

Informed Consent Form for Participants in the pilot RCT of the HOP-MHP Self-Help Guide

Supporting mental health professionals in considering disclosure of their own mental health problems through a self-help intervention

Please complete this consent form and the screening questions after you have read the Information Sheet (available to download at <http://www.ucl.ac.uk/pals/research/cehp/stigma-research/research>)

This study has been approved by the UCL Research Ethics Committee (Project ID No.: 9297/002).

Thank you for your interest in taking part in this research study. If you have any questions arising from the Information Sheet or explanation already given to you, please ask the researcher before you decide whether to join in. Please retain a copy of this Consent Form to keep and refer to at any time.

Participant's Statement

- I have read the notes written above and the Information Sheet, and understand what the study involves.
- I understand that it is my choice whether to use a personal email address or to set up a new Gmail address for the purpose of the study to help protect my confidentiality.
- I understand that if I decide at any time that I no longer wish to take part in this project, I can notify the researchers involved and withdraw immediately, without having to give any reason.
- I consent to the processing of my personal information for the purposes of this research study.
- I understand that such information will be treated as strictly confidential and handled in accordance with the provisions of the Data Protection Act 1998.
- I agree that the research project named above has been explained to me to my satisfaction and I agree to take part in this study.

☐ I consent to take part in the research project as outlined in the Information Sheet

The email address I would like to be used for the purpose of this research is:

_____ (please print very clearly)

Date: _____

Please ensure you also complete the screening questions on the next page

HOP-MHP Screening Questions

Please answer all four questions below to ensure that you meet the inclusion criteria for the HOP-MHP study. For each item please place a tick under yes or no.

1. Are you a mental health professional (whether qualified or in training)?

☐ Yes

☐ No

2. Do you think of yourself as experiencing a mental health problem that has affected your functioning in some way either at present, or have you experienced such problems in the past?

☐ Yes

☐ No

3. Are you fully 'out' about your experiences of mental health problems, that is have you widely disclosed these (so that there is little place for thinking about future disclosure)?

☐ Yes

☐ No

4. Over the last 2 weeks, how often have you been bothered by thoughts that you would be better off dead or of hurting yourself in some way?

Please select one of the following options:

☐ 0 – Not at all

☐ 1 – Several days

☐ 2 – More than half the days

☐ 3 – Nearly every day

If you have selected 3 ('nearly every day') on item 4, we advise that you should seek urgent support, either through NHS services or through crisis services – you can find more information about accessing support on our web page:

http://www.ucl.ac.uk/pals/research/cehp/stigma-research/documents/hop_docs/hop-mhp At the present time, we think this needs to be a priority and that engaging with this study is not in your best interests.

If you have answered 'no' to items 1 and 2, or 'yes' to item 3, you do not meet the inclusion criteria for this study.

Thank you for your interest in our research study.