

**Information sheet**  
**Department of Philosophy • University of Birmingham**

**Title of**

**Study:** **Perceptions of control and wellbeing in OCD**

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**Investigators:**

**Eugenia**

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**Introduction**

- You are being asked to be in a research study on the potential benefits of delusional beliefs on perceptions of control and wellbeing in OCD.
- You were selected as a possible participant because you identified as living with OCD, you are over 18 years old and you have never had a special educational needs provision.
- We ask that you read this form and ask any questions that you may have before agreeing to be in the study.

**Purpose of Study**

- In general, the purpose of the present study is to investigate perceptions of control and wellbeing in OCD. In particular, the study assesses whether delusional beliefs in OCD enhance the sense of control and wellbeing of people suffering from OCD, helping them cope with the symptoms of their condition.
- Ultimately, this research may be published as a part of a PhD dissertation or a paper.

**Description of the Study Procedures**

- If you agree to be in this study, you will be asked to do the following things: answer one written questionnaire by email and take part in an informal semi-structured interview. The questionnaire measures the severity of OCD symptoms. The interview explores perceptions of control and wellbeing in OCD. Answering the written questionnaire should take around half an hour and you can do this by email. You can choose to be interviewed on Skype, Zoom or by email, by answering a list of written questions. There will be no set time for the interview; its duration will be up to you. In case of a Skype or Zoom interview, the interview will be audio recorded. We will ask you to sign a written consent form prior to completing the interview. After you have returned the consent form by email, you will be assigned a participant code which will be used to ensure confidentiality.

**Right to Refuse or Withdraw**

- The questionnaire and the interview ask questions regarding your perceptions of control and wellbeing that you may find difficult or sensitive. The decision to participate in this study is entirely up to you. You may refuse to take part in the study *at any time during the completion of the written questionnaire or the conduct of the interview* without affecting your relationship with the investigators of this study or with the University of Birmingham. Your decision will not result in any loss or benefits to which you are otherwise entitled. You have

the right not to answer any single question, as well as to withdraw completely from the process at any point during the conduct of the interview or the completion of the written questionnaire; additionally, you have the right to request that the interviewer not use any of your material until one week after the completion of the interview.

### **Risks/Discomforts of Being in this Study**

- The questionnaire and the interview ask questions about perceptions of control, wellbeing and the nature of your OCD symptoms. You may find these questions sensitive or difficult. In the case you became distressed during the interview, you can stop the interview, do it at another time or withdraw altogether. This is up to you and we will not question your choice. If you would like us to, we can contact anyone to support you. You can also find a list of appropriate local services and support that you can access in the next page. If you became distressed during an interview (unless you have stated that you want to withdraw and/or not be contacted again), we will check in with you 24 hours later to see if you are okay and if there is any further way we might support you, such as by offering further links to resources such as helplines. In case there is an immediate risk for your safety or for that of other people, confidentiality will be broken to call someone you trust or, if you refuse, the police or an ambulance.

### **Benefits of Being in the Study**

- The benefits of participation are to help challenge the stigma associated with mental health conditions by showing that even pathological beliefs (such as delusions) can contribute to the proper functioning of individuals who find themselves in a situation of difficulty.

### **Confidentiality**

- All information from this study (including personal data, email correspondence, your responses to the first questionnaire and your interview data) will be kept strictly confidential. Research records will be kept in a locked and password protected file on RDS (Research Data Store, the secure University of Birmingham IT system to store research data) for ten years before being deleted. We will not include any information in any report we may publish that would make it possible to identify you. The only people to have access to the research data will be the investigator of this project and her three supervisors. All your personal data (name, surname etc.) will be deleted within one week after the completion of the interview. In case there is an immediate risk for your safety or for that of other people, confidentiality will be broken to call someone you trust or, if you refuse, the police or an ambulance.

### **Payments**

- There will be no payment.

### **Right to Ask Questions and Report Concerns**

- You have the right to ask questions and report concerns about this research study: Eugenia Lancellotta will answer your questions by email before, during or after the research, from Monday to Friday, 9 a.m.-5p.m. Her email is [EXL737@student.bham.ac.uk](mailto:EXL737@student.bham.ac.uk). On request, a summary of the results of the study will be sent to you via email. If you have any other

concerns about your rights as a research participant that have not been answered by the investigator, you may contact Prof. Matthew Broome at [M.R.Broome@bham.ac.uk](mailto:M.R.Broome@bham.ac.uk), from Monday to Friday 9a.m- 5p.m.

### **Where to get urgent help**

#### **Call 999 or go to A&E now if:**

- someone's life is at risk – for example, they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

#### **Get advice from 111 or ask for an urgent GP appointment if:**

- you need help urgently for your mental health, but it's not an emergency
- you're not sure what to do

111 will tell you the right place to get help if you need to see someone.

Use the [NHS 111 online service](#), or call [111](#).

You may be able to speak to a nurse, or mental health nurse, over the phone.

### **Mental health helplines**

#### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

#### **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 07984 967 708 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

#### **No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

#### **OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 8pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

#### **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.  
Phone: 0333 212 7890 (Monday to Friday, 9am to 4.45pm)

Website: [www.ocduk.org](http://www.ocduk.org)

**Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)