

**Participant Information Sheet**

UCL Research Ethics Committee Approval ID Number: 14075/002

**PLEASE SAVE A COPY OF THIS INFORMATION SHEET FOR YOUR RECORDS**

**Title of Study:** The influence of peer self-harm on behaviour

**Department:** UCL Division of Psychiatry in collaboration with the UCL Institute of Cognitive Neuroscience and the Research Department of Clinical Educational and Health Psychology; UCL Division of Psychology and Language Sciences

**Name and Contact Details of the Principal Researcher:** Dr Alexandra Pitman([a.pitman@ucl.ac.uk](mailto:a.pitman@ucl.ac.uk))

1. **Invitation Paragraph**

You are being invited to take part in a 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. If there is anything unclear or if you would like more information on this study before you decide to take part, please let us know. Thank you for reading this information sheet.

1. **What is the project’s purpose?**

The aim of this project is to increase our knowledge about psychological processes that may contribute to self-harm in young people. We want to understand how knowing about someone else self-harming, either within your group of friends, relatives, or acquaintances, may affect your own behaviours.

In our study, participants will spend up to an hour taking part in online cognitive testing, with data uploaded directly to a secure server at UCL. This will involve asking questions about personality characteristics, the characteristics of friends and relatives, thoughts about self-harm, and thoughts about self-harm in friends and relatives. It is hoped that these findings will improve the understanding of the psychological processes involved in self-harm and potentially inform the development of new psychological treatments to help people who self-harm.

1. **Am I eligible to take part?**

We are looking for people who have self-harmed at any point in the last 5 years, are between 18 and 25 years old, and are UK residents.

1. **Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you will asked whether you have read and saved this information sheet and consent form, and whether you are happy to consent to take part. This consent will be recorded as part of your online survey.

1. **What happens if I do not want to carry on with the study?**

You can withdraw at any time without giving a reason and without it affecting your participation in future research studies.

1. **What will happen to me if I take part?**

This study will involve one online computer task session, which you can do remotely, in a booked slot from Monday to Thursday during working hours. This will be facilitated by the UCL study researchers via telephone. As it is an online study, we do not reimburse travel expenses, but we can pay you the equivalent of £7.50 per hour for your time.

This session will last up to 1 hour. During this session you will:

* Have the opportunity to ask any questions via telephone
* Be asked to agree whether you consent to take part (and save your consent form to your own files)
* Decide whether you would like to proceed with the study, and if so you will be invited to:
* Complete standardised structured interviews that will ask about your characteristics, the characteristics of some of your friends and family members, your previous self-harm, and about any self-harm in your friends or family members
* Complete a short set of computerised tasks, some of which will mention a person deciding to self-harm in response to a difficulty they are facing. Whilst this could be potentially distressing, it will not involve images of someone self-harming.
* Complete a number of psychological questionnaires and screening forms

If you have any concerns or want to find out more after reading this, please do not hesitate to contact a member of the research team.

1. **What are the possible disadvantages and risks of taking part?**

There are no serious risks from performing the computerised tasks and they will not portray any images of self-harm. However, some people may find it distressing thinking about the experience of self-harm or about someone else’s decision to self-harm. If you feel unhappy about any part of the testing you can choose to move on immediately to the next task. You also have the option to stop altogether, or to take a break. If, at the start of the test you are anxious about the prospect of viewing written content relating to self-harm, you can also withdraw at that point. At the end of the task we will perform what we call a wash-out intervention, which relates to a topic other than self-harm. This is intended to neutralise the experience of taking part in the cognitive tasks. At the start and end of the session you will be given a list of support services and community resources, which we will email to you. We will call you 24 hours after taking part to give you a chance to ask any further questions.

1. **What are the possible benefits of taking part?**

Whilst there are no immediate benefits for those people participating in the project, it is hoped that you will find the study interesting and that it will contribute to our understanding of the mind and brain, as well as the needs of people who self-harm.

1. **Payment**

You will be reimbursed the equivalent of £7.50 per hour (or part thereof) for participation in this study, emailed to you as shopping vouchers <https://www.love2shop.co.uk/>

1. **What if something goes wrong?**

If you experience any adverse effects relating to any aspect of this study, including a perception that your self-harm has worsened since taking part in the study, please contact the Principal Researcher of the study ([a.pitman@ucl.ac.uk](mailto:a.pitman@ucl.ac.uk)) in the first instance. Please copy in the other UCL study researchers to all communications; Dr Joshua Buckman ([Joshua.buckman@ucl.ac.uk](mailto:Joshua.buckman@ucl.ac.uk)), Dr Alex Pike ([alex.pike@ucl.ac.uk](mailto:alex.pike@ucl.ac.uk)) or Dr Oliver Robinson ([o.robinson@ucl.ac.uk](mailto:o.robinson@ucl.ac.uk)).

Every care will be taken in the course of this study. However, in the unlikely event that you are injured by taking part, compensation may be available. If you suspect that the injury is the result of the Sponsor’s (University College London) negligence then you may be able to claim compensation. After discussing with your research doctor, please make the claim in writing to Dr Alexandra Pitman, who is the Chief Investigator for the research and who is based at the UCL Division of Psychiatry. The Chief Investigator will then pass the claim to the Sponsor’s Insurers, via the Sponsor’s office. You may have to bear the costs of the legal action initially, and you should consult a lawyer about this**.**

1. **Will my taking part in this project be kept confidential?**

All the information that we collect about you during the course of the research will be kept strictly confidential. You will not be able to be identified in any ensuing reports or publications. As part of routine research practice we may collect personal data, including: name, address, telephone number, email address and date of birth. It is a necessary procedure in a clinical study like this that in the event of an incident during the study, your GP may be informed, as per our risk protocol. We will ask you for your GP details and record these on screening form, but this data will be stored securely to protect confidentiality. We will also ask for the address where you are when you take part in the study, in case we need to advise you of local support services.

1. **Limits to confidentiality**

Confidentiality will be respected unless there are compelling and legitimate reasons for this to be breached. If this was the case we would inform you of any decisions that might limit your confidentiality.

1. **What will happen to the results of the research project?**

The data from this research project will be disseminated through standard scientific outlets, for example in peer-reviewed papers, talks and conference posters. Some of the data you provide may be included in a student thesis, for example an undergraduate or Masters dissertation, or a PhD thesis. If this is the case, all data protection principles will apply (please see below for details). You may also request the results of the study from researchers following completion of data analysis.

The data you provide through participating in the study may be stored indefinitely and archived online as “open data” following publication of any resulting papers. Any such data could be downloaded by anyone with an internet connection, and used for any purpose. However, this would be in a de-identified form, which means it would be **fully anonymised**. Any data that could identify you personally would be removed before online archiving and would therefore **not** be shared with any other researchers.

1. **Data Protection Information**

**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](mailto: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:

For participants in health and care research studies, information is at this link:

<https://www.ucl.ac.uk/legal-services/privacy/ucl-general-privacy-notice-participants-and-researchers-health-and-care-research-studies>

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the ‘local’ and ‘general’ privacy notices.

The lawful basis that will be used to process your personal data are: ‘Public task’ for personal data and’ Research purposes’ for special category data.

Your personal data will be processed so long as it is required for the research project. UCL will keep identifiable information about you for 20 years after the study has finished. 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. This will be separate from any “open data” archived online.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk).

1. **Who has reviewed the research?**

The UCL Research Ethics Committee have reviewed and approved this research.

1. **Who is organising and funding the research?**

This research is being organised by a collaborative team of UCL researchers at the UCL Division of Psychiatry, the UCL Institute of Cognitive Neuroscience, and the UCL Division of Psychology and Language Sciences. The research is being funded by the UCL Institute of Mental Health, and is sponsored by University College London (UCL).

If you would like any further information on this study or if you have any concerns, please do not hesitate to contact: Dr Alexandra Pitman, UCL Division of Psychiatry, email: [a.pitman@ucl.ac.uk](mailto:a.pitman@ucl.ac.uk)

You will be asked to save a copy of the information sheet and consent form to keep for your records. Thank you for reading this information sheet and for considering taking part in this research study.