



Staff participant information sheet (v.4 2.6.09)

Rehabilitation Effectiveness and Activities for Life

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You are being invited to take part in a research study. Before you decide whether or not to take part it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information sheet carefully. Talk to others about the study if you wish. Ask us if there is anything that is not clear or if you would like more information (our contact details are at the end of this leaflet). Take time to decide whether or not you wish to take part in the study.

What is the purpose of the study?

The study aims to assess the services and quality of care delivered to people in every inpatient rehabilitation unit in England. The study will take place over five years. In the first two years we will carry out a survey of all inpatient rehabilitation services in England. In the last three years we will carry out two further parts of the study at the same time. One of these will develop and evaluate a staff training programme to help service users access more activities on and off the unit. The other will simply investigate what happens to service users in rehabilitation services in order to try to understand which aspects of the service are most helpful and for whom. About half the services will receive the staff training. We cannot tell you at this stage whether or not you are in a service that will receive the staff training as this will be decided as the programme of research progresses.

During the initial national survey of services we will interview unit managers about their services. We will also interview service users about their experiences. Around 2-3 service users and 2-3 staff from 10-15 services will also be invited to be interviewed in more depth. This information will allow us to work out how well the care the unit delivers is helping the people who live there to enjoy and get on with their lives.

After this initial phase of the study, all services that take part will receive a report on their service that details the information they have given the researcher and highlights areas of good practice and areas that may need some attention (the "strengths and weaknesses" of the unit). Half the services will then be invited to take part in the evaluation of the staff training programme and half of these services will receive a five week, hands on staff training programme from a three person team. This programme is being developed as part of the project and will be based on examples of good practice from rehabilitation services across England and supported by theory of how to implement successful staff training.

The remaining services will also continue to be involved in the study and we will collect information about what happens to users of these services. This will help us to find out which aspects of services are most useful for service users.

Why have I been chosen?

We are asking you if you would be willing to help because you are a staff member in an inpatient rehabilitation service in England. We are hoping to interview the unit manager or other senior staff member of all inpatient rehabilitation services in England in the first phase of the study. We would also like to interview 2-3 other staff members in 10-15 units in this initial phase. In the later phases of the study, we will interview the senior staff member about the service, and other staff about the service users they are working with on two occasions, 12 months apart.

Do I have to take part?

No, you are free to choose to take part or not. If you agree to take part but later change your mind, you can leave the study at any time. If you choose not to take part this will not affect your current employment or future prospects in any way. If you are in one of the services that receive the staff training, we would like to invite you to take part in this training, although you are under no obligation to do so. If you choose not to take

part this will not affect your current employment or future prospects in any way. However we would still like you to help us with the information we will be collecting about your service users.

What will happen to me if I take part?

Senior staff who take part in this study will be interviewed by a researcher in the first phase of the study (Nick Green and / or Isobel Harrison.) This interview will take about 2 hours. During this time they will be asked to answer some questions about their unit, the local rehabilitation service and the local area that the unit serves. If they need a break during the interview that is fine. We would also like to interview 2-3 other staff members from around 10-15 services in more-depth and record these interviews. These interviews will take around 30 minutes. The recordings will be transcribed and anonymised so that staff and services cannot be identified from them. This will help us to further understand staff perspectives on their rehabilitation service, both in terms of what may be working well and what the difficulties may be.

In the later phases of the study, the researcher will visit the units twice, 12 months apart and interview staff. The senior staff member will be asked to complete the questions about their service that they answered in the initial phase again. This interview will take around 90 minutes. There will also be a brief questionnaire for staff to complete in relation to the service users they are working with on the unit. So, if you are a staff member in a service that is involved in the evaluation of the staff training programme, we would like to interview you twice about the service users you work with, once before the training and once 12 months later. These interviews will take no more than 30 minutes and will include questions about the activities that the service users you work with have taken part in over the previous week, as well as ratings of their social functioning, challenging behaviours and use of substances. We will also carry out a staff focus group to gain your opinions about the staff training intervention. We will also interview 2-3 service users from around 10 of these services in more-depth about their experiences of the staff training programme. If you are a staff member in one of the other services, we will ask you to complete similar questionnaires about the service users you work with. The researchers (Nick Green and / or Isobel Harrison) will come to visit you so that you don't have to travel to meet with them.

What do I have to do?

If you are willing to take part the researchers (Nick Green and / or Isobel Harrison) will arrange to meet with you to answer any questions you may have. If you are happy to take part, they will then go through the research interview/s with you.

What are the possible disadvantages of taking part?

Other than giving up some of your time for the research interviews, there are no disadvantages to taking part.

What are the possible benefits of taking part?

We hope that the information we gain from this study will allow us to identify the characteristics of mental health rehabilitation services and service users that are associated with better outcomes. We will also provide an evaluation of a brief staff training programme to increase service users' activity.

What if there is a problem?

Any complaint you have about the way you have been dealt with in the study will be addressed.

Complaints:

If you have a question or concern about any aspect of this study, you should ask to speak the main researcher Dr Helen Killaspy (Tel: 0207 794 0500 x 33950) who will do their best to help. If you remain unhappy and wish to complain formally, you can do this through your local Mental Health or Primary Care Trust's Complaints Procedure. Details of how to do this can be obtained from the Trust's website. Alternatively, you may contact the Research Governance Sponsor of this study, University College London (UCL). Please write to the Joint UCLH/UCL Biomedical Research Unit, R&D Directorate, Rosenheim Wing, Ground Floor, 25 Grafton Way, London WC1E 5DB quoting reference 09/0003.

Harm:

Every care will be taken to ensure your safety during the course of the study. UCL has indemnity (insurance) arrangements in place for non-negligent harm, in the event that something goes wrong and you are harmed as a result of taking part in the research study. If you are harmed and this is due to someone's negligence then you may have grounds for legal action for compensation but you may have to pay your legal costs.

Will my taking part in the study be kept confidential?

All the information you provide to the researchers (Nick Green and / or Isobel Harrison) will be stored in an anonymous fashion. That is, you will be given a unique research number and only this number will appear in the information stored. Stored information will be controlled by the researcher (Nick Green and / or Isobel Harrison) and only they and other members of the research team will have access to this information. The

information will be kept in locked cabinets in a locked office. The information you provide will be destroyed after 20 years. All information you give related to the study is confidential.

What will happen to the results of the research study?

Once the study is completed we will produce reports that will describe the findings of the study. We will produce a summary of our findings which we will send to all those people who take part in the study who would like a copy. If you would like a copy we will send you one. You will not be identified in any report or publication. The reports we write will not include personal details of the people who take part, it will only describe the results of the study as a whole

Who is organising and funding the research?

The study is being organised by the Department of Mental Health Sciences at University College London. It has been funded by the National Institute for Health Research who arranged for it to be independently peer reviewed. The study has been reviewed and given a favourable opinion by the South East Research Ethics Committee.

Contacts for further information

If you have any further questions about the study, please contact Helen Killaspy on **0207 794 0500 x 33950** or by email: h.killaspy@medsch.ucl.ac.uk. Otherwise, the researcher (Nick Green and / or Isobel Harrison) will contact you in the next few days to see if you would like to arrange an appointment to meet.

The other members of the research team are Professor Michael King (University College London), Dr Frank Holloway (South London and Maudsley NHS Trust), Professor Tom Craig (Institute of Psychiatry), Dr Paul McCrone (Institute of Psychiatry), Ms Sarah Cook (Sheffield Hallam University), Dr Cathy Hill (Sheffield Hallam University), Gerry Leavey (University College London).

THANK YOU VERY MUCH FOR YOUR TIME AND HELP WITH THIS STUDY