

Participant Information Sheet

The impact of language: trivialisation vs normalisation vs pathologising in the context of Obsessive Compulsive Disorder

1. Invitation Paragraph

You are being invited to participate in a research study. Before you decide whether to participate, 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 carefully and feel free to ask us if you would like more information or if there is anything that you do not understand. Please also feel free to discuss this with your friends, relatives and GP if you wish. We would like to stress that you do not have to accept this invitation and should only agree to take part if you want to.

Thank you for reading this.

2. What is the purpose of the study?

This study is the research project for a student studying on the Research Methods in Psychology MSc at the University of Liverpool.

Mental health is at the forefront of government policies, with society demanding better access to services. Much campaigning and research has looked at reducing the stigma and discrimination associated with mental health. Despite this, the way mental health is spoken about may impact stigma. Mental illnesses are commonly used as adjectives within conversation; 'I'm so OCD about keeping the kitchen tidy', 'She's looking a bit anorexic' etc.

The aim of this project is to examine whether using mental illness in conversations this way trivialises the said mental illness, whether it is pathologising ordinary

emotions/behaviours, or whether it is a positive step in normalising mental health as it brings it into conversation.

3. Why have I been chosen to take part?

Research shows that OCD is one of the most trivialised mental health condition, which is why it is the focus of this project. Therefore, having participants identified with OCD is crucial in capturing viewpoints.

4. Do I have to take part/what if I want to withdraw?

No - participation is always voluntary. After reading this information sheet and are satisfied with what is entailed, you will be asked to sign a consent form agreeing to take part in the study. You can change your mind and withdraw at any time without explanation. If you withdraw, any information held about you by the research team will be destroyed, however data from the audio-recordings will be kept.

5. What will happen if I take part?

If you choose to participate, you will be involved in an interview in which you and the researcher will discuss general attitudes and experiences surrounding OCD. The conversation will be audio-recorded and last approximately 30 minutes. The interviews will happen remotely via Zoom or telephone call.

6. How will my data be used?

The University processes personal data as part of its research and teaching activities in accordance with the lawful basis of 'public task', and in accordance with the University's purpose of "advancing education, learning and research for the public benefit.

Under UK data protection legislation, the University acts as the Data Controller for personal data collected as part of the University's research. The research supervisor acts as the Data Processor for this study, and any queries relating to the handling of your personal data can be sent to Professor Peter Kinderman (pjk1@liverpool.ac.uk)

Further information on how your data will be used can be found in the table below.

How will my data be stored?	All data will be secured on a password protected document, only accessed by the research team
Will my data be anonymised?	Once the interview has been transcribed, the original recordings will be destroyed. Each interview transcript is given a unique participant code to ensure anonymity and confidentiality.
Who will have access to my data?	Only those in the research team
Will my data be archived for use in other research projects in the future?	Research data will be archived and stored for 10 years.
How will my data be destroyed?	After 10 years, the Principal investigator will destroy all data

7. Are there any risks in taking part?

There are no overt risks involved; however discussing mental health can be very emotional. This is understandable, but you may wish to consider carefully whether this is the right time to be taking part in the research. If you are feeling distressed as a result of the research at any point, you can contact the researcher for a debrief and further support.

8. Are there any benefits in taking part?

Although taking part in the study may not help you directly, some people find that sharing their experiences can feel worthwhile and rewarding.

It is hoped that the findings will contribute to understanding about mental illness and what can be done to reduce stigma and discrimination.

9. What will happen to the results of the study?

All participants can receive a summary of the research findings upon request. The results will be included in a research report for a MSc project as well as being submitted for publication in a peer-reviewed journal to share the findings.

All data used in reports, publications and presentations will be anonymised.

10. What if I am unhappy or if there is a problem?

If you are unhappy, or if there is a problem, please feel free to let us know by contacting Professor Peter Kinderman (pjk1@liverpool.ac.uk) and we will try to help.

If you remain unhappy or have a complaint which you feel you cannot come to us with then you should contact the Research Ethics and Integrity Office at ethics@liv.ac.uk.

When contacting the Research Ethics and Integrity Office, please provide details of the name or description of the study (so that it can be identified), the researcher(s) involved, and the details of the complaint you wish to make.

The University strives to maintain the highest standards of rigour in the processing of your data. However, if you have any concerns about the way in which the University processes your personal data, it is important that you are aware of your right to lodge a complaint with the Information Commissioner's Office by calling 0303 123 1113.

Contact details of investigatory team for any questions

Matthew Simpson (Lead Student Investigator)

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Professor Peter Kinderman (Principal Investigator)

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