



## Information Sheet for Children (Ages 12–15)

Study Title: Provision for Parents on Psychiatric Inpatient Units (POPI)

IRAS ref: 340906



Hi, I am Dr Abby Dunn and I am a psychologist who carries out research to try and improve the experience families have at mental health hospitals.

### Why are we doing this study?

Sometimes parents go into hospital to get help with their mental health. We want to understand what it's like for children and young people when they visit their parent during this time.

Your experiences can help us make visits better and more supportive for other families in the future.

### What will I be asked to do?

You'll be invited to a 30–60 minute chat with someone from the research team on a video call.

You can draw and write about your experience if you like – this is called 'Draw, Write, Tell'. You can do this on paper or using your tablet, phone or computer.

You can have a parent or carer with you if that helps.

### Do I have to take part?

No – taking part is your choice. If you say yes, you can still change your mind later.

You can skip any questions you don't want to answer and stop at any time.

### Will anyone know what I say?

Only the research team will hear or read what you share.

We will not share your name or anything that could identify you.

Anonymised quotes from your interview may be used in research publications.

If we are worried that you or someone else might not be safe, we may need to tell someone who can help.

At the end of the interview, you will be asked if you're happy for us to use your drawing in any reports we write about the study.

### **What if talking about this makes me feel upset?**

You don't have to talk about anything that makes you uncomfortable.

We can stop the conversation whenever you want.

You can talk to your parent/carer or someone you trust, and we'll also give you information about where to get more support if needed.

### **Things you can do if you feel upset:**

- Talk to someone you trust (like a parent, carer, or friend)
- Do something that makes you feel calm – like drawing, playing, or watching something you like
- Cuddle a pet or soft toy
- Spend time in your favourite place or with your favourite person

If you ever feel sad, worried or just want to talk, here are some people who can help:

Support for children and young people:

- Childline: 0800 1111 or [www.childline.org.uk](http://www.childline.org.uk)
- YoungMinds Textline: Text YM to 85258
- The Mix (under 25s): 0808 808 4994 or [www.themix.org.uk](http://www.themix.org.uk)

### **What happens after the interview?**

We'll send you a thank-you gift (a £10 voucher).

If you make a digital drawing, we can give you a copy if you would like one.

### **Who is running this study?**

This research is run by the University of Sussex.

The lead researcher is Dr Abby Dunn. You or your parent/carer can email her if you want to know more: [abby.dunn@sussex.ac.uk](mailto:abby.dunn@sussex.ac.uk)

### **What if you have questions or something goes wrong?**

If you have questions or are unsure about anything, you can contact the research team using the details at the bottom of this sheet.

If you are not happy with their response, you can contact someone independent at the University of Sussex to make a formal complaint.

Head of Research Ethics, Integrity and Governance

Research & Enterprise Services

University of Sussex

Email: [researchsponsorship@sussex.ac.uk](mailto:researchsponsorship@sussex.ac.uk)

You can also talk to the NHS advice service (PALS), which helps young people and families raise concerns or make complaints. Details can be obtained from the NHS SPFT patient advice and liaison service (PALS). PALS can be contacted online (<https://www.sussexpartnership.nhs.uk/about-us/contact-us/feedback-advice-and-complaints>) or by telephone ([0300 304 2198](tel:03003042198)) or email: [spft.pals@nhs.net](mailto:spft.pals@nhs.net), or the NHS SABP patient advice and liaison service (PALS). PALS can be contacted online (<https://www.sabp.nhs.uk/contact/pals>) or by telephone (01372 216202) or email: [rxp.palsandcomplaintssabp@nhs.net](mailto:rxp.palsandcomplaintssabp@nhs.net)

## **Information about your personal data**

### **Who is handling my personal data?**

The University of Sussex, sponsor of this research and responsible for looking after your information, will act as the 'Data Controller'. The research team will process your personal data on behalf of the controller and is responsible for looking after your information and using it properly. We will use this information as explained in the 'What is the purpose of the study' section above.

### **What will happen to my personal data?**

As a publicly-funded organisation, we have to ensure that when we use **identifiable personal** information from people who have agreed to take part in research, that this data is processed fairly and lawfully. The University of Sussex processes personal data for the purposes of carrying out research in the **public interest** and special category data is processed on an additional condition necessary for **research purposes**. This means that when you agree to take part

in this research study, we will use and look after your data in the ways needed to achieve the outcomes of the study.

[University of Sussex privacy notice.](#)

### **How will we use information about you?**

We will need to use information from you for this research project.

This information will include:

- your name
- your contact details.

People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

The University of Sussex is responsible for looking after your information. We will share your information related to this research project with the following types of organisations:

- Regulatory bodies and ethics committees
- Other researchers and institutions (in an anonymised form where you cannot be identified).

We will keep all information about you safe and secure by:

- Anonymising the data
- Keeping any identifiable information in a separate password protected file
- Storing information about you on a secure University of Sussex-hosted online platform.

Your data will not be shared outside the UK.

### **How will we use information about you after the study ends?**

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

We will keep your study data for a maximum of 10 of years. The study data will then be fully anonymised and securely archived or destroyed. Identifiable data will be retained for a maximum of 12 months post-study on a secure university server before being destroyed.

### **What are your choices about how your information is used?**

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.

You have the right to ask us to access, remove, change or delete data we hold about you for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this.

If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study. To facilitate this, your anonymised data will be stored in the Figshare data repository where it can be accessed by other researchers in an anonymised form.

### **Where can you find out more about how your information is used?**

You can find out more about how we use your information as follows:

- our leaflet [www.hra.nhs.uk/patientdataandresearch](http://www.hra.nhs.uk/patientdataandresearch) and website information
- by asking one of the research team
- by sending an email to [parentprojects@sussex.ac.uk](mailto:parentprojects@sussex.ac.uk) or [dpo@sussex.ac.uk](mailto:dpo@sussex.ac.uk)

Email: [parentprojects@sussex.ac.uk](mailto:parentprojects@sussex.ac.uk)

Website: <http://inpatientfamilies.org>

Phone: 07350 440728