



School of Psychology
Participant Information Sheet
Version: 10.0 Date: 27.11.2023

Beliefs about Possessions



You are being invited to take part in a Cardiff University research project. Before you decide whether or not to take part, it is important for you to understand why the research is being undertaken and what it will involve. Please take time to read the following information carefully and discuss it with others, if you wish.

Thank you for reading this.

1. What is the purpose of this research project?

There are many reasons why someone may decide to buy or keep an item. For example, they may buy a painting because they consider it to be beautiful. They may find it difficult to throw out clothes as they recall memories of wearing them. Research suggests that these sorts of beliefs play a role in Hoarding Disorder (HD).

Individuals with Hoarding Disorder take a lot of objects into their home, but find it difficult to get rid of any. This can lead to clutter in living spaces, making it difficult to do household tasks like cooking and cleaning. To be best able to support these individuals, health professionals need a way of asking about these kinds of beliefs. This will support them in understanding why they may be taking in objects and finding it difficult to get rid of them.

This study intends to evaluate a new questionnaire which captures these beliefs about possessions, by asking a large number of individuals to complete questionnaires. These individuals may have personal experience of difficulties associated with hoarding or obsessive-compulsive disorder (OCD). Individuals who do not identify with these difficulties or any other mental health concerns are also eligible to participate. This will enable us to evaluate how well the new questionnaire measures beliefs about possessions.

2. Why have I been invited to take part?

You have been invited to take part because you will have responded to an advertisement regarding this project.

3. Do I have to take part?

No, your participation in this research project is entirely voluntary and it is up to you to decide whether or not to take part. If you decide to take part, we will ask you to sign a consent form. If you decide not to take part, you do not have to explain your reasons and it will not affect your legal rights. If you are a Cardiff University student, it will have no effect on your education or progression through your particular course.

You are free to withdraw your consent to participate in the research project at any time, without giving a reason, even after signing the consent form. You would be able to request that your data is withdrawn up until the point at which the data is fully anonymised. Please see ‘What will happen to my Personal Data?’ (below) for further information.

4. What will taking part involve?

We will be asking you to complete a survey at two time points because this helps us to understand the reliability of the questionnaire we are developing. To enable us to match individual’s responses from these two time points, you have been emailed a personally identifiable number (PIN). If you choose to take part in this project, you will be asked to enter this PIN into the survey, before being asked to complete a number of questionnaires. These questionnaires are designed to ask about demographic details, beliefs about possessions, as well as general questions about your wellbeing, hoarding and obsessive-compulsive traits. Your responses will be used solely for research purposes and scoring of these does not lead to a clinical diagnosis. We are unable to provide feedback on individual results, but if completing the questionnaires leads to concern or you thinking that some help could be useful, then please see point 7 for some points of contact that may be helpful for you.

As mentioned, we will be asking you to complete a survey at two time points. Completing the first survey should take approximately 30 minutes. Once you have completed this, you will be asked for your permission to be contacted again via email in two weeks. If you give permission to be contacted again, you will be emailed another survey link. This second survey should take approximately 10 minutes to complete and will comprise a smaller number of questionnaires than the first survey.

After we have sent you a survey link, we will send you a brief email prompt within approximately 1 week if we notice that you have not started the survey and/or we notice that you have started but not completed the survey. However, you do not have to act on this email or reply if you have decided to discontinue participation.

5. Will I be compensated for taking part?

On completion of the initial survey sent to you, you will be asked whether you would like to enter a prize draw. If you are interested, you will be directed to a new survey to enter your email address. The prize draw consists of eight £25 vouchers (or equivalent international currency). The prizes will be drawn once recruitment into the study has completed and you will be contacted via email if you have won one of the prizes. You will be asked whether you are able to accept payment as a £25 voucher or whether you require payment in an alternative currency. In the latter case, payment may be made directly to your bank account.

If you complete the second survey, there will be the opportunity to enter your email address into the prize draw again.

6. What are the possible benefits of taking part?

The main benefit we hope people will have is contributing to enhancing the understanding of Hoarding Disorder and, in particular shedding light on some of the psychological processes that may contribute to its development and maintenance. We are not aware of any other direct or indirect benefits of taking part.

7. What are the possible risks of taking part?

We anticipate that there are minimal risks in taking part in this study. The questionnaires are designed to measure beliefs about possessions, as well as general questions about your wellbeing, hoarding and obsessive-compulsive disorder traits. If you anticipate finding it distressing to complete such questionnaires, we thank you for your interest in our study but we'd encourage you not to participate.

If you do participate and you feel unsettled during the study then you are free to stop and discontinue participation at any time. If this applies to you, or you feel unsettled at the end of participating, then please contact your General Practitioner (GP) or contact Samaritans on 116 123 (free to call, available 24/7). The Mental Health Helpline for Wales also offers a Community Advice & Listening Line (C.A.L.L) which can be contacted on 0800 132 737 (free to call, available 24/7). If participating internationally, please see the resources below for further information or support, or alternatively, please contact relevant mental health services in your local area for support. Please make a note of this prior to taking part in this research.

Befrienders Worldwide (<https://befrienders.org/>) is an organisation that allows you to search for the closest centre to you which provides a crisis helpline. The search function can be found by following this link - <https://befrienders.org/find-support-now/>.

The International OCD Foundation provides resources and information for those affected by OCD (<https://iocdf.org/>) and hoarding (<https://hoarding.iocdf.org/>). Both websites have a search function to support you to find help in your local area, where possible.

8. Will my taking part in this research project be kept confidential?

All information collected from (or about) you during the research project will be kept confidential and any personal information you provide will be managed in accordance with UK data protection legislation. Please see 'What will happen to my Personal Data?' (below) for further information.

9. What will happen to my Personal Data?

All data will be managed in accordance with UK data protection legislation. Personal data, according to the General Data Protection Regulation (GDPR) means any information relating to an identifiable living person who can be directly or indirectly identified in particular by reference to an identifier. This may include information such as an individual's name, address, email address or date of birth.

If you participate as mentioned above, you will enter a personally identifiable number (PIN) into the survey(s), which will be linked to you whilst study recruitment is ongoing. If you give permission to be contacted for the second survey, the research team will keep a database linking your PIN to your email address so that we are able to link your responses to the two surveys.

As mentioned, you will also be asked to provide your email address in a separate survey should you consent to be entered into the prize draw. Email addresses needed for the prize draw will be deleted as soon as this has been conducted, which will be no later than September 2024.

All personal information will only be accessible to the research team. Whilst the project is ongoing, data will be stored securely in Cardiff University systems and password protected where appropriate. Identifiable information will be stored separately to survey data.

At project completion, following analysis and write up, PINs will be removed from the survey data and we will no longer be able to link your survey data to you. At this point, the data will therefore become anonymous. It would not be possible to withdraw your data after this point.

The anonymous survey data collected during the study will be kept for a minimum of five years following project completion but may be published in support of the research project and/or retained indefinitely, where it is likely to have continuing value for research purposes. The data will be stored in restricted access folders on Cardiff University shared drive.

As mentioned, payment may be made directly to your bank account if you win one of the prizes and require an alternative currency equivalent to a £25 voucher. In this case, you would be asked to complete and return a form with your bank details directly to the University's Psychology Finance department. Only the Finance department would have access to this information to process the payment which will be retained in line with university audit requirements.

Cardiff University is the Data Controller and is committed to respecting and protecting your personal data in accordance with your expectations and UK Data Protection legislation. Further information about Data Protection, including:

- your rights
- the legal basis under which Cardiff University processes your personal data for research
- Cardiff University's Data Protection Policy
- how to contact the Cardiff University Data Protection Officer
- how to contact the Information Commissioner's Office

may be found at <https://www.cardiff.ac.uk/public-information/policies-and-procedures/data-protection>. If you would like a printed copy of the document, please contact the lead researcher.

Under UK data protection law we have to specify the legal basis that we are relying on to the process your personal data. As stated on the research participant privacy notice (link above), we are processing your personal data on the basis that doing so is necessary for our public task, is for scientific and historical research purposes which are in the public interest, and is subject to necessary safeguards. In providing your personal data for the prize draw (i.e., email address), we will process it on the basis that you have given consent to process this personal data for a specific purpose (i.e., the prize draw). Should you wish to withdraw this data before the prize draw has been completed, you are welcome to email the primary researcher (Alisha Smith).

10. What happens to the data at the end of the research project?

Anonymised data from this project may be made publicly available via a data repository and may be used for purposes not related to this research project. This is in line with modern scientific practice to enable sharing of anonymised data and aide transparency.

11. What will happen to the results of the research project?

The results will be written up as part of the Doctorate in Clinical Psychology (DClinPsy) qualification's Large Scale Research Project/Thesis. The researchers also aim to publish the findings in academic journals and present findings at conferences. Participants will not be identified in any report, publication or presentation. Any publications arising from this data can be made available to you on request.

12. What if there is a problem?

If you wish to complain or have grounds for concerns about any aspect of the manner in which you have been approached or treated during the course of this research, please contact Dr James Gregory (gregoryj8@cardiff.ac.uk) or the School of Psychology Research Ethics Committee, Cardiff University at the address below. If your complaint is not managed to your satisfaction, please contact the University's Data Protection Officer at complianceandrisk@cardiff.ac.uk. Should you then wish to complain to the Information Commissioner's Office, their details can be found at: <https://www.cardiff.ac.uk/public-information/policies-and-procedures/data-protection>.

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, you may have grounds for legal action, but you may have to pay for it.

13. Who is organising and funding this research project?

The research is organised by Alisha Smith (Lead Researcher), Dr James Gregory (Primary Project Supervisor) and Dr Falguni Nathwani (Secondary Project Supervisor) for the qualification of Doctorate in Clinical Psychology, School of Psychology, Cardiff University. There is no funding being received for this research project.

14. Who has reviewed this research project?

This research project has been reviewed and given a favourable opinion by the School of Psychology Research Ethics Committee, Cardiff University. Secretary of the Ethics Committee, School of Psychology, Cardiff University, Park Place, Cardiff, CF10 3AT. Tel: (+44)29 2087 0707 Email: psychethics@cardiff.ac.uk.

15. Further information and contact details

Should you have any questions relating to this research project, you may contact us during normal working hours:

Alisha Smith (smitha103@cardiff.ac.uk) or Dr James Gregory (gregoryj8@cardiff.ac.uk).

Thank you for considering to take part in this research project.