



Participant Information Sheet

Research Investigator

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Consent to participate in Research Study

The purpose of this document is to provide you with the necessary information for you to be able to consider participating in this study. Please take the time to read the following information carefully. Please feel free to ask questions if anything you read is not clear or if you would like more information.

Project title

Developing and Evaluating Relational Competences for CBT including ERP for OCD
Phase 1: A Qualitative Exploration of Therapist Perspectives

Project Description

The research aims to investigate, through semi-structured interviews, the relational competencies that therapists who treat OCD using CBT including ERP (exposure and response prevention) consider most important and how they make sense of these competencies. The research seeks to identify effective relational practices and their delivery in sessions.

Location

The interviews will take place online via Microsoft Teams. Participants willing to take part in this research will need to download the Microsoft Teams app before the interview can take place. Participants will be asked to join the interview from a private and confidential space to support privacy, confidentiality, and open discussion.

Interviews

Participants will be sent the consent form via email. They will be asked to sign it writing out their full name, and then sent it back to the researcher via email. The researcher will liaise with each

participant to find a suitable date and time for the interview to take place. Once a convenient date and time has been identified, the researcher will send a Teams meeting invitation to participants.

Participants will be asked questions about their experience of the therapeutic encounter when working with OCD clients, to be answered in their own words. There are no right or wrong answers to the interview questions as the researcher is interested in participants' individual professional experience. The interview will last between 90 minutes. Participants have the right to withdraw from the study up to 14 days following the interview. If during the interview participants were to feel any distress, they can choose to end the interview or take a break and resume when they feel ready.

Participants will be sent a debrief form after the interview via email, which will include numbers of supportive agencies, as well as the researcher and the research supervisor's contact details in case of any questions.

Data storage

Data will be stored and destroyed in line with the University of Roehampton's Data Storage Guidelines for Researchers and the University of Roehampton's Record Retention Schedule.

Data will be collected using the voice record function on Microsoft Teams. Participants audio files and data transcripts will be stored on the University of Roehampton's encrypted OneDrive. Data transcripts will be pseudonymised, so anyone reading the data transcript would not be able to identify the participant. The data will be confidential and it will not be shared with anyone apart from with the supervisors of the project.

Confidentiality

The information shared during the interview will remain confidential. The only circumstances in which confidentiality may need to be broken are where there are serious concerns regarding risk of harm to self or others, or significant professional misconduct requiring safeguarding action and where necessary, relevant safeguarding or professional reporting procedures will be followed. In event of this, the researcher may pass the information onto appropriate agencies.

Disclaimer

Your participation is completely voluntary, and you are free to withdraw up to 14 days after the interview without any consequence. If you choose to withdraw within this period, your data will be erased and not used in the study. If you withdraw after 14 days from the date of your interview, your pseudonymised data may still be used in the study but all personal data will be erased from the study. Please feel free to ask me any questions. If you are happy to continue you will be asked to sign a consent form prior to your participation.

If you have any questions or concerns about how the study has been conducted, please contact one of the following:

Principal Investigator:

Professor Mick Cooper
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Co-investigator contact details:

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Co-investigator contact details:

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Thank you for your time.
Stuart Ralph
Honorary researcher - Honorary researcher
University of Roehampton