

Participant Information Sheet



Salomons Institute for Applied Psychology
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www.canterbury.ac.uk/appliedpsychology

Information about the research

What might help and hinder new mothers in disclosing unwanted harm thoughts about their infant?

Hello. My name is Aimee McGinn and I am a trainee clinical psychologist at Canterbury Christ Church University. I would like to invite you to take part in a research study. Before you decide whether to take part, it is important that you understand why the research is being done and what it would involve for you. It can be helpful to talk to someone you trust about taking part in the study.

Part 1 explains the purpose of this study and what will happen if you chose to take part.
Part 2 gives you more detailed information about the conduct of the study

What is the purpose of the study?

It is common for new mothers to experience unwanted, intrusive thoughts about harm coming to their infant but limited research has been carried out to understand this in new mothers with OCD. This project aims to understand the barriers and facilitators to mothers disclosing these thoughts to their health visitor.

We hope that the outcome of this research will help to provide guidance to healthcare professionals working with new mothers.

Why have I been invited?

You have been invited because you responded to an advertisement put out via Maternal OCD Charity. We are interested in speaking to mothers who have experienced postnatal OCD, specifically intrusive thoughts of infant-related harm, and either disclosed these thoughts or felt unable to disclose these thoughts to a healthcare professional. We hope to interview 10 mothers and 6 health visitors for this study.

Do I have to take part?

It is up to you to decide whether to join the study or not. As already mentioned, it can be helpful to speak with someone you trust about whether you want to take part. I will send a follow up email 24 hours after you have received this information sheet and you can reply to this email to let me know if you agree to take part. I will then ask you to sign an online consent form. Please know, you are free to withdraw at any time, without giving a reason.

What will happen to me if I take part?

The research initially involves completing a short online questionnaire that will help us to determine whether/when to invite you for an interview. This will include questions such as your age, sex, marital status, and questions about your experience, for example, whether you are a first time mother. You might then be asked to participate in an online interview that will last up to an hour. The interview will be audio-recorded and will finish with a short debriefing of the study and the opportunity to ask any questions.

If you take part in the interview, you will also be invited to review the themes from the analysis of the interviews to check that I've accurately made sense of your experiences. This is optional and to ensure that my results are trustworthy.

We can schedule the interview at a time that is convenient for you and it is important that you are in a quiet and private space for the interview. This is so you can speak openly without anyone else in the room with you, and where it is quiet enough to hear and audio record the interview.

Expenses and payments

You will receive a £10 Amazon voucher as reimbursement for your time in taking part in this study.

What will I be asked to do?

You will be asked to attend an online interview with me, Aimee, at a time that is convenient for you. During the interview you will be asked open-ended questions that will explore your experience of disclosing unwanted harm thoughts to healthcare practitioners, including your thoughts and feelings related to this. You can choose what questions you want to answer or not.

What are the possible disadvantages and risks of taking part?

Given the sensitive nature of this topic, it is possible you may get distressed if you are discussing something you find difficult or emotional. If you think talking about your experience will cause you a lot of distress, it is recommended that you do not take part. If you do not expect to be distressed but find you are becoming upset during the interview, we can take breaks and you can discuss how the interview felt at the end. You can also let me know if you would like to stop taking part at any point. I can also provide you with the contact details of local support groups, if necessary.

What are the possible benefits of taking part?

We cannot promise the study will help you but the information we gather from this study will help to improve our understanding of how healthcare professionals can support mothers with OCD who experience unwanted harm thoughts.

What if there is a problem?

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer will be addressed and can be raised with me at any time during the study. Alternatively, you can contact the Salomons Research Director to raise any concerns or make a complaint. The detailed information on this is given in Part 2.

Will information from or about me from taking part in the study be kept confidential?

Yes. We will follow ethical and legal practice and all information about you will be handled in confidence. There are some rare situations in which information would have to be shared with others. The details are included in Part 2.

This completes part 1.

If the information in Part 1 has interested you and you are considering participation, please read the additional information in Part 2 before making any decision.

Part 2 of the information sheet

What will happen if I don't want to carry on with the study?

You can withdraw from the study at any time by leaving a message on the 24-hour voicemail number (01227927070) or emailing me (am1321@canterbury.ac.uk). If you choose to withdraw before the study has been submitted as part of a Major Research Project contributing towards the lead investigator's doctoral degree, we would like to use the data collected up to your withdrawal. If you do prefer that your data is withdrawn after interview, we ask that you inform us within 2 weeks of completing the interview.

What if there is a problem?

Any complaints made by you will be taken very seriously and reviewed by me, and if necessary, Canterbury Christ Church University.

Concerns and Complaints

If you have a concern about any aspect of this study, you should ask to speak to me and I will do my best to address your concerns. You can contact me by leaving a message on the 24-hour voicemail phone number 01227 927070. Please leave a contact number and say that the message is for Aimee McGinn and I will get back to you as soon as possible. If you remain dissatisfied and wish to complain formally, you can do this by contacting Dr Fergal Jones, Clinical Psychology Programme Research Director, Salomons Institute for Applied Psychology – fergal.jones@canterbury.ac.uk

Will information from or about me from taking part in the study be kept confidential?

All information which is collected from or about you during the course of the research will be kept strictly confidential. The information below explains how this will be done:

- The data you provide will be kept in electronic format in a password protected folder on the researcher's computer.
- Names of participants will be replaced with false names and identifying information anonymised when I type up the interview.
- Your anonymous data would be kept securely at the Salomons Institute for Applied Psychology for 10 years, after which time it will be destroyed.
- The lead researcher will be the only person who has access to any personally identifiable information.
- The only time when I would be obliged to pass on information from you to a third party would be if, as a result of something you told me, I were to become concerned about your safety or the safety of someone else. I would not do this just as a result of you talking about unwanted harm thoughts.
- You have the right to check the accuracy of data held about you and correct any errors.

What will happen to the results of the research study?

The data collected will be reported anonymously in my Major Research Project and also submitted for publication in the Journal of Reproductive and Infant Psychology. This may include anonymised quotes from your interview. If you would like, you can be provided with a summary sheet of the findings and link to the results after publication, via email.

Who is sponsoring and funding the research?

This study was organised by the lead researcher (Aimee McGinn) with input from a lead supervisor (Dr. Sue Holttum) and external supervisor (Dr. Janice Rigby), as part of the lead researcher's Clinical Psychology doctoral training at Canterbury Christ Church University. The university has funded this research.

Who has reviewed the study?

This study has been reviewed and been approved by The Salomons Ethics Panel, Salomons Institute for Applied Psychology, Canterbury Christ Church University.

Should you wish to take part, you will be given a copy of this information sheet to keep for your records in addition to a signed consent form.

Further information and contact details

If you would like to speak to me and find out more about the study or have questions about it answered, you can leave a message for me on a 24-hour voicemail phone line at 01227 927070. Please say that the message is for me (Aimee McGinn) and leave a contact number so that I can get back to you. Alternatively, you can also contact me via email at: a.mcginn1321@canterbury.ac.uk

If you would like to speak to the member of the research department who is supervising the study, please contact Sue Holttum at: sue.holttum@canterbury.ac.uk

Finally

Thank you for considering taking part in this research project, it is very much appreciated.