

Participant Information Sheet – Social Prescribing Stakeholders
(Healthcare Professionals)

UCL Research Ethics Committee Approval ID Number: 22357/002

Title of Study: Improving support services for family carers from the Pakistani ethnic group through social prescribing.

Department: Primary Care and Population Health, University College London (UCL)

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You are being invited to take part in our research project. Before you decide, it is important for you to understand why the research is being done and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. One of our team will also go through this information sheet with you and answer any questions you have. This should take about 10 minutes. Thank you for reading this.

Why is the study being done?

Providing informal care can have a significant impact upon the physical and mental health of carers across all ethnic groups, but higher levels of isolation exist among Pakistani carers who are even less likely to engage with mainstream support services. The Pakistani ethnic group has one of the highest prevalence's of informal carers across England and Wales and the role that social prescribing can play in supporting Pakistani carers in general needs more exploration, particularly in relation to the cultural and religious challenges around accessing support.

As a multi-stage intervention provided by health care professionals, social prescribing can provide support for carers, helping them become less isolated and improving their mental health. Social prescribing can connect people to community groups and statutory services for practical and emotional support.

We aim to explore how family carers from the Pakistani ethnic group, can best be supported in their role as a carer and how social prescribing services can be refined and developed to improve carer health and wellbeing through culturally sensitive interventions for carers.

Why have I been chosen?

We are speaking to healthcare professionals (e.g., GPs or practice nurses) working in primary care, who self-identify as having previously made referrals to **any** social prescribing intervention/programme and have experience of engaging with ethnic minority groups.

You have either contacted the research team or been identified to take part in the study. This means you are someone who identifies with the above criteria. We would really value the contribution you can make to this study.

Do I have to take part in the project?

Taking part in the project is entirely voluntary. If you do decide to take part, you will be given this information sheet to keep and will also be asked to provide written consent, (we will give you a form to complete) to take part. If you do decide to take part, you are free to withdraw from the study within 4 weeks after the interview by contacting the Principal Investigator or Research Assistant for this study (contact details can be found at the beginning of this document). You can withdraw without giving a reason. If you withdraw, any data you have provided up until that point may be included in the study and be retained as part of the study for a minimum of 10 years, unless you ask us not to. We will only retain data with your consent. The only personal data we keep will be your signed consent which will be stored securely, everything else will be anonymised and will not be used in any research outputs (conferences, publications) or in future studies.

What do I have to do if I participate?

If you agree to participate in the project, we will invite you take part in an interview with

a researcher. The interview will take place in a location of your choice – this could be in your home or in a private room community venue (or over the phone/video call on zoom/Microsoft Teams depending on your preference). The interview will be an informal conversation and should last no more than 30 minutes. You will be able to stop the interview at any time or choose not to answer questions that you are not comfortable with. We will also ask you to provide details for us to complete a short demographic form so that we can collect important information such as gender, ethnicity, area of workplace, stakeholder group, experience referring individuals who identify as Pakistani and carers.

Will I be recorded and how will the recorded data be used?

We are asking people who are being interviewed to be audio recorded. This helps us to accurately recall all the information you give us. These recordings will be transcribed (written out), with any names or identifying information removed. Interview transcripts will be used in our analysis and anonymised. They will inform our reports – which may be publicly available – as well as conference presentations, lectures and academic publications. Transcripts and original audio recordings will not be shared with anyone outside the project.

What are the possible disadvantage and risks of taking part?

We do not anticipate any risks or harm to you as a result of taking part in this project.

What are the possible benefits of taking part?

We are hoping that the project will help us better understand carer health and wellbeing needs and how support services can be improved to meet the culturally sensitive needs of Pakistani carers.

What if something goes wrong?

If you have a concern about any aspect of this project, in the first instance you should ask to the Principal Investigator (abigail.woodward@ucl.ac.uk) who will do their best to answer your questions. However, if you feel your complaint has not been handled

to your satisfaction you can contact the Chair of the UCL Research Ethics Committee
– ethics@ucl.ac.uk

Will my taking part in this project be kept confidential?

All the information that we collect about you during the research will be kept strictly confidential. You will not be able to be identified in any reports or publications that we produce, and we will use pseudonyms (change your name).

Limits to confidentiality

Please note that confidentiality will be maintained as far as it is possible, unless if during our conversation I hear anything that makes me worried that someone might be in danger of harm, I might have to inform relevant agencies of this. If this were the case, we would inform you of any decisions that might limit your confidentiality.

What will happen to the results of the research project?

The results gathered from you and other participants we help us understand how family carers from the Pakistani ethnic group, can best be supported in their role as a carer and how social prescribing services can be refined and developed to improve carer health and wellbeing through culturally sensitive interventions for carers. The results will also be published in academic journals, at conferences and lectures. You will be advised where you can access a summary of the results.

Data Protection Privacy Notice

Notice:

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at data-protection@ucl.ac.uk

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice:

<https://www.ucl.ac.uk/legal-services/privacy/ucl-general-research-participant-privacy-notice>

If you are concerned about how your personal data is being processed, please contact the Chief Investigator Dr Abi Woodward in the first instance using the contact details provided at the top of this document. If you are still concerned you should contact UCL at data-protection@ucl.ac.uk. If you remain unsatisfied, you may wish to contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

The legal basis used to process your *personal data* will be performance of a task in the public interest.

Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this, and will endeavour to minimise the processing of personal data wherever possible. The project team will keep your name and contact details confidential and will not pass this information to any other organisation. We will only use this information to contact you about the project and to link your interviews. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details. All information that identifies you will be deleted before the data is analysed.

All information collected during the project will be combined, and no individual will be identified in any report or publication.

Who is organising and funding the project?

This project has been funded by the National Institute for Health Research (NIHR). It is a collaborative project led through the Research Department of Primary Care and

Population Health and the Centre for Ageing Population Studies (CAPS) at UCL.

Contact for further information

Dr Abi Woodward: abigail.woodward@ucl.ac.uk or Sarah McMullen:
s.mcmullen@ucl.ac.uk

Thank you for reading this information sheet and for considering taking part in this research study. The information sheet is for you to keep.