

Participant Information Sheet

The perspectives of people with OCD on using mobile applications to support their mental health

For further information about how Lancaster University processes personal data for research purposes and your data rights please visit our webpage: www.lancaster.ac.uk/research/data-protection

My name is Faromarz Nasiri and I am conducting this research as a trainee clinical psychologist on the Doctorate in Clinical Psychology programme at Lancaster University, Lancaster, United Kingdom.

What is the study about?

The purpose of this study is to explore the perspectives of individuals with obsessive compulsive disorder of using mental health applications to support their difficulties. It is hoped that this will help to identify themes around the barriers and facilitators of mental health apps to support OCD difficulties.

Why have I been approached?

We are asking individuals to take part who have a diagnosis or self-diagnosis of OCD and have substantially engaged with a mental health app in the last year to support difficulties associated with their OCD. Individuals who are over the age of 18 and fluent in English are eligible to take part in the study.

Do I have to take part?

No. It's completely up to you to decide whether or not you take part. Whatever decision you make, you do not have to give a reason.

What will I be asked to do if I take part?

If you do decide to participate, this will require about an hour of your time to take part in an interview with the researcher (Faromarz). The interview can be conducted over remotely over Microsoft Teams, or via telephone or face-to-face. You can ask any questions before the interview starts and then you will be asked to complete a consent form prior to taking part in the interview. All interviews will be recorded on a digital recorder or via the recording feature on Microsoft Teams.

Will my data be Identifiable?

The data collected for this study will be stored securely and only the researchers conducting this study will have access to this data:

- Recordings from the interviews will be kept until thesis examination (Summer 2023) and then securely destroyed.
- Lancaster University will keep copies of the interview transcriptions and the consent forms electronically for 10 years after the study has finished or 10 years from

publication, whichever is longer. At the end of this time, they will be securely destroyed.

- Files held on the computer will be encrypted (meaning no one other than the researchers can access them) and the computer itself will be password protected
- The typed transcript interviews will be made anonymous by removing any identifying information. Anonymised direct quotations may be used in the report or in publications of the study. Therefore, confidentiality cannot be guaranteed but anonymity will be as far as is possible.
- Personal demographic data collected by the researcher will be confidential and will be kept separately to interview responses. These will be destroyed after thesis examination.

There are some limits to confidentiality: if what is said in the interview makes me think that you, or someone else, is at significant risk of harm, I will have to break confidentiality and speak to a member of staff about this. If possible, I will tell you if I have to do this.

What will happen to the results?

The results will be summarised and reported as part of my doctorate thesis and will be submitted for publication in an academic or professional journal.

Are there any risks?

There are no risks anticipated with participating in this study. However, if you experience any distress following participation you are encouraged to inform the researcher and contact the resources provided at the end of this sheet.

Are there any benefits to taking part?

There will be no direct benefit to participation in this study, however, it is hoped that participants may find it validating to talk about their perspectives of using mental health apps and therefore may find it a positive experience to participate in this study. Furthermore, it is hoped that this research will inform the future development and consideration of mental health apps, particularly for people with OCD.

Who has reviewed the project?

This study has been reviewed and approved by the Faculty of Health and Medicine Research Ethics Committee at Lancaster University.

Where can I obtain further information about the study if I need it?

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

Researcher

Faromarz Nasiri

Trainee Clinical Psychologist, Doctorate in Clinical Psychology, Faculty of Health and Medicine, Lancaster University, Lancaster, LA1 4YT

E-mail: f.nasiri@lancaster.ac.uk

Research Supervisor

Dr Ian Smith, Research Director, Doctorate in Clinical Psychology, Lancaster University

E-mail: i.smith@lancaster.ac.uk

Complaints

If you wish to make a complaint or raise concerns about any aspect of this study and do not want to speak to the researcher, you can contact:

Dr Ian Smith

Tel: (01524) 592282

Research Director, Doctorate in Clinical Psychology; Email: i.smith@lancaster.ac.uk

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If you wish to speak to someone outside of the Clinical Psychology Doctorate Programme, you may also contact:

Dr Laura Machin Tel: +44 (0)1524 594973

Chair of FHM REC Email: l.machin@lancaster.ac.uk

Faculty of Health and Medicine

(Lancaster Medical School)

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Thank you for taking the time to read this information sheet.

Resources in the event of distress

Should you feel distressed either as a result of taking part, or in the future, the following resources may be of assistance.

Samaritans

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

www.samaritans.org

116 123 (free to call from within the UK and Ireland), 24 hours a day

Email: jo@samaritans.org

OCD Charities:

OCD-UK

www.ocduk.org

01332 588112 (Monday-Friday 9:30am-3:30pm)

OCD Action

www.ocdaction.org.uk

0300 636 5478 (Monday-Friday 9:30am-8pm)