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PARTICIPANT INFORMATION SHEET

STUDENT RESEARCH PROJECT ETHICS REVIEW
Mental Health and Clinical Neurosciences
Version: 1.0 **Date:** 01.12.23

Project Title: Exploring factors relating to Post-traumatic Stress Disorder (PTSD) and Mood Problems in People following a Transient Ischaemic Attack (TIA)

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We would like to invite you to take part in a research study about exploring the psychological impact of having a Transient Ischaemic Attack (TIA). Before you begin, we would like you to understand why the research is being done and what it involves for you.

What is the purpose of this study?

This study aims to explore which factors may contribute to someone experiencing Post-Traumatic Stress Disorder (PTSD) symptoms and mood problems (namely anxiety and depression) after a TIA. This study is being carried out for educational purposes by a student on the Doctorate of Clinical Psychology Programme, and the findings will be written up as part of a dissertation.

Why have I been invited?

You have been invited because you responded to the advert for the study on social media. We are inviting people who have experienced their first TIA within the past 3 months living in the United Kingdom.

Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part, we will ask you to provide consent through an online consent form. You may change your mind about being involved at any time or decline to answer a particular question. You are free to withdraw at any point before or during the study without giving a reason. If you withdraw during the study, we will no longer collect any further information about you or from you. However, we will keep the information about you that we have already obtained as we are not allowed to tamper with study records and this information may have already been used in some analyses and may still be used in the final study analyses. To safeguard your rights, we will use the minimum personally identifiable information possible.

What will I be asked to do?

If you choose to take part, you will be asked to complete 5 self-report questionaries and a demographics form which asks you questions in relation to your TIA. The questionnaires are short and easy to complete and will take no more than 30 minutes to complete. The questionnaires

include questions about your mood, how you coped with your TIA, how you thought about it, as well as demographic questions such as your age, employment status and living arrangements.

You will only need to complete these questionnaires once. Questionnaires will be sent out by an emailed online survey. You will then complete the questionnaires and the answers will be saved. That will be the end of your participation.

Will the research be of any personal benefit to me?

There is no direct benefit to you from taking part, but the information we get from this study may help to understand the experiences of those who have experienced a TIA in more detail. Currently, the psychological impact of a TIA is not well understood. Findings have the potential to raise awareness of which factors may contribute to people having PTSD symptoms and mood problems after a TIA, which could potentially be targeted for support or intervention.

Are there any possible disadvantages or risks in taking part?

We don't expect there to be any disadvantages or risks to taking part. It will involve you giving up time to complete the questionnaires, which will be in total up to 30 minutes. The questionnaires will be completed online, which may result in some fatigue from looking at the screen, of which we would encourage you to take a break should you experience discomfort. The questionnaires ask questions relating to stressors, trauma responses and emotional changes following a diagnosis of TIA, which may evoke some uncomfortable feelings for you. Should you wish to have further support, there are relevant organisations signposted at the end of this information sheet.

What will happen to the information I provide?

To ensure confidentiality, only the research team will have access to your data. The information you provide will be kept strictly confidential. All your data will be anonymised through the use of unique identifiers. Any information with your personal data on will be stored securely on the University of Nottingham's electronic system, and a password-protected encrypted USB device. Participants will be identified by a participant number only. Your individual data will not be disclosed or identifiable in the results of the study.

The information that you provide will be used to write a thesis for the fulfilment of the Doctorate of Clinical Psychology Qualification, and may also be used to write academic papers to be published in peer-reviewed journals and in presentations at conferences.

We will follow ethical and legal practice and all information will be handled in confidence. Under UK Data Protection laws, the University is the Data Controller (legally responsible for the data security) and the Chief Investigator of this study (named above) is the Data Custodian (manages access to the data). This means we are responsible for looking after your information and using it properly. Your rights to access, change or move your information are limited as we need to manage your information in specific ways to comply with certain laws and for the research to be reliable and accurate. To safeguard your rights, we will use the minimum personally–identifiable information possible. You can find out more about how we use your information and read our privacy notice at: https://www.nottingham.ac.uk/utilities/privacy.aspx

We would like your permission to use anonymised data in future studies, and to share our research data (e.g., in online databases) with other researchers in other Universities and organisations both inside and outside the European Union. This would be used for research in health and social care. Sharing research data is important to allow peer scrutiny, re-use (and therefore avoiding duplication of research) and to understand the bigger picture in particular areas

of 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.

The data collected for the study will be looked at and stored by authorised persons from the University of Nottingham who are organising the research. They may also be looked at by authorised people from regulatory organisations to check that the study is being carried out correctly. All will have a duty of confidentiality to you as a research participant and we will do our best to meet this duty. At the end of the project, all raw data will be kept securely by the University under the terms of its data protection policy after which it will be disposed of securely. The data will not be kept elsewhere.

If you have any questions or concerns, please don't hesitate to ask. We can be contacted before and after your participation at the email addresses above.

If you would like to be contacted once the study is complete and has been published to look at the findings, please inform the researcher.

What if there is a problem?

If you have any queries or complaints, please contact the student's supervisor/chief investigator in the first instance. If this does not resolve your query, please write to the Administrator: MS-MHCNS-Ethics@exmail.nottingham.ac.uk and the Administrator will pass your query to the Chair of the Committee.

If you remain unhappy and wish to complain formally, you should then contact the Faculty of Medical and Health Sciences Ethics Committee Administrator, Faculty Hub, Medicine and Health Sciences, E41, E Floor, Medical School, Queen's Medical Centre Campus, Nottingham University Hospitals, Nottingham, NG7 2UH or via E-mail: FMHS-ResearchEthics@nottingham.ac.uk

We believe there are no known risks associated with this research study; however, as with any online activity, the risk of a breach is always possible. We will do everything possible to ensure your answers in this study will remain anonymous.

Thank you for taking the time to read this information sheet.

Sources of support

If you feel you would like extra support following your completion in this study, you can contact the below organisations:

Stroke Association: 0303 3033 100 and helpline@stroke.org.uk
Different Strokes: 0345 130 7172 or 01908 317 618 and info@differentstrokes.co.uk
Think ahead stroke: 01942 824 888 and info@think-ahead.org.uk
Samaritans: 116 123 and jo@samaritans.org or through their online chat function
Alternatively, you can contact your **GP**.