

## **Information sheet**

### **Invitation to participate**

We would like to invite you to take part in our research exploring the experience of betrayal among people who identify with having Mental Contamination OCD.

Before you decide whether you want to take part, it is important you understand why the research is being done and what your participation would involve.

Please take the time to read this information carefully and if there is anything you do not understand or any questions you would like answered, please email us on [mc-betrayal@bath.ac.uk](mailto:mc-betrayal@bath.ac.uk). Please feel free to discuss this with others too, whilst you decide if you would like to take part.

### **What is the purpose of this study?**

Most people experience difficulties in their relationships from time to time; we have all been let down by people we trust and at times we may feel that we have let others down. However, some experiences in relationships may leave a lasting impact on how we feel about ourselves, other people, and the world around us. The main purpose of this research is to explore the experience of being let down and perhaps letting others down, amongst people who identify with having Mental Contamination OCD. We are doing this research, with the aim to inform our understanding of this area - this could inform us about the therapy that people with Mental Contamination OCD receive.

### **What would taking part involve?**

Eligibility call:

Whilst anyone who identifies with having Mental Contamination OCD and an experience of betrayal are encouraged to email us, research often involves a process of checking that the experiences and questions involved in the study are a good fit for potential participants and the things researchers are hoping to understand.

This means that before taking part the researchers will invite you to a 10-minute Microsoft Teams call involving some questions about your experience, and will be recorded. It may be that after the call the researchers invite you to take part, or they may explain that the study is not quite right for you on this occasion.

The study:

Taking part in the study will involve completing four online questionnaires, which will ask about your OCD, and your experience of having been betrayed or feeling as though you have betrayed others. These should take approximately 20-30 minutes. Once you have completed the questionnaires, the researchers will either be in touch to invite you to an interview or suggest that an interview would not be a suitable fit for

you on this occasion. If you are not invited for an interview, you will be reimbursed £10 for the time taken to complete the questionnaires

If the researchers invite you to an interview, this would be with Isy or Jess and take place over Microsoft Teams. The interview will be about your experiences of OCD and betrayal and would take approximately one hour. We will use a transcription function, which automatically types up our conversation as we go and audio record the interview so that the transcription can be checked for errors. The recording of the interview will be destroyed once the transcription has been checked. You will be reimbursed £30 via PayPal as a thank you for participating in both the online questionnaires and interview. After reading this form, if you decide you would like to go ahead with the 10 minute teams call, please read and sign the consent form, which will appear on the next screen.

### **Who can take part?**

*To take part in this study you need to:*

- Be 18 years of age or older
- Experience Mental Contamination Obsessive Compulsive Disorder (MC-OCD)
- Have experience of being betrayed and/ or perceiving yourself to have betrayed others
- Be able to speak fluent English

### **Who should not take part?**

If you are currently highly distressed or in crisis, such as having thoughts to harm yourself, we advise you do not volunteer to take part. This is because we will be asking you to remember times that you have been let down or betrayed by others, or about times you feel you have let others down, which may trigger difficult feelings, and we do not want to put anybody at undue risk. Instead, we would suggest you contact your GP and others in your support network if you are not already in contact with local services.

Anyone under the age of 18 should also not participate.

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

No, it is entirely up to you to decide whether you wish to take part or not. After you have read this page, you will be asked to complete a consent form. If you consent to take part, you are free to withdraw from completing the questionnaires, without having to give a reason, by simply closing the browser. If at the interview, you decided you did not want to take part in the study, we would stop the interview and delete your questionnaire data. Of course, if during the interview there was a question you did not want to answer or you wanted to stop early but felt OK with us keeping what you have said so far, that is fine too.

After you have finished participating, you have 14 days to contact the researchers and ask for your responses on either the questionnaires or the interview (or both) to

be withdrawn. However, after 14 days this will not be possible because we will have anonymised the data, meaning that individuals will no longer be identifiable.

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

By participating in this study, you will be helping to advance knowledge regarding the understanding of experiences of betrayal and what they mean to people who have Mental Contamination OCD. This is hoped to inform improvements in psychological therapy for people with these difficulties. Your contribution is highly valued, and you will be paid either £10 or £30 for your time. You will be invited to follow a Twitter research page where updates about the study will be posted.

### **What are the possible disadvantages to taking part?**

The questionnaires will be asking sensitive questions about your mental health. While the questionnaires have not been designed to be distressing, they might bring up difficult thoughts and feelings and could potentially be upsetting. If you are in any way concerned that taking part might cause significant distress or negatively impact your wellbeing, we recommend that you do not participate in the study. Equally, if you feel happy to continue now but later find that taking part is upsetting, please let us know and we can stop immediately.

One questionnaire will ask about OCD, another will ask about Mental Contamination. The last two will ask about times you may have been let down by someone you trusted, and times you feel you may have let others down. You will not be asked to give details, but we do ask you some general questions about it. This may remind you of difficult times from your past, which may have involved a trauma.

It is important to take some time to think about whether you feel able to think about past experiences. We recommend that if you take part in the study, you can speak to a supportive member of your family, friend or a professional should you need to. We provide further information on where you can access support below, and at the end of the study, as well as offering a grounding exercise with Isy or Jess once the interview is over.

### **Sources of Support**

- **Mind** – [www.mind.org.uk](http://www.mind.org.uk) **Helpline: 0300 123 3393**
- **Samaritans** – [www.samaritans.org](http://www.samaritans.org) **24-hour helpline: 116 123**
- **OCD-UK** – [www.ocduk.org](http://www.ocduk.org) **Helpline: 0333 212 7890**
- **OCD Action** – [www.ocdaction.org.uk](http://www.ocdaction.org.uk) **Helpline: 0845 390 6232**

### **What will happen to my data?**

Your data will be anonymised and kept confidential in line with the Data Protection Act and the University of Bath research ethics requirements. Your consent form and questionnaire responses will initially be stored at an encrypted electronic data centre,

only accessible to the researchers via a password-protected online account. At the end of data collection your data will be securely transferred to a password-protected file on a secure storage drive at the University of Bath where it will be stored for at least ten years, after which it will be securely deleted.

### **What will happen to my email address?**

In order for us to be able to pay you for your time, you will be asked to provide your email address. Your email address will be stored securely in the same manner outlined above, it will **not** be used for any purpose other than the payment, and will be securely deleted at the end of data collection.

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

The study will be written up as a research paper. The paper will describe the overall findings of the study, but you will not be identifiable in any way. The paper will be submitted for publication in academic journals and as a part of the researchers' qualification requirements in clinical psychology.

### **Who has reviewed the study?**

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given favourable opinion by the University of Bath Psychology Ethics Committee (Reference number 23011). If you have any concerns about the ethics of this research study, please contact the Head of PREC, University of Bath Psychology Research Department Email: [psychology-ethics@bath.ac.uk](mailto:psychology-ethics@bath.ac.uk) Phone: [01225 384322](tel:01225384322)

### **How do I find out more?**

If you have any questions or want to discuss the research, you can contact the researchers via email on [mc-betrayal@bath.ac.uk](mailto:mc-betrayal@bath.ac.uk) and we will get back to you within 5 working days. Please note that these contact details should only be used for queries relating to the study. The researchers are not able to deal with queries regarding mental health, and their email inbox is only checked sporadically, meaning that any emails might not be replied to immediately.

### **What if there is a problem?**

If you have any concerns or wish to complain about any aspect of the way you have been approached or treated as part of this study, please contact the lead researcher Dr. Josie Millar [jfam20@bath.ac.uk](mailto:jfam20@bath.ac.uk).

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

We would be delighted if you would be willing to consider taking part.

Researchers: Dr. Josie Millar, Isabel Price, Jessica Gillespie