

Participant Information Sheet

Hello, thank you for showing interest in this study. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Please contact the researcher if you have any questions regarding this study.

Study Title:

What is the effect of OCD on Gastrointestinal Symptoms: A recount of the lived experiences

What is the purpose of the study?

This study aims to look into and understand how OCD affects Gastrointestinal symptoms. Little research is present on the study of the effects of OCD on GI symptoms and available research mainly focuses on the bidirectional relationship between OCD and gut microbes. However, this study aims to understand which particular traits of OCD correlate to Gastrointestinal symptoms. Through this, the researcher aims to provide an insight into how to tackle this issue, in order to focus on inexpensive and non-invasive treatments.

This research will be conducted as part of my Clinical Psychology degree at the University of Sunderland.

Why have I been approached?

In order to take part in this study, individuals who have or had OCD and Gastrointestinal symptoms will be interviewed to talk about and discuss their lived experience. The exact number of participants has not been confirmed as of writing this.

Inclusion Criteria:

- Participants must be over 18 when the interview is being conducted
- Participants must have or had a diagnosis of OCD
- Participants must be experiencing or must have experienced Gastrointestinal symptoms. These symptoms include anything that is felt from the mouth to the bowel, inclusive of the stomach and intestines.

Exclusion criteria

- Anyone who feel uncomfortable with discussing their OCD journey and symptoms
- Anyone who feels uncomfortable discussing Gastrointestinal symptoms and conditions and physical health issues.

Do I have to take part?

Participation is completely voluntary, and it is not a requirement to partake in this study. A participant information will be provided as well as a consent form that can be completed either online or in person. Participants can state if there are any topics they would not like to discuss in general or in relation to the topic. Any interview questions that you do not want to answer will be skipped.

What will happen if I don't want to carry on with the study?

Either during the study or even after the study, participants will be able to withdraw their data from the study after 4 weeks. No explanation will need to be provided and there will be no penalties to doing this. If during the interview, you would like to withdraw from the study, please feel free to do so. Please feel free to email the researcher if this is the case and all data will be deleted.

All data collected up to the point of withdrawal will be immediately destroyed.

What will happen to me if I take part?

Participants will be asked a series of questions either in person or via Teams. This interview will be audio recorded for transcription purposes.

Questions on OCD will discuss:

- What the individuals OCD behaviours and traits were
- The development and triggers of their OCD
- The timeline of their OCD and Gastrointestinal symptoms

Questions on GI symptoms will discuss:

- What the participant's GI symptoms were
- When these symptoms occurred, how long after the OCD or during the OCD
- Did any particular OCD traits trigger these symptoms

The interviews will be conducted either in-person or via Teams depending on what the participant is comfortable with. The interview should last about an hour.

What are the possible disadvantages and risks of taking part?

Some of the follow-up questions in the interview might be distressing and if the participants does not want to discuss any particular health issues or OCD traits then they should feel free to not answer the question. In order to prevent asking any questions that may be sensitive or triggering for the participant, the participant can state any topics or types of questions they would not like to discuss and answer.

After the interviews, the debrief sheet will contain links to various support groups and help services available for the participant if they feel they need to contact these services.

What are the possible benefits of taking part?

Participation in this study will help the wider population understand the exact effects of OCD on Gastrointestinal symptoms and hopefully help provide a better understanding of which particular traits of OCD to target when administering treatments and providing support. Therefore, we can develop inexpensive and less invasive treatments for individuals.

What if something goes wrong?

If you are unhappy with the conduct of this study, please contact my supervisor Dr Elizabeth Dent, or the Chair of the University Research Governance, Integrity, and Ethics (URGIE) group. Dr Jon Rees. Contact details are included below.

Links to support services are provided if you wish to seek support:

MIND online: <https://www.mind.org.uk/>

MIND via email: info@mind.org.uk

Samaritans via telephone: 116 123

Samaritans via email: jo@samaritans.org

OCD UK- <https://www.ocduk.org/support-groups/online/>

Beat - [0808 801 0677](tel:08088010677) (England)

[0808 801 0433](tel:08088010433) (Wales)

beateatingdisorders.org.uk

Hoarding UK

info@hoardinguk.org

hoardinguk.org

Hub of Hope

hubofhope.co.uk

OCD Action

[0300 636 5478](tel:03006365478)

ocdaction.org.uk

MIND- has links to all of the above contacts , Beat to OCD Action and more

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/useful-contacts/>

How will my information be kept confidential?

This study will adhere to the Data Protection Act (2018). The interviews will be one-to-one and the audio will be recorded for transcription purposes. These meetings can be in-person or online via Teams depending on the participants' needs. Participants will not need to turn their camera on if they do not wish to. The interviews will then be transcribed and stored on a password protected laptop. The audio will be deleted immediately after it has been transcribed. The transcription and data will be kept for teaching and research purposes or if the study is published.

Any consent forms and the sheets containing the special code and their dedicated pseudonyms will be stored in a locked cabinet draw.

All data will be completely anonymous so that they cannot be traced back to you. My supervisor and I will have access to the data. They will be kept on password-protected computers and the audio recording will be deleted immediately after transcription. Data can be withdrawn up to 4 weeks after your allocated interview date. The transcription and data will be kept for research and teaching purposes or if the study is published with pseudonyms.

Any audio recording from the interviews will be stored on a password-protected laptop and not shared via email.

Completely anonymised data from the project may be shared with other researchers and/or used for teaching purposes.

The data may be looked at by staff authorised by the University of Sunderland for audit and quality assurance purposes.

What will happen to the results of this study?

Results will be written up in my project report. If suitable, results may also be published in academic journals and/or presented at academic conferences.

Who is organising and funding the research?

The research is organised by Joshitha Arvind who is a Clinical Psychology student at the University of Sunderland, Faculty of Health Sciences and Wellbeing, School of Psychology.

This project is not externally funded.

Who has reviewed the study?

The study has been reviewed and approved by the University of Sunderland Research Ethics Group's review system.

Further information and contact details

- Joshitha (Shri) Arvind
Email: bi57lw@student.sunderland.ac.uk
- Elizabeth Dent (Project Supervisor)
Email: Elizabeth.Dent@sunderland.ac.uk

Dr Jon Rees (Chair of the University Research Governance, Integrity, and Ethics (URGIE) group)
Email: ethics.review@sunderland.ac.uk

Thank you for taking time to read the information sheet!