

## PARTICIPANT INFORMATION SHEET 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.  
We are inviting **parents, carers of children** who visited a parent in hospital and **healthcare professionals** to answer a brief questionnaire.

#### Who is responsible for this study?

This study is the responsibility of Dr Abby Dunn at the University of Sussex and also involves collaborators at the University of Surrey, Surrey and Borders Partnership NHS Trust, North Staffordshire Combined Healthcare NHS Trust, Lincolnshire Partnership NHS Foundation Trust, Somerset Foundation NHS Trust and at 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:

**A parent** (of a child 18 or under) and you are currently staying on a mental health inpatient unit or have stayed on one at some point since July 2021.

**A carer of a child** who visited their parent in a mental health hospital

**A healthcare professional** who has worked in an adult mental health inpatient unit in the last two years for a minimum of six months.

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

Participation is voluntary and you do not have to take part. You can stop at any time simply by exiting the questionnaire. 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 need to:

1. Read this online information sheet
2. Confirm that you meet the eligibility criteria
3. Provide online consent
4. Complete a short questionnaire (approx. 10–15 minutes)
5. Receive debrief information, which includes what happens next in the project along with signposting to support resources, at the end.

You will not be asked for any identifying information unless you choose to enter a prize draw.

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

You can stop completing the questionnaire at any time by closing your browser. Because the questionnaire is anonymous, it will not be possible to remove your responses once submitted.

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

While there is no direct benefit, your responses will help us improve how inpatient mental health wards support families. You can also choose to enter a prize draw to win a £50 shopping voucher.

### **What are the possible risks or benefits?**

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 will not be required to answer any question you find uncomfortable. Debriefing information and signposting to support resources will be provided.

### **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: <https://inpatientfamilies.org/>

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.

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]).

## **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)

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.

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: [rx.palsandcomplaintssabp@nhs.net](mailto:rx.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). Lincolnshire Partnership NHS Foundation Trust's PALS can be contacted via email: [lhnt.LincsPALS@nhs.net](mailto:lhnt.LincsPALS@nhs.net) and by phone (Mon-Fri between 10am and 4pm): 0300 123 9553.

### **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:  
Email: [parentprojects@sussex.ac.uk](mailto:parentprojects@sussex.ac.uk)  
Website: <http://inpatientfamilies.org>  
Phone: 07350 440728

### **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:

- 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)

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