

## **Participant Information Sheet**

### **Single Session Behavioural Activation Training Programme online for OCD**

#### **1. Invitation to research**

My name is Sabah Banares and I am a Doctoral scholar at Manchester Metropolitan University studying a Doctorate in Psychological Therapies. I am from Manchester, United Kingdom. I will be conducting some research around a brief Behavioural programme to understand its delivery using digital online resources (in a single session) for individuals impacted by the Coronavirus pandemic and self-assess as having OCD symptoms.

#### **What is the study about?**

We want to study the effect of a very brief behavioural training programme, delivered digitally and remotely. The programme is delivered in a single session on an online platform. We want to know how effective this programme is for you, and we would like your thoughts and reflections on the technique. This information sheet will explain what the study is all about. Before you decide, you need to understand why the research is being done and what it involves. Please read this information carefully.

#### **2. Why have I been invited?**

We are looking to study the effectiveness of this behavioural programme using an online platform. We have approached you because you may have been impacted by the Coronavirus Pandemic, and the programme has been designed with the Coronavirus Pandemic in mind, particularly focusing on individuals who have Obsessive Compulsive Symptoms for instance, repeating tasks such as hand washing; constantly thinking over things etc.

#### **3. Do I have to take part?**

It is up to you to decide. We will describe the study and go through the information sheet. We will then ask you to sign a consent form to show you agreed to take part. You are free to

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withdraw until the 30<sup>th</sup> of September 2021, without giving a reason. The reason for this date is because from the following day, data analysis will commence.

#### **4. What will I be asked to do?**

The programme is low-risk, focusing on your thoughts, moods and behaviour in helping to reduce the Obsessive-Compulsive Symptoms. The programme requires no introspection and is a very straight forward approach to goal setting and looking to the future positively. To assess this, we are asking you to engage in answering some questions so that you can produce some goals. The aim of the programme is to reduce any obsessive thoughts or behaviours over the period of the project and hopefully increase your overall well-being. You will be able to access the programme via Orchard, OCD Action or OCD UK. The project involves 4 stages, the first being the programme and then three follow-ups which only require you to complete questionnaires. The second stage, 2 weeks after the programme. The third stage, 6 weeks after the programme. And the final stage 10 weeks after the programme.

#### **5. Are there any risks if I participate?**

The programme is a non-invasive process, and a low-risk to people who engage with it. Some individuals can find it upsetting to think about their thoughts and feelings, but the programme helps you to think about activities and goals positively. However, if you experience any distress following participation you are encouraged to inform myself as soon as possible where I will be able to assist you in receiving any further support.

#### **6. Are there any advantages if I participate?**

Previous studies suggest that this programme will help to reduce mood, anxiety and behavioural difficulties. We also hope that you find the programme easy to understand and follow. We hope you find the programme useful and apply the teaching within your daily lives.

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## **7. What will happen with the data I provide?**

When you agree to participate in this research, we will collect from your personally-identifiable information.

The Manchester Metropolitan University ('the University') is the Data Controller in respect of this research and any personal data that you provide as a research participant.

The University is registered with the Information Commissioner's Office (ICO), and manages personal data in accordance with the General Data Protection Regulation (GDPR) and the University's Data Protection Policy.

We will not share your personal data collected in this form with any third parties.

The data collected for this study will be stored securely and only the researchers conducting this study i.e., myself and Supervisors (Dr Martin Turner; Dr Leanne Rimmer and Dr Benjamin Harkin) will have access to this data:

- The files on the computer will be encrypted (that is no-one other than the researcher will be able to access them) and the computer itself password protected.
- The electronic files will be saved on a password encrypted one drive for up to 7 years. At the end of this period, they will be destroyed.
- All your personal data will be confidential and will be kept separately from your email identifier so you there will be no resource that can link your data to your personal identifier code. This code will only be used to send you email reminders to complete the follow-up questionnaires.

For further information about use of your personal data and your data protection rights please see the University's Data Protection Pages (<https://www2.mmu.ac.uk/data-protection/>).

## **What will happen to the results of the research study?**

The study will be used as the principal investigators thesis in helping them with their doctoral assessments. We will publish the results of the study in a scientific journal. We will also share the results within clinical settings and may present at relevant conferences.

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If you would like a summary of the research findings you can contact the charity where you heard about this project or you can email the principal researcher who can provide a one-page summary of the project.

**Who has reviewed this research project?**

The Manchester Metropolitan University Ethics Committee.

**Who do I contact if I have concerns about this study or I wish to complain?**

If you have any questions about the study, please contact the principal researcher:

*Sabah Banares* - [sabah.a.banares@stu.mmu.ac.uk](mailto:sabah.a.banares@stu.mmu.ac.uk)

Sabah Banares

Doctorate in Psychological Therapies Student

Manchester Metropolitan University

Dr Martin Turner

Director of Studies

[m.turner@mmu.ac.uk](mailto:m.turner@mmu.ac.uk)

Manchester Metropolitan University

If you wish to speak to someone outside of the Department of Psychology, you may also contact:

Professor Khatidja Chandler

Faculty Head of Ethics

Email: [k.chandler@mmu.ac.uk](mailto:k.chandler@mmu.ac.uk)

Faculty of Health, Psychology & Social Care

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Data Protection Officer

Email: [dataprotection@mmu.ac.uk](mailto:dataprotection@mmu.ac.uk)

Contact Number: 0161 247 3331

If you have any concerns regarding the personal data collected from you, our Data Protection Officer can be contacted using the [legal@mmu.ac.uk](mailto:legal@mmu.ac.uk) e-mail address, by calling 0161 247 3331 or in writing to: Data Protection Officer, Legal Services, All Saints Building, Manchester Metropolitan University, Manchester, M15 6BH. You also have a right to lodge a complaint in respect of the processing of your personal data with the Information Commissioner's Office as the supervisory authority. Please see: <https://ico.org.uk/global/contact-us/>

**THANK YOU FOR CONSIDERING PARTICIPATING IN THIS PROJECT**

[https://mmu.eu.qualtrics.com/jfe/form/SV\\_3Ctk8kbxtA3dZ8q](https://mmu.eu.qualtrics.com/jfe/form/SV_3Ctk8kbxtA3dZ8q)