

F.A.O. Claire Gillan

Approval ID: SPREC072017-01

#### **School of Psychology Research Ethics Committee**

### SCHOOL OF PSYCHOLOGY Arás an Phiarsaigh Trinity College Dublin 2

10<sup>th</sup> October 2019

Dear Claire,

The School of Psychology Research Ethics Committee has reviewed your application entitled "Precision in Psychiatry Study (PIPS)" and I am pleased to inform you that it was approved.

Please note that you will be required to submit a completed **Project Annual Report**Form on each anniversary of this approval, until such time as an **End of Project**Report Form is submitted upon completion of the research. Copies of both forms are available for download from the Ethics section of the School website.

Adverse events associated with the conduct of this research must be reported immediately to the Chair of the Ethics Committee.

Yours sincerely,

**Richard Carson** 

Richal lan

Chair.

School of Psychology Research Ethics Committee

Safety protocol for adults Version 28/11/2017 TCD Security: 01 896 1317

## <u>SCENARIO 1:</u> Participant becomes distressed without apparent cause. No risk of harm is evident to researcher.

The lab environment may be intimating. During testing, a participant becomes notably distressed or uncomfortable.

### **Response:**

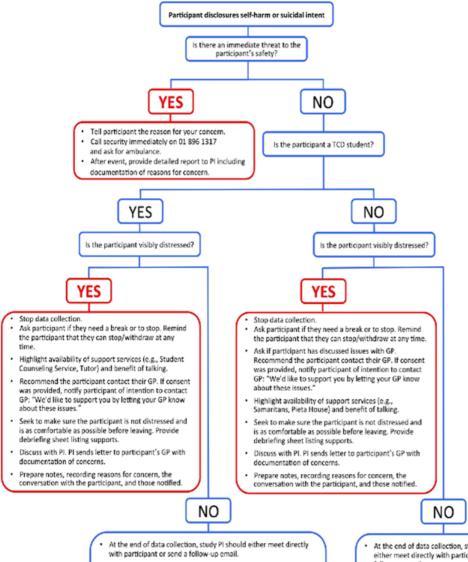
- End data collection.
- Ask how the participant is feeling to identify problem: e.g., *are you feeling overwhelmed/claustrophobic/uncomfortable etc?*
- Remind the participant of their right to end data collection and/or withdraw from the study at any time.
- Offer a break. Offer water. Ask if they'd like to step outside. Ask if they have any strategies (e.g., mindfulness) that help when they are feeling distressed.
- After the session has ended, inform study PI. Review study procedures to understand the source of the distress and to identify if recurrence can be prevented.

# <u>SCENARIO 2:</u> Participant discloses a history of self-harm or current plans to self-harm

It is possible a participant will disclose information that suggests that they are at risk through their own behaviour. Here, assess the risk level and decide an appropriate response.

Risk assessment is informed by three pieces of evidence. Any one of these alone may be sufficient to prompt a response

- 1. Excessive concern of experimenter.
  - Does the participant's behaviour, words, or actions worry you?
  - Have they indicated (e.g., on a clinical assessment) that they are experiencing high levels of distress and/or have a suicide plan?
- 2. Immediacy of risk.
  - Do the participant's words or actions suggest that they are at immediate risk e.g., suicide plan is ready.
- 3. Availability of support services what is the answer to the following questions?
  - "Are you in counselling?"
  - "Are you in contact with a mental health service?"
  - "Does anyone else know about these feelings?"
- 4. Is the participant a TCD student or someone from outside the College?



- If in person, highlight reason for concern with participant "You mentioned some ongoing issues. Ask whether they have engaged with any supports. Mention supports available, including their Tutor and eight free counseling sessions with Student Counseling Service. Ask whether they would mention their concern to their GP. Encourage them to reach out to Tutor.
- If by email, convey the following: "We have become aware that during your recent participation in our study, you alluded to some ongoing issues. We are strongly encouraging you to contact your college tutor to discuss the supports that are available to you. With your permission, we will contact your tutor to let them know that their pastoral support may be needed Please respond to this email to indicate whether you grant us permission to contact your tutor."
- If the student does not respond within a reasonable time-frame (3-4 days), then the supervisor should alert the tutor.
- If the student responds that they do not grant permission, a further email recommending that they contact the Tutor themselves and/ or other college supports (e.g., Counselling Service) should be sent.
- Researcher/PI should prepare notes, recording reasons for concern, the conversation with the participant, and action taken

- At the end of data collection, study PI should either meet directly with participant or send a follow-up email
- If in person, highlight reason for concern with participant "You mentioned some ongoing issues." Ask whether they have talked to their GP or engaged with any supports. Recommend the participant contact their GP. Mention other supports available, (e.g., Samaritans, Pieta House) and benefit of talking. Provide debriefing sheet that includes these contact details.
- If by email, convey the following: "We have become aware that during your recent participation in our study, you alluded to some ongoing issues. We are strongly encouraging you to contact your GP to discuss the supports that are available to you." Provide debriefing sheet that includes contact details for support services such as Samaritans and Pieta House.
- Researcher/PI should prepare notes, recording reasons for concern, the conversation with th participant, and action taken.