



University of Brighton

Participation Information Sheet

Exploring Mental Health Television

I am a postgraduate researcher from the Psychology, Psychotherapy & Counselling Division in the School of Applied Social Science at the University of Brighton. I would like to invite you to take part in my study. Before you decide, please read this information sheet carefully. Feel free to ask any questions if anything is not clear or discuss it with other people.

What is the purpose of the study?

The focus of my research is factual TV series about mental health that involve people taking part in interventions. This could be therapy such as CBT, or it could be other activities like exercise, singing or decluttering. Examples include *Mind Over Marathon (BBC1)*, *The Hoarder Next Door (C4)*, *Freaky Eaters (BBC3)* and *Obsessive Compulsive Cleaners (C4)*. I am aiming to find out how TV participants find the experience of being filmed and appearing on television and explore any positives or negatives of taking part. I plan to talk to TV participants, production teams and therapists who have been involved in these kind of programmes and identify common factors that make participation successful and what the challenges may be.

Who can take part?

I would like to speak to people who have been a main participant in a TV series involving taking part in therapy or activities related to issues such as anxiety, hoarding, OCD or phobias. However if you are currently experiencing distress it may not be possible to include you in the study.

Do I have to take part?

No, taking part in the research is entirely voluntary. If you would like to be involved you will be asked to sign a consent form before any information is collected, however you can change your mind or withdraw from the study up to two months after taking part. In this case, I will ask whether any information already provided can still be used or whether it should be deleted. You are encouraged to talk about any concerns you might have at any time during the course of taking part in the research.

What is involved?

Taking part in the research involves being interviewed one-to-one by myself. The interviews will take 1-2 hours, but the time can be flexible depending on your needs. The interview will be arranged at a convenient location for yourself, or by skype if more suitable. Whilst there are some particular topics I am interested in and will ask questions about, the interviews will be informal, and you will be free to ask questions and talk about the things that are important to you. You can also let me know at any stage before or during the interview if there are any things you are uncomfortable talking about and we can move on to other topics.

All the interviews will be audio recorded as it is important I capture your thoughts and experiences in your own words. The audio recordings from interviews will be transferred from the digital recorder to a secure, password protected, space on the University of Brighton computer server. Only myself and my PhD supervisors will have access to the recordings. No information from the interviews will be shared with anyone else involved in the TV production.

What are the potential disadvantages or risks of taking part?

During the course of the research you may wish to talk about the mental health issues that led you to become involved in the television series and share your experiences of the support you received. Whilst it is hoped that this will be a positive process, there is the possibility that you may find yourself reflecting on upsetting memories or distressing thoughts.

Before taking part in the research I will ask what mental health and/or other support you currently have available to you and encourage you to make them aware of your participation in the research in the event that you require additional support. I will be available to discuss any concerns you may have and will also provide you with contact details of organisations that may be able to help you if you experience any distress as a result of participating in the research.

What are the potential benefits of taking part?

This research is an opportunity to talk about your 'behind the scenes' experiences of taking part in a television show. The aim is to give a voice to television participants with mental health issues and has the potential to inform how television series are made in future.

Who will know I have taken part in the research?

It is up to you who you tell about your participation in the research. Any correspondence or interview will take place in private and your personal information will be treated as confidential. The only exception to this is if I have serious concerns for your welfare such as if you tell me of any intention to cause harm to yourself or someone else. In this case I will talk to you first about the best thing to do before taking any further action.

Your name or personal details will not be used in any documents based on the research findings without your permission. I will alter details that might identify you, for example each participant will be given a fictitious name to protect their anonymity.

What will happen to the results of the project?

The research will form the basis of my PhD studies. The study findings will be available online and I hope to publish articles, so the learning can be shared more widely.

Will I be paid for taking part?

I cannot pay you for your time however I can offer you a voucher for £10 towards any travel expenses.

Who is funding the research?

The research is being funded by the Economic Social Research Council.

What if there is a problem?

I hope that you will feel able to raise any concerns or questions with myself in the first instance, but if you would prefer to speak to someone else, then please contact Matthew Adams (PhD supervisor).

Thank you for reading this information. Please feel free to get in touch with any questions.

Contact information	
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This study has been reviewed and approved by the School of Applied Social Science Research Ethics and Governance Committee of the University of Brighton.

Where can I get help and support?

It is possible that the research will raise questions for you. Here is a list of helplines and support groups that you may find useful before or after taking part in this research study

Helplines offering emotional support services or information:**Samaritans.**

Confidential support for people experiencing feelings of distress or despair.

Phone: **116 123** (free 24-hour helpline, 365 days a year) Website: www.samaritans.org.uk

SANEline

Offers emotional support and information from 6pm–11pm, 365 days a year.

Phone: **0300 304 7000**. Comfort and care via text message: <http://www.sane.org.uk/textcare>

Peer support forum: www.sane.org.uk/supportforum website: www.sane.org.uk

CALM.

For men experiencing distressing thoughts and feelings, open from 5pm–midnight, 365 days a year.

Phone: **0800 58 58 58**. Also have a webchat service if you're not comfortable talking on the phone.

Website: www.thecalmzone.net

Switchboard, the LGBT+ helpline.

For people identifying as gay, lesbian, bisexual or transgender. Available from 10am–11pm, 365 days a year, to listen to any problems you're having. Phone operators all identify as LGBT+.

Phone: **0300 330 0630**

Mind

Infoline open from 9am–6pm weekdays. Also lots of helpful information on their website

Phone: **0300 123 3393**, text **86463** or email info@mind.org.uk. Website: www.mind.org.uk

Papyrus HOPEline.

Practical advice and support for people under 35 and struggling with suicidal feelings and self-harm, Open weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–5pm.

Phone: **0800 068 4141**, or text **07786 209 697**.

Problem-specific information and support:**Anxiety UK**

Charity providing support if you've been diagnosed with an anxiety condition.

Helpline weekdays 9.30am–5.30pm, on **08444 775 774**. www.anxietyuk.org.uk

No Panic

Helpline for people experiencing anxiety disorders, open 10am–10pm, 365 days a year,

Phone: **0844 967 4848**. Website: www.nopanic.org.uk

OCD Action

Support and information for anybody affected by OCD. Help and information line weekdays 9.30-8pm

Phone: **0845 390 6232** or **020 7253 2664** Website: www.ocdaction.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Advice line weekdays 9am–5pm

Phone: **0845 120 3778**, or you can email them at support@ocduk.org. Website: www.ocduk.org

Depression Alliance

Has a network of self-help groups for sufferers of depression. Website: www.depressionalliance.org

In an emergency:

For all serious medical emergencies (including mental health emergencies), to get face-to-face medical help quickly **call 999** or go to your nearest (A&E).