asked to complete a demographic form with questions about your personal circumstances.

You will be asked to take part in a one-to-one interview with a researcher that will take approximately 1 hour to complete. Interviews will be audio-recorded (and video recorded if conducted over the internet) and later transcribed and analysed by the research team. Interviews will cover topics including what it is like to support someone who is feeling suicidal and your interactions with mental health services.

You will be contacted by the research team to arrange a one-to-one interview at a time that is convenient for you. You will be asked to choose how you would like to complete the interview. This could be over the phone, or through an online video conversation. Participants using online video software should be aware that the internet cannot be guaranteed to be a completely secure means of communication.

**Will my data be identifiable?**

Audio-video files, written transcriptions and documents containing personal information will be securely stored in a locked cabinet at Lancaster University or on a secure research drive that is encrypted and GDPR compliant. This drive is password protected and accessible only by members of the research team.

Any identifying information within written interview transcripts, such as names, will be replaced. While direct quotations may be used as part of the final study publication, they will not contain any information that could be used to identify you. Anonymous transcripts will be saved securely at Lancaster University for a period of up to 10 years consistent with University policy.

While information discussed during the interviews will remain confidential, we will inform relevant emergency services if we are told of any immediate risks of harm to you or someone else during this study.

Following data collection, you will have a one-week window to withdraw your data entirely from the study. After this, anonymised data will be incorporated into themes and it may not be possible to remove their data completely from the analysis, however, every attempt will be made to extract their data, up to the point of publication.

**What will happen to the results?**

You will be provided with a summary of the results at the end of the study. We intend to share the findings with key stakeholders through conferences, and written reports, to ensure that this research informs the development of better services. The results will form part of the lead researcher's PhD thesis.

**Are there any risks?**

Discussing personal experiences of supporting a suicidal friend or relative can be difficult and there is a risk that you may experience emotional distress during the interview. The interviewer conducting the study will be mindful of this and encourage you to take breaks where necessary. You will be offered an optional phone call 24-hours after your interview to address any concerns you have following the interview. We will also provide you with a list of support resources available local and nationally that you may find useful. You will be reminded of your right to withdraw from the study at any time.

**Are there any benefits?**

You will receive £10 for participation in this study.

**Who has reviewed this project?**

This study has been developed as part of the lead researcher's doctoral studies and went through rigorous peer review to secure research funding. This study has undergone ethical review by Lancaster University.

**Where can I obtain further information about the study if I need it?**

If you would like further information about participation in this study, please contact:

Paul Marshall – Lead researcher

Spectrum Centre for Mental Health Research, Lancaster University

Email: [p.marshall4@lancaster.ac.uk](mailto:p.marshall4@lancaster.ac.uk)

Twitter: @PaulG\_Marshall

Phone: 07732 050853

**Who do I speak to if I have any concerns or complaints?**

If you have any concerns or complaints about this study, please contact:

Professor Fiona Lobban. Professor of Clinical Psychology & PhD Supervisor. Spectrum Centre for Mental Health Research, Lancaster University. Email: [f.lobban@lancaster.ac.uk](mailto:f.lobban@lancaster.ac.uk).

Professor Roger Pickup. Associate Dean for Research. Faculty of Health and Medicine, Lancaster University. Email: [r.pickup@lancaster.ac.uk](mailto:r.pickup@lancaster.ac.uk).

## Resource Sheet

The following resource list has been copied from the Relatives Education and Coping Toolkit (REACT), an online resource developed for, and in consultation with, relatives of people with psychosis and bipolar disorder. In addition to the contact details below, the REACT toolkit includes other information you may find helpful, such as information to help recognise and manage psychosis, advice for how to deal with crisis situations, and help with understanding mental health services. You can access the free toolkit at [reacttoolkit.uk](http://reacttoolkit.uk).

If you need more urgent help and are already in contact with mental health services, please contact them directly. If you are not in contact with mental health services the following might be helpful:

- Your own GP practice
- Your local out of hours GP or A+E. Visit [www.nhs.uk](http://www.nhs.uk) if you're unsure where to find the services
- If you are unsure of what help you need, call 111 for the NHS telephone advice service
- For someone to talk to over the phone call Samaritans on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- If you feel there is a serious and immediate risk please call the emergency services on 999

### National Directory

#### Mental Health Support

Bipolar UK - [www.bipolaruk.org](http://www.bipolaruk.org)

Hearing Voices - [www.hearingvoices.org](http://www.hearingvoices.org)

Making Space - [www.makingspace.co.uk](http://www.makingspace.co.uk)

Mind - [www.mind.org.uk](http://www.mind.org.uk)

Rethink - [www.rethink.org](http://www.rethink.org)

Sane - [www.sane.org.uk](http://www.sane.org.uk)

Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

#### Carer Support

Carers Federation - [www.carersfederation.co.uk](http://www.carersfederation.co.uk)

The Carers Trust - [www.carers.org](http://www.carers.org)

Carers UK - [www.carersuk.org](http://www.carersuk.org)

Chill4 Us Carers - [www.chill4uscarers.co.uk](http://www.chill4uscarers.co.uk)