

## **INFORMATION SHEET FOR PARTICIPANTS**

*Ethical Clearance Reference Number: HR/DP-22/23-32992*



**YOU CAN DOWNLOAD A COPY OF THE INFORMATION SHEET NOW AND AT THE END OF THE SURVEY**

### **OCD: Misconceptions and Challenges**

#### **Invitation Paragraph**

I would like to invite you to participate in this research project at King's College London. This project seeks to understand the experiences and perspectives of those with OCD and the challenges they face due to misconceptions surrounding the disorder. Those with a full or working diagnosis are welcome. Those who feel they have OCD but do not yet have a formal diagnosis are also welcome to participate. The study will take the form of a relatively brief survey which should take no longer than 30 minutes to complete, however, participants are welcome to take as long as they need.

#### **What is the purpose of the project?**

The purpose of the project is to gather information around OCD misconceptions and how these may act as barriers or challenges to accessing treatment, as well as how this may impact outcomes for those with OCD. The study will also assess awareness around key debates within OCD discourse.

#### **Why have I been invited to take part?**

You are being invited to participate in this project because you either have a formal OCD diagnosis, a working diagnosis of OCD or suspect you may have OCD, and as such your views, perspectives and experience are central to this investigation.

#### **What will happen if I take part?**

After reading this information sheet in full, if you choose to take part you can select 'continue' and you will be asked to provide your informed consent to participate. Without this you will be unable to access the survey. However, should you change your mind partway through completing the survey you are able to withdraw at any point by simply closing down your web browser.

If you do choose to take part, you will be asked a series of questions about your experiences and perspectives surrounding OCD. The final section of the survey includes three scales that measure OCD, attachment style and depressive symptoms. All of which are validated measures but do not constitute a formal diagnosis, it will not be possible to send you a copy of your responses due to confidentiality issues.

If you complete the survey in full there will be a debrief which outlines the survey further as well as including key resources that you may find useful. Lastly, you will be given the email address of the research contact associated with this project. Feel free to use this email to address any questions you may have. This email cannot be used as a source of mental

health or crisis support, please make use of resources available if you require urgent mental health support.

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

Participation is completely voluntary. You should only take part if you want to, and choosing not to take part will not disadvantage you in any way. Once you have read the information sheet, please contact us if you have any questions that will help you make a decision about taking part. If you decide to take part, we will ask you to provide consent before accessing the survey.

### **Incentives**

No incentives are being offered in exchange for participation within the study.

### **What are the possible risks of taking part?**

Risks associated with taking part are relatively low, it may be that some respondents find some questions upsetting or remind them of upsetting moments. If this is the case participants are advised to end the survey and make use of key resources provided as they feel is necessary.

### **What are the possible benefits of taking part?**

There are no rewards or incentives being offered. However, it is possible that if this project leads to publication respondents will have contributed to the scientific understanding of OCD misconceptions.

### **Data handling and confidentiality**

Your data will be processed under the terms of UK data protection law (including the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018).

- Data collected will be anonymised and confidential. By this we mean, all data will be held in a private online server before they are destroyed. Any reports, or products outlining findings will not be able to be linked to specific participants.
- Data in its raw form will only be shared within the research team before they are deleted.
- No personal data will be shared out of the EU.

### **Data Protection Statement**

If you would like more information about how your data will be processed under the terms of UK data protection laws please visit the link below:

<https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

### **What if I change my mind about taking part?**

You are free to withdraw at any point of the project, without having to give a reason. Withdrawing from the project will not affect you in any way. You are able to withdraw your data from the project up until **end of data collection on 03/04/2024**, after which withdrawal of your data will no longer be possible since data analysis will have begun. If you choose to withdraw from the project, we will not retain the information you have given thus far if requests to withdraw take place before the deadline. After which time it will no longer be possible to remove your specific data.

### **How is the project being funded?**

This project receives no funding.

### **What will happen to the results of the project?**

The results of the project will be summarised in reports and potentially journal publications. Any results will be fully anonymised.

### **Who should I contact for further information?**

If you have any questions or require more information about this project, please contact one of us using the following contact details:

**Lead researcher:** [Joel.r.bates@kcl.ac.uk](mailto:Joel.r.bates@kcl.ac.uk)  
**Project supervisor:** [kulbir.birak@kcl.ac.uk](mailto:kulbir.birak@kcl.ac.uk)

### **What if I have further questions, or if something goes wrong?**

If this project has harmed you in any way or if you wish to make a complaint about the conduct of the project you can contact King's College London using the details below for further advice and information:

The Chair, Health Faculties RESC (Purple), [rec@kcl.ac.uk](mailto:rec@kcl.ac.uk)

**Thank you for reading this information sheet and for considering taking part in this research.**

### **Key resources**

As mentioned above you are free to download this document prior to completing the survey. This means you have a copy of the information sheet, the relevant contact details and resources without having to reach the end of the survey.

Please find below some key resources that you may find useful:

- [OCD NHS](#)
- OCD therapy and free support groups at [NOCD](#)
- [Samaritans](#)
- [SHOUT](#) emergency textline

