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## PARTICIPANT INFORMATION SHEET

# The Effect of Difficult Interpersonal Memories on Emotional Responses

My name is Sam French and I am a Trainee Clinical Psychologist at the University of Oxford, working with Professor Paul Salkovskis and Dr Victoria Bream. This is an invitation to take part in our research study.

*Before you decide, it is important that you understand why the research is being done and what it would involve for you.*

*Please take time to read this Participant Information Sheet and discuss it with others if you wish. If there is anything that is not clear, or if you would like more information, please ask us by emailing the researcher at [sam.french@hmc.ox.ac.uk](mailto:sam.french@hmc.ox.ac.uk)*

### **What is the purpose of the study?**

We aim to explore how bringing to mind memories of difficult interpersonal experiences affects peoples' emotional responses.

We hope that by trying to understand how memories of difficult interpersonal experiences affect emotional responses, we may be better able to tailor assessments and psychological treatments.

We are keen to hear both from people with obsessional problems, and those without any current experience of mental health difficulties.

## **Why have I been invited?**

We are happy to hear from a full range of people. However, in some instances, you may have been asked to participate, as we are keen to gather the thoughts of people aged 18 years or over (with no upper age limit) who:

1. Consider themselves to have **Obsessive Compulsive Disorder** OR
2. Have **no current experience of mental health difficulties**

You have been invited to this research if you identify with one of the 2 above groups. We aim to include 180 individuals in this research project.

## **Do I have to take part?**

No, taking part is completely voluntary. You have the right to withdraw from the project at any point during your participation in the study without giving a reason.

## **What will happen to me if I decide to take part?**

We would like you to contact the researcher using the following email: [sam.french@hmc.ox.ac.uk](mailto:sam.french@hmc.ox.ac.uk). We ask you to contact us by these means so that we can jointly arrange a telephone appointment at a time that suits you to answer any questions you might have and possibly to begin the study if you wish (at that point or later).

The study will be conducted in three parts.

You will be asked to complete (1) a telephone screening appointment, (2) a series of questionnaires, and (3) a task and further questionnaires via an online video platform to suit you.

For the telephone portion of the interview, yourself and the researcher will arrange a time at your convenience to speak for up to 15 minutes. Your oral consent to take part in the research will be sought.

This will be an interview designed to identify whether or not you meet diagnostic criteria for obsessive-compulsive disorder (OCD). This semi-structured interview is used worldwide in psychological research and clinical practice. The researcher will also ask you to complete a questionnaire about your mood. You will also have the opportunity to ask any questions that you like. Our discussion will not be recorded, although the researcher will take notes at this stage.

Following the telephone interview, we will ask if you would like to arrange a suitable date and time to complete the longer session and decide on a suitable video platform. You will also be invited to complete a questionnaire pack online before that session (approx. 30-35 minutes), which will be sent to your email address. You will be reminded of the details of the study and your consent to take part in further sections will be sought.

For the “task” section of the study (approx. 20-25 minutes), you will be asked to bring to mind a difficult experience and we will ask you to answer some questions about how it affected you when you thought about it. We will also ask you to complete some questionnaires which ask about how you felt in the moment. With your permission, we would record your answers to the questionnaires, but you can say no to us recording your responses and this would not affect your participation.

As a small token of acknowledgement, we will donate £2 on your behalf to your choice of either OCD-UK, OCD Action, or Oxfordshire Mind. These are established charities in the UK that provide information, support and advice for individuals distressed by the above problems.

### **Are there any disadvantages/risks from taking part?**

Taking part in this research study will take approximately 60 minutes of your time in total.

Some of the questionnaire measures will invite you to reflect on your mental health and earlier experiences. You will also be asked to participate in a session in which we will ask you to think about a previous difficult experience, which you may find uncomfortable.

We have consulted with people with lived experience of OCD to minimise the potential for distress. However, it is possible that you may find answering the questions or taking part in the task to be upsetting.

For the “task” section of this study, the researcher will monitor for any signs of distress and bring the experimental task to an end, should this be deemed appropriate. The researcher will stay on the call with you if you wish to help you manage any upset you might experience and may signpost you to appropriate services, should you require further support.

You are also free to withdraw from the study at any point. At the end of the study, or if you withdraw early at any point, you will be provided with contact details of services and third-party organisations that will be able to offer support and guidance.

### **What are the possible benefits of taking part?**

There are no direct personal benefits of taking part in this study.

We hope that your participation in this research study will help us to understand factors that may drive difficulties and distress, which may contribute to the development of psychological assessments and treatments.

## Will my General Practitioner/family doctor (GP) be informed of my participation?

No.

## What happens with my information?

The information you provide during the study is the **research data**. Any research data from which you can be identified (i.e. email address and telephone number) is known as **personal data**. Data about your health and ethnicity is known as **special category data**.

**Personal data** and **special category data**, with the exception of consent forms, will be stored on the password-protected University of Oxford network, accessible only to the research team. Personal data will be stored for 3 months after the study has concluded and then be permanently deleted. We may retain your contact details in a secure database for researchers to contact you about future studies beyond this period if you have given permission in the optional section of the consent form, which you will sign before participation.

**Other research data** (including consent forms and the questionnaire data that you fill in using a unique participant identifier) will be stored for at least 3 years after publication or public release of the work of the research. This information will then be shredded or permanently deleted and destroyed.

Audio recordings will be managed differently, such that they will be stored up to the point of transcription and will then be permanently deleted. The transcription will be held under the same terms as other research data.

The researchers involved in this study will have access to the research data. Responsible members of the University of Oxford may be given access to the anonymised data for monitoring and and/or audit of the research. All personal information that could identify you will be removed or changed before information is shared with other researchers or results are made public.

Using the **research data**, we hope to report our findings in academic journals and present them to relevant charities, and to health professionals at conferences. The findings will also contribute to Sam French's Doctorate in Clinical Psychology. You will not be identified in any reports or publications arising from the study.

## Data Protection

The University of Oxford is the data controller with respect to your personal data, and as such will determine how your personal data is used in the study.

The University will process your personal data for the purpose of the research outlined above. Research is a task that is performed in the public interest.

Further information about your rights with respect to your personal data is available from <http://www.admin.ox.ac.uk/councilsec/compliance/gdpr/individualrights/>.

## **Who has reviewed this study?**

This study has been reviewed, and approved, by the University of Oxford Central University Research Ethics Committee (Ref: R74372/RE001).

## **What if there is a problem?**

If you have a concern about any aspect of this study, please contact Sam French ([sam.french@hmc.ox.ac.uk](mailto:sam.french@hmc.ox.ac.uk), 01865 226431) or Professor Paul Salkovskis ([paul.salkovskis@hmc.ox.ac.uk](mailto:paul.salkovskis@hmc.ox.ac.uk), 01865 226431) and we will do our best to answer your query.

We will acknowledge your concern within 10 working days and give you an indication of how it will be dealt with.

If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Medical Sciences Interdivisional Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible:

Email: [ethics@medsci.ox.ac.uk](mailto:ethics@medsci.ox.ac.uk); Address: Research Services, University of Oxford, Wellington Square, Oxford OX1 2JD

### **I'm Interested! What's Next?**

If you would like to participate, please email the following to set up a telephone interview:  
sam.french@hmc.ox.ac.uk

Thank you for taking the time to read this information sheet and for your interest in the project.



#### **Sam French**

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You can also speak to the supervisors of the project about any questions or concerns using the details below:

Professor Paul Salkovskis (University of Oxford)	<a href="mailto:paul.salkovskis@hmc.ox.ac.uk">paul.salkovskis@hmc.ox.ac.uk</a>
Dr Victoria Bream Oldfield, Clinical Psychologist	<a href="mailto:victoria.bream@hmc.ox.ac.uk">victoria.bream@hmc.ox.ac.uk</a>