

Understanding Guilt in Obsessive Compulsive Disorder

Participant Information Sheet

Understanding guilt in Obsessive Compulsive Disorder

Thank you for your interest in this study. Before you decide whether to take part, you need to understand why this research is being conducted and what it involves. Please take time to read the following information. This study will count toward your research credits.

What is the purpose of the study?

This study is interested in examining everyday situations and how people may respond to them. Specifically, we are interested in how people with OCD experience guilt. Having this understanding could have implications for the treatment of a variety of psychological and emotional difficulties.

Who are we?

I am a Doctoral student at Newcastle University. This study is part of my training in Clinical Psychology. I am working within a research team, supervised by Professor Mark Freeston. This project has been approved by The Faculty of Medical Sciences Ethics Committee at Newcastle University. This committee contains members who are internal to the Faculty, as well as one external member. This study was reviewed by members of the committee, who must provide impartial advice and avoid significant conflicts of interest.

Do I have to take part?

Your participation in this study is voluntary. There are no consequences for not taking part. You are free to withdraw at any time during the study and up to two weeks after taking part without giving a reason. As you go through the online questionnaires your responses will be saved. Therefore, if you decide to stop in the middle of the study, your responses up until that time may still be used. If this happens and you do not want any of your responses to be used or if you later decide you want to withdraw (within two weeks) please contact us via email. You do not have to give any reason for this.

What is involved?

If you choose to take part, you will be asked to complete a number of questionnaires. You will also be asked to provide some information about yourself (age, gender, etc.). The study takes approximately 45 minutes to complete. You can also be sent a copy of this information sheet and/or a copy of the results of the final study. All data collected will be made anonymous and used purely for research purposes. Only the research team will have access to the data and email addresses, which will be stored separately.

What are the risks?

Some of the questions are related to mood and anxiety. We are not assessing you for mental health problems but we are interested in your thoughts, mood and behaviours. If you are experiencing anxiety or low mood, this is very common. It does not necessarily mean you are experiencing a mental health problem. However, if for any reason you feel distressed by your anxieties or worries, we would suggest that you speak to your GP.

What are the benefits?

By taking part in this study you will be helping the development of future research into mental health problems.

How do I find out more about the study?

If you would like to find out more about the study, a summary of the findings can be sent to you when the project is completed in August 2021. If you wish to receive this, please tick the box on the consent form.

Helpful links if you need further support

The Samaritans hotline offers a safe place for you to talk about anything that is bothering you. You can contact them on 116 123 at any time or visit the website for more details:

<https://www.samaritans.org/>

If you would like further information regarding obsessive-compulsive disorder (OCD) please consider consulting:

NICE guidance:

<https://www.nice.org.uk/guidance/cg31/informationforpublic>

NHS Choices website regarding OCD:

<https://www.nhs.uk/conditions/obsessive-compulsive-disorder-ocd/>

OCD UK:

<https://www.ocduk.org/>

OCD Action:

<https://ocdaction.org.uk/>

International OCD Foundation:

<https://iocdf.org/>

For general information about mental health:

<https://www.mind.org.uk/>

Useful links providing information and advice about anxiety and mental health:

- United Kingdom: NHS Urgent Support <https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>
- United Kingdom: The NHS website <https://www.nhs.uk/>
- United Kingdom: <https://www.anxietyuk.org.uk/>
- Ireland: <https://www.mentalhealthireland.ie/a-to-z/#anxiety>
- USA: <https://adaa.org/understanding-anxiety>
- Australia: <https://www.healthdirect.gov.au/anxiety>
- Canada: <https://cmha.ca/documents/anxiety-disorders>
- India: <https://www.spif.in/seek-help/>