

## **PARTICIPANT INFORMATION SHEET (PARENT) NHS**

Title of Study: Mixed methods investigation into provision of family rooms and support for parents admitted to psychiatric inpatient units and their children.

**IRAS ref: 340906**

**PLEASE KEEP A COPY OF THIS INFORMATION SHEET FOR YOUR RECORDS**

### **Section: Taking Part**

#### **Invitation Paragraph**

We would like to invite you to participate in this research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please discuss the study with others if you wish. If you have any questions you can contact us using the contact details at the end of this information sheet.

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

The aim of this study is to understand the experience of family visits when a parent is treated in a mental health inpatient hospital.

We are specifically interested in how we can improve the experience of these visits for parents and their children.

This will involve carrying out interviews with parents, children and young people, carers of children who visited a parent in hospital and healthcare professionals.

#### **Who is responsible for this study?**



This study is the responsibility of Dr Abby Dunn at the University of Sussex.



Chloe Elsby-Pearson from Sussex Partnership NHS Foundation Trust is Lived Experience Co-ordinator for the study.

It also involves collaborators at the University of Surrey, Surrey and Borders Partnership NHS Trust, North Staffordshire Combined Healthcare NHS Trust, Somerset NHS Foundation Trust and Sussex Partnership NHS Foundation Trust.

### **Why have I been invited to take part?**

You are invited to participate in this study because you are a parent (including foster, step-parent, adopted or grandparent with primary care responsibility) of a child 18 or under. You are also currently staying on a mental health inpatient unit or have stayed on one since July 2021.

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

Participation is voluntary and you do not have to take part. We will describe the study in this information sheet and will give you 7 days to read this, so you can decide whether you wish to take part in this study. Please contact us if there is anything that is not clear, if you have any questions, or if you would like more information.

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

If you decide to take part, you will be given this information sheet to keep and will be invited to have a short conversation with the research team where you can find out more about the project and we can decide whether it is a good fit for you. If you are currently receiving treatment in hospital, you can ask for a member of the care team to contact the research team on your behalf and help you arrange a call or meeting with them. After that, you will be asked to sign an online consent form to confirm your agreement to participate. You will be given a copy of this consent form to keep.

You will then take part in an interview. This interview will take place online or over the telephone. If you are currently within an inpatient unit (within Surrey and Borders Partnership NHS Trust or Sussex Partnership NHS Foundation Trust) this interview can also take place face-to-face at the hospital. The interviews will be scheduled at a convenient time for you. The interview will be audio/video-recorded. An anonymised (with all identifying data removed) transcript of your interview will be produced (automatic transcription through Microsoft teams, transcription software, and/or transcription by a researcher), after which the audio recording of your interview will be deleted.

After the interview you will be invited to have an informal debrief conversation.

### **What happens if I do not want to take part or if I change my mind?**

You are free to withdraw from the study at any time, without giving a reason. You can withdraw your data (information about you and the transcript of the recording of the interview) up to the point at which it is anonymised (one month after the interview takes place).

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

Your insights will contribute to improving the experiences of patients who are parents and families visiting psychiatric units. As a thank you for your time we will provide a £10 voucher after the interviews have taken place.

### **Are there any potential risks involved?**

A possible disadvantage to taking part in the study is that some interview questions may prompt reflection on difficult experiences. In order to reduce any potential risks, you are not required to answer any question you find uncomfortable. A debrief and signposting to support resources will be provided.

### **Are there limits to confidentiality?**

Should you disclose information which indicates you or someone else is at risk of harm we may have to contact the appropriate services. In this case we will have to disclose your identity.

### **How is the project being funded?**

This research is funded by the National Institute for Health and Care Research (NIHR) under award number NIHR207868.

### **What will happen to the results of the study?**

We will produce a final report summarising the main findings. This will be available on our project website [parentprojects@sussex.ac.uk](mailto:parentprojects@sussex.ac.uk).

This research may be published in peer reviewed academic journals under open access conditions. This means the article can be read for free online by anyone who wishes to. The findings will be presented to stakeholder groups and at conferences.

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

You will be sent a summary of the results of the study if you indicate you would like to receive one.

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

This research has been reviewed by an independent group of people, called an Ethics Committee. This study was reviewed and given a favourable opinion by the East Midlands - Derby Research Ethics Committee (REC reference: [26/EM/0005]) which indicates it is ethical, safe and respects the rights of people taking part.

## **Section: Your personal data**

### **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)

## **Section: Further information**

### **What if you have a query or something goes wrong?**

If you are unsure about something you can contact the research team for further advice using the contact details at the bottom of this information sheet.

However, if your query has not been handled to your satisfaction, or if you are unhappy and wish to make a formal complaint to someone independent of the research team, then please contact:

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 follow the NHS Complaints Procedure. 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) 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: [rxx.palsandcomplaintssabp@nhs.net](mailto:rxx.palsandcomplaintssabp@nhs.net), or the Somerset NHS Foundation Trust patient advice and liaison service (PALS). PALS can be contacted by telephone (01823 343536) or email: [pals@somersetft.nhs.uk](mailto:pals@somersetft.nhs.uk). North Staffordshire Combined Healthcare NHS Trust's PALS can be contacted by telephone (0800 389 9676) or email: [PatientExperienceTeam@northstaffs.nhs.uk](mailto:PatientExperienceTeam@northstaffs.nhs.uk).

The University of Sussex has indemnity cover in place which may respond to its legal liabilities in respect of this study.

If you wish to complain or have any concerns about any aspect of the way you have been treated during the course of this study then you should follow the instructions given above.

### **Support if you're feeling upset or distressed**

We know that thinking about difficult experiences can sometimes create upsetting feelings. To help you look after yourself, we suggest you please consider making use of any things you usually find helpful. Suggestions from previous participants include:

- Contacting a friend, family member or support worker afterwards
- Having your pet nearby
- Using quiet fidget toys or stimming aids
- Spending time in a comforting space or doing an activity that soothes you (e.g., music, a walk, favourite TV show)

If you feel you would benefit from additional support, the following organisations may be helpful:

Support for parents and carers:

- Mind: 0300 123 3393 or [www.mind.org.uk](http://www.mind.org.uk)
- Rethink Mental Illness: 0808 801 0525 or [www.rethink.org](http://www.rethink.org)
- Family Lives (parenting support): 0808 800 2222 or [www.familylives.org.uk](http://www.familylives.org.uk)
- YoungMinds Parent Helpline: 0808 802 5544 or [www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Who should I contact for further information?**

If you have any questions or require more information about this study, please contact me using the following contact details:

Chief Investigator: Dr Abby Dunn, [abby.dunn@sussex.ac.uk](mailto:abby.dunn@sussex.ac.uk)

Research mailbox:

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

Website: <http://inpatientfamilies.org>

Phone: 07350 440728

**Thank you for reading this information sheet and for considering taking part in this research.**