

Investigating the effectiveness of emotion-skills training

Participant Information Sheet

We are 3rd year undergraduate students and are asking for you to participate in our study. We very much hope that you would like to take part. This information sheet will try and answer any questions you might have about the project, but please don't hesitate to contact us if there is anything else you would like to know.

Who is carrying out the research?

A research group composed of six UCL students supervised by Dr Amy Harrison.

Why are we doing this research?

Recent research has highlighted that individuals with symptoms of eating disorders, obsessive compulsive disorder and anxiety, as well as those with traits of autism might struggle with regulating their emotions. Yet, existing research has largely focused on people receiving treatment in hospitals and we think emotion skills training could be helpful for the wider population. We are also interested in whether involving the support of others when using the emotion-skills training might give added benefits and whether improving your ability to manage emotions might reduce feelings of loneliness. This study will help fill this research gap.

Why am I being invited to take part?

We are looking for people who think they might be struggling with their relationship with their body and eating/food, as well as those who think they might be affected by anxiety or obsessive-compulsive disorder symptoms and those who think they might have traits of autism. We also want to include people who don't identify with any of these symptoms. We would like to involve people aged 16 and above who are not currently receiving treatment for a mental health difficulty. By taking part in this study you will help us understand whether emotion-skills training could be helpful. This will help us to understand whether learning new emotion skills might help you to better manage your emotions.

What will happen if I choose to take part?

The study will require you to complete one questionnaire, and then engage with an intervention (either in written or audio format) designed to help you to develop emotion-skills and then complete another questionnaire, in this order. The questionnaires take around 20 minutes to complete. The questionnaires will ask about eating habits, anxiety, symptoms of obsessive-compulsive disorder, traits of autism, loneliness, social support and emotion regulation. The intervention which has been widely used in clinical settings will provide strategies for dealing with negative emotions. Over the course of 4 weeks, we will email you with a new emotion skill to be practising and you can choose to access this material in audio or written format. We will ask you how much of the emotion skills training you used. The intervention we will be using is not a treatment, however, and not a replacement for medical treatment. If you feel you need medical treatment for any difficulties you might have, we encourage you seek this out rather than take part in our study.

Will anyone know I have been involved?

You do not have to tell anyone that you're taking part, although you might like to discuss your participation with loved ones. Only the researcher team. Once collected, all data will be anonymised.

Could there be problems for me if I take part?

It might cause some discomfort to answer questions about your mental health and emotion regulation. It is important that you are aware that you are entitled to stop and withdraw from the study at any point. We hope the emotion skills training intervention will be interesting and will benefit you, and it is possible that your skills may not change very much.

What will happen to the results of the research?

Results of this research will be used to write a research report. All anonymised data will be stored in a digital format for 10 years in UCL Safehaven. The anonymised data will be archived for use by other researchers.

Do I have to take part?

It is entirely up to you whether or not you choose to take part – there will be no repercussions should you choose to withdraw from the study. If you do choose to be involved however, then we hope that you will find it a valuable experience.

Data Protection Privacy Notice

The data controller for this project will be University College London (UCL). The UCL Data Protection Office provides oversight of UCL activities involving the processing of personal data, and can be contacted at **data-protection@ucl.ac.uk**. UCL's Data Protection Officer can also be contacted at **data-protection@ucl.ac.uk**.

Further information on how UCL uses participant information can be found here: **www.ucl.ac.uk/legal-services/privacy/participants-health-and-care-research-privacy-notice**

The legal basis that would be used to process your personal data will be performance of a task in the public interest. The legal basis used to process special category personal data will be for scientific and historical research or statistical purposes/explicit consent.

Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this, and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at **dataprotection@ucl.ac.uk**.

Contact for further information

If you have any further questions before you decide whether to take part, you can research our supervisor at **a.harrison@ucl.ac.uk**. If you would like to be involved please press the blue button below.

This project has been reviewed and approved by the UCL IOE Research Ethics Committee.

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