

**Research Team:**

Trainee Clinical Psychologist: Dr Eloise Stark  
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## Understanding generalised anxiety and OCD

### Participant Information Sheet

Central University Research Ethics Committee (CUREC)

Approval Reference: R83062/RE002

My name is Eloise Stark, and I am a Trainee Clinical Psychologist at the University of Oxford, working alongside Professor Paul Salkovskis. This is an invitation to take part in our research study exploring generalised anxiety and OCD.

*Before you decide whether to take part, it is important that you understand why the research is being done and what it would involve. Please take time to read this information sheet, and to discuss it with others if you wish to. If there is anything that is not clear, or if you have questions and would like more information, please email me on [eloise.stark@psy.ox.ac.uk](mailto:eloise.stark@psy.ox.ac.uk).*

#### **1. Why is this research being conducted?**

For this study, we are principally interested in OCD, generalised anxiety disorder (GAD), and people who have neither condition. OCD is a common mental health condition where a person has obsessive thoughts and feels that they must do certain behaviours. GAD is also a common mental health condition, where people worry a lot.

GAD is not as well understood as other anxiety difficulties. In particular, we don't yet have a good understanding of what people are most worried about and how this distinguishes GAD from other anxiety disorders. We know that many of the same psychological processes affect people with GAD, people with OCD, and people without either condition. This study therefore aims to find out how the way people think about responsibility might be different in people with GAD, people with OCD, and people without significant anxiety.

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

You have kindly shown interest in helping us with this research study. We are happy to hear from anyone who has heard about the study and is interested in finding out more information about participating. In some instances, you may have been asked to participate, as we are

keen to gather the thoughts of people who are 18 years and above, and fit into one of these three groups:

1. Consider themselves to have Generalised Anxiety Disorder (GAD)
2. Consider themselves to have Obsessive Compulsive Disorder (OCD)
3. Have no current experience of mental health difficulties

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

No. You can ask questions about the research before deciding whether you wish to take part. If you do agree to take part, you may withdraw yourself from the study, without giving a reason, and without any negative consequences, by letting us know of your decision to do so. As all collected data is pseudonymised, we will be unable to withdraw your data once you have completed the study.

### **4. *What will happen to me if I take part in the research?***

The study will involve two parts:

1. A discussion with me (Eloise) over the telephone
2. Filling out a series of online questionnaires

The telephone session will take approximately 15 minutes and will be arranged for a time that is convenient for you. The researcher will talk you through the study procedures and give you the chance to ask any questions. If you are still happy to take part, you will be asked to give verbal consent. You will then be asked a series of questions to determine if you meet the diagnostic criteria for Generalised Anxiety Disorder, Obsessive Compulsive Disorder, or to confirm that you are not currently experiencing mental health problems. This semi-structured interview is used widely across the world in psychological research and in clinical practice. You can ask to pause or stop the interview at any time. We will let you know at the end of the telephone interview whether this is an appropriate study for you to participate in, and if so, you can continue to the online questionnaires.

Following the telephone interview, you will be emailed a link to complete an online questionnaire along with your unique anonymised Personal Identification Number (PIN). You will be reminded of the details of the study and asked to provide your consent to take part in this second part of the study. The questionnaire will include questions about your mental health, your experiences of anxiety, and your beliefs about responsibility. This part of the study may take approximately 30 minutes although for some people it may take longer (up to 45 minutes). You can log in and log out of the programme at your convenience using your allocated PIN, if you would like to take a break from completing the questionnaires. We would appreciate if you could complete the questionnaires within one week.

## **5. *Are there any potential risks in taking part?***

All questionnaires are standardised measures that are commonly used in psychological research. At times, some of the questions may feel difficult to think about and it is possible that you might find answering some questions upsetting. You can take a break from the study and return to it later or withdraw from the study completely at any point. At the beginning and at the end of the study, you will be provided with contact details of services and third-party organisations that will be able to offer you further support and guidance if needed.

To ensure confidentiality, you will be provided with a unique personal identification number (PIN) to access the questionnaires. This PIN will not be linked to your name or any personal data.

## **6. *Are there any benefits in taking part?***

There will be no direct benefit to you from taking part in this research. We hope that your participation will help us understand experiences of distress related to generalised anxiety and OCD. We hope that this might then contribute to the development and improvement of psychological support for people affected by anxiety.

## **7. *What happens to the data provided?***

The information you provide during the study is the research data. Any research data from which you can be identified (i.e., your name, email address, and telephone number) are known as personal data. Personal data will be stored on a password-protected, encrypted document securely stored on University servers. Personal data will be stored for only as long as necessary to send the survey link to you, and it will then be permanently deleted.

We will store consent records securely on University of Oxford servers for 3 years after publication or public release of the research results. This information will then be permanently deleted and destroyed.

Research data obtained from questionnaires will be stored securely by the University of Oxford for 3 years after publication or public release of the research results. This information will then be permanently deleted and destroyed from University storage. Following data analysis and publication by our research team, and in line with good practice for Open Science that permits other scientists to replicate our findings, we plan to deposit anonymised data online in the Open Science Framework (OSF) depository.

The research team involved in this study will have access to the research data. Responsible members of the University of Oxford may be given access to data for monitoring and/or audit of the research. All personal information that could identify you will be removed before results are made public. Using the research data, we hope to report our findings in academic journals

and present them to relevant charities, and to other health professionals at conferences. You will not be identified or identifiable in any reports or publications arising from the study.

## **8. Will the research be published?**

The University of Oxford is committed to the dissemination of its research for the benefit of society and the economy and, in support of this commitment, has established an online archive of research materials. This archive includes digital copies of student theses successfully submitted as part of a University of Oxford postgraduate degree programme. Holding the archive online gives researchers easy access to the full text of freely available theses, thereby increasing the likely impact and use of that research.

The research will be written up as part of Dr Eloise Stark's Doctorate in Clinical Psychology. On successful submission of the thesis, it will be deposited both online and in print in the University archives to facilitate its use in future research. The thesis will be openly accessible, and the research is also likely to be written up for publication in a peer-reviewed scientific journal. The research team also aims to disseminate findings to UK charities involved in supporting people with anxiety.

## **9. Who has reviewed this study?**

This study has been reviewed by, and received ethics clearance through, a subcommittee of the University of Oxford Central University Research Ethics Committee (Reference number: R83062/RE002).

## **10. Who do I contact if I have a concern about the study or I wish to complain?**

If you have a concern about any aspect of this study, please contact Eloise Stark ([eloise.stark@psy.ox.ac.uk](mailto:eloise.stark@psy.ox.ac.uk), 01865 226431) or Professor Paul Salkovskis ([paul.salkovskis@hmc.ox.ac.uk](mailto:paul.salkovskis@hmc.ox.ac.uk), 01865 226431) and we will do our best to answer your query. We will acknowledge your concern within 10 working days and give you an indication of how it will be dealt with.

If you remain unhappy or wish to make a formal complaint, please contact the Chair of the Medical Sciences Interdivisional Research Ethics Committee at the University of Oxford who will seek to resolve the matter as soon as possible:

Email: [ethics@medsci.ox.ac.uk](mailto:ethics@medsci.ox.ac.uk) Address: Research Services, University of Oxford, Boundary Brook House, Churchill Drive, Oxford OX3 7GB

## **11. Data Protection**

The University of Oxford is the data controller with respect to your personal data, and as such will determine how your personal data is used in the study. The University will process your

personal data for the purpose of the research outlined above. Research is a task that is performed in the public interest.

Further information about your rights with respect to your personal data is available from <http://www.admin.ox.ac.uk/councilsec/compliance/gdpr/individualrights/>

## **12. Further Information and Contact Details**

If you would like to discuss the research with someone beforehand (or if you have questions afterwards), please contact:

Dr Eloise Stark  
Trainee Clinical Psychologist  
Oxford Institute of Clinical Psychology Training and Research  
Isis Education Centre  
Warneford Hospital  
Oxford, OX3 7JX  
Oxford University telephone number: +44 (0)1865 226431  
[eloise.stark@psy.ox.ac.uk](mailto:eloise.stark@psy.ox.ac.uk)

You can also speak to the supervisor of the project about any questions or concerns using the details below:

Professor Paul Salkovskis (University of Oxford)  
Consultant Clinical Psychologist  
Oxford Institute of Clinical Psychology Training and Research  
Isis Education Centre  
Warneford Hospital  
Oxford, OX3 7JX  
Oxford University telephone number: +44 (0)1865 226431  
[paul.salkovskis@hmc.ox.ac.uk](mailto:paul.salkovskis@hmc.ox.ac.uk)

### **I am interested in taking part! What do I do now?**

If you would like to participate, please email Eloise Stark to set up a telephone interview:  
[eloise.stark@psy.ox.ac.uk](mailto:eloise.stark@psy.ox.ac.uk)

**Thank you for taking the time to read this  
information sheet and for your interest in the study.**