



## **Participant Information Sheet**

### ***Developing a Self-Help Booklet for Survivors of Adverse Childhood Experiences***

#### **Invitation**

You are being invited to take part in a project. Before you take part, it is important for you to understand why the project is being done and what it will involve. Please take time to read the following information carefully. Ask me if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

#### **Why have I been chosen?**

You are being invited to participate in this project as a survivor of adverse childhood experiences.

#### **Aim of the Project**

This survivor-centred project aims to develop a self-help booklet for survivors of adverse childhood experiences. The booklet will bring together the views and experiences of survivors and health professionals. It is envisaged that the booklet will form an important resource for survivors and health professionals who support them.

#### **What does the project entail?**

You are being invited to take part in an interview, which is expected to last approximately 40-45 minutes. The interviewer will ask you about what the main challenges and barriers in your journey are in coming to terms with your childhood experiences. In particular, the interviewer will ask you about periods of your life that you found particularly difficult to cope with and how you managed these difficulties. Please note that you will not be asked about any specific aspects about your adverse childhood experiences. We would like to audiotape the interview for better recall and analysis of the information you provide.

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

It is entirely up to you whether or not to take part. If you do so, you will be given this information sheet to keep and will be asked to sign a consent form. Also if you decide to participate you are free to withdraw at any time and without giving a reason. A decision to withdraw at any time or a decision to take part or not, will not affect the standard of care you receive by the NHS or the voluntary sector services. This project is

entirely separate from any contact you may be having with NHS or voluntary sector services. If you decide to withdraw, any data you have provided will be safely destroyed and will not be used for any purpose.

### **What will happen to the information you collect about me?**

If you are willing to take part in the project, all information about you and the responses that you give on questionnaires will be confidential. No personal information or any other info that could identify you will be used in the write up of the booklet. Your responses will be collated with other participant's responses. If we use quotes from your interview, this information will be anonymised. All data will be stored on a password protected computer with no personal identifiable information. Access to data will be granted to Dr Thanos Karatzias who will be responsible for data analysis. All audiotapes will be destroyed following 3 years of completion of the project. The study has been approved by the Research Ethics Committee of Edinburgh Napier University.

### **What are your rights?**

Participation in the project is entirely voluntary and you are free to refuse to take part or to withdraw from the project at any point without having to provide a reason. Your decision whether to participate in the project or not has no influence on any current or future psychological or medical care you receive. It will also have no influence on your relationship with any healthcare staff you are in contact with. Your responses will be confidential. However, if you report any issues regarding misconduct, negligence or child protection issues, such information will be passed to appropriate bodies.

### **Concerns**

If you have any questions and / or concerns about any aspect of this project, you should ask to speak with the Principle Investigator, Dr Thanos Karatzias (Tel. 0131 455 5345) who will do his best to answer your questions. If following your participation in this project you experience any personal issues and you wish to speak with a qualified Clinician, please contact Dr Sandra Ferguson (Tel. 0131 537 6904).

### **What to do next**

Please contact Angela Gullone, Project Assistant via e-mail at [A.Gullone@napier.ac.uk](mailto:A.Gullone@napier.ac.uk) or telephone on 0131 455 5367 (office hours: Tuesday, Wednesday and Fridays) if you would like to learn more or if you would like to participate in the project.

***Thank you for taking the time to read this information***