

UCL Division of Psychiatry

Faculty of Brain Sciences

TRANS: Microaggressions & Mental Health

Follow-up Study

Participant Information Leaflet (PIL)

**TRans And Non-binary Suicidality (TRANS): Microaggressions & Mental Health**

*Participant information Leaflet:* *Follow-up Study*

**Contact Details:**

**Title of study**: TRANS: Microaggressions & Mental Health – Follow-up Study

**Department**: Division of Psychiatry, UCL

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

**Name and Contact Details of the UCL Data Protection Officer**: data-protection@ucl.ac.uk (reference: Z6364106/2021/07/03 Health Research)

**This study has been approved by the UCL Research Ethics Committee: Project ID Number: 20485/001**

Hello, and thank you for having taken part in the first survey in the TRANS: Microaggressions & Mental Health study. When you completed that survey (known as the baseline survey) you expressed your interest in taking part in further research within the TRANS: Microaggressions & Mental Health project.

We are now planning a follow-up survey, in which we will ask some of the same questions in order to gain a picture of your current experiences and whether or how things have changed for you since you took part in the baseline survey.

Who can participate?

To be eligible to participate in this study you must identify as transgender, non-binary, and/or gender diverse, at least 18 years old, and have participated in the baseline survey of the TRANS: Microaggressions & Mental Health study. For ethical reasons, you must usually reside in the United Kingdom.

*Who will be conducting the research?*

For transparency, the study is led by a trans woman who has lived experience of depression and suicidality and lived experience of conducting research on marginalised and minoritised communities. She believes firmly in an affirmative approach towards trans health and the intersectional role that gender, sexuality, religion, disability, and ethnicity play on mental health experiences.

*About the study*

We are conducting this study so that we can examine whether and how mental health might change for trans and non-binary people in relation to their experiences of microaggressions and/or microaffirmations. Using this approach allows us to examine changes in these experiences and in mental health over time, and understand the impact of microaggressions on mental health, leading to better public health messaging and clinical interventions.

If you take part in this follow-up survey, you will be asked some of the same questions from the baseline survey in case any have changed. As a reminder, these related to the following:

* Your characteristics e.g., age, gender, transition, disability, housing status, employment status,
* Your mental health, including depression, anxiety, and suicidality
* Any microaggressions experienced
* Loneliness
* Rumination
* gender minority stresses experienced.

In order to participate, it is not expected that you are, or are not, currently experiencing mental health distress. However, collecting the above information will help us to assess any changes in your mental health over the period between the baseline survey and the follow-up study. **Please be aware that we will not be able to establish or offer a formal diagnosis based on the data we collect. We will also not share your data with your healthcare provider, or with anyone outside the research team**.

Some of the personal identifiable information we collected in the baseline survey will be linked to the data we collect in the follow-up study.

*Your involvement*

To participate you will need access to the internet. Within the email you have received inviting you to take part in the follow-up survey there is a link to the Opinio website that hosts the survey. On this survey site you will be asked to confirm whether you have read the Participant Information Leaflet (PIL) for the follow-up study, and if so, you will be asked whether you provide consent. After this, you will be able to fill in the survey. This should take around 20 to 30 minutes to complete.

*Privacy and your data*

If you were to take part in this study, your data would be stored and managed securely using UCL’s Data Safe Haven. Your data will be pseudonymised and kept strictly confidential. **Pseudonymisation** in this instance means we will not use (or ask you to divulge) information such as name, date of birth, or address, but do ask for (and store) information such as disability and gender, all of which possess some risk for identifying you. To protect your privacy, your email address, will be stored separately to the main dataset. Data will be collected via Opinio, a secure web-based survey platform. The survey will be live online for one month after you receive the invitation, to give you time to complete it. After the completion of the study, your data will be archived in the UK Data Service. The UK Data Service is a secure site that will hold the data and allow it to be shared with other researchers. Researchers will need to make an application to the UK Data Service in order to gain permission to access the dataset. All identifiable information (e.g., email address) will be removed from the dataset prior to being deposited in the UK Data Service archive.

If at any time you wish to withdraw your data after submitting, you can do this by emailing TMH@ucl.ac.uk. To ensure you retain the right to change/delete your data, we have provided a space in the survey to write your email address, which will link your data to you..

*Privacy 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: For participants in research studies, click [here](https://www.ucl.ac.uk/legal-services/privacy/general-privacy-notice)

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 for as 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.

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.

*Benefits and possible harms of taking part*

In recognition of the time required of you to participate in this study, you will be invited to opt in to receive one of two £50 vouchers. Participants who opt in for this prize draw will be selected at random and will receive the vouchers through email.

**The survey does by its nature touch on sensitive topics, and it is possible that this may cause you some distress.** Therefore, it is important that you are aware of the sources of short- and long-term support that are available to you. Information about this support will be provided at regular points throughout the survey, in case you need them, and have been included below on this Participant Information Leaflet.

*What if there is a problem?*

If you have a concern about any aspect of this project, please email Talen Wright (talen.wright.20@ucl.ac.uk) and/or her research supervisor Dr Alexandra Pitman (a.pitman@ucl.ac.uk) who will do their best to answer your concern within 5 working days and give you an indication of how they will deal with it. If you remain unhappy or wish to make a formal complaint, please contact the chair of the Research Ethics Committee (ethics@ucl.ac.uk) who will seek to resolve the matter in a reasonably expeditious manner.

**Support available**

* [Switchboard](https://switchboard.lgbt/)is a LGBT+ helpline that is open 10am–10pm every day. Phone: 0300 330 0630.  Email: chris@switchboard.lgbt/. Online chat is also available through their homepage. Website: <https://switchboard.lgbt/>
* [Gendered Intelligence](https://genderedintelligence.co.uk/) provide a Support Line that is open on Mon/Tues/Thurs from 2-7pm and on Wed/Friday 10-3pm. Phone: 0330 3559678 Text/WhatsApp: 07592 650 496. Email: supportline@genderedintelligence.co.uk. Website: <https://genderedintelligence.co.uk/>
* [Mindline Trans+](https://mindlinetrans.org.uk/) is a support line for trans, non-binary or gender variant people and their families, friends, colleagues and carers. The phone line is open Mondays and Fridays 8pm to midnight. Phone: 0300 330 5468. Website: <https://mindlinetrans.org.uk/>
* [Give Us a Shout](https://giveusashout.org/) is the first 24/7 text service provided in the UK for people in crisis, and is free on all major mobile networks. It’s suitable for people who are struggling to cope and in need of immediate help. Text Shout to 85258. Website: <https://giveusashout.org/>
* [Mindout](https://www.mindout.org.uk/)– is the MindOut Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service and provides a telephone and email support service. Phone:01273 234839 Email:info@mindout.org.uk Online Support service: <https://mindout.org.uk/get-support/mindout-online/> (open at varying dates and times but check the website for details).
* [Mind](https://www.mind.org.uk/)provide advice and support to empower anyone experiencing a mental health problem. It is open Monday to Friday 9am-6pm. Phone: 0300 123 3393 Email: info@mind.org.uk. Website: <https://www.mind.org.uk/>
* [SAMH (Scottish Association for Mental Health)](http://www.samh.org.uk/)– supporting people in Scotland to improve their mental health. Telephone: 0141 530 1000. Email:enquire@samh.org.uk. Website: <https://www.samh.org.uk/>
* [Samaritans](https://www.samaritans.org/)offer a safe place to talk about whatever’s getting to you, whether over the phone or via email . It is not only for people who  feel suicidal. Their service is 24  hours and is free from  a landline or mobile. Phone: 116 123  Email:[jo@samaritans.org](https://jo@samaritans.org/). Website: <https://www.samaritans.org/>