



Oxford Institute of Clinical Psychology Training and Research

Professor Paul Salkovskis

Bahar Pourghobad, Trainee Clinical Psychologist

IRAS ID: 291384

Participant Information Sheet Version 2 Dated 22.09.2021

Title of Project: An Investigation of Mental Imagery in Worries About Health

Invitation and brief summary

My name is Bahar Pourghobad and I am a Trainee Clinical Psychologist at the University of Oxford. I am working with Professor Paul Salkovskis and team, on a research study sponsored by Oxford Health NHS Trust.

We would like to invite you to take part in the study, but before you decide it is important that we tell you more about what the study involves. Please take time to read this participant information sheet and discuss it with others if you wish. If there is anything that is not clear, or if you would like more information, please ask us by emailing the researcher at Bahar.Pourghobad@oxfordhealth.nhs.uk

What is the purpose of the study?

Everyone at some point in their lives will worry about their health. For most people these worries will decrease and disappear, but for some people despite medical reassurance their worries continue. Recent research shows that individuals who worry excessively about their health can experience mental images about future health concerns. Therefore, this study aims to investigate the way in which such mental images affect worries about health.

Who can take part?

This study is open to anyone over the age of 18, who would identify themselves as any of the following groups:

1. Consider themselves to be anxious or worried about their health
2. Consider themselves to have obsessive-compulsive disorder (OCD)
3. Consider themselves as to have neither problem and not currently seeking treatment for any mental health difficulties

All participants are required to have access to a computer, tablet or mobile phone as the study will take place online

In some instances, you have been provided with this information sheet if you identify with one of the above groups. This study aims to include 90 participants.

Do I have to take part?

No, taking part is completely voluntary. You have the right to withdraw at any point during participation. If you have been provided this information sheet via an NHS mental health service, your decision about taking part in this study will not have any impact on your routine care.

What will happen to me if I decide to take part?

After reading the information sheet you are given at least 48 hours to think about whether you would like to take part. Before making a decision, you can discuss the study with anyone you wish, and we will be happy to discuss it further with you.

If you decide to take part, we will arrange a suitable date and time to take your written consent and complete the study. All study activities are completed on a virtual appointment with Bahar Pourghobad (A Trainee Clinical Psychologist). On Participant Information Sheet Version/date: 2 22/09/2021 2

the day of the study, you will complete a range of standardised questionnaires measuring mood, anxiety, and worries about health. You will then take part in tasks where you bring to mind (imagine) different mental images related to different topics. We will ask for your permission to voice record the part of the study when you are describing your experiences of mental images, but you can say no to this and still take part in the study. All study activities can take up to 60 minutes, with breaks if needed.

In acknowledgement of your time, we will also donate £2 to your choice of charity Mind or Alzheimer's UK.

What are the possible disadvantages and risks of taking part?

Taking part could take approximately between 60 minutes of your time (with breaks). Some of the tasks will involve thinking about your health worries and some people may find this upsetting. In the event of finding any of the tasks upsetting, you can take a break from the study and return to it later or withdraw from the study. We will also offer an optional relaxation task and contact details of services and third-party organisations that will be able to offer support and guidance.

What are the possible benefits of taking part?

Participation in this study will inform our understanding of the role of mental imagery in worries about health, which could lead to improved and more effective treatment.

Will my General Practitioner (GP) be informed of my participation?

No

How will we use your information?

We will store identifiable information about you (name and contact details) securely and safely. Identifiable information will be stored securely and permanently deleted within 12 months after the study has concluded. We store your identifiable information in case we need to send you the research findings.

As soon as you agree to take part in the study, you will be allocated a unique participant identification code. Only the research team has access to the database linking the participant identification numbers and identifiable information. This database will be stored securely and safely, and it will be permanently deleted before we transfer the anonymised research data for statistical analysis. Voice recording data will be deleted as soon as it is transcribed. The transcribed voice recording data will not include any identifiable information.

The research data will be made fully anonymised without any links to identifiable information, and we may store this on a registered open science archive. When we write our reports about the study no-one can work out that you took part.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, and if requested we can delete any data collected about you prior to the point of anonymisation. After the data has been completely anonymised i.e. the link between you and your participant identification code is broken we will not be able to delete collected data.

We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you

Where can you find out more about how your information is used?

You can find out more about how we use your information

- at www.hra.nhs.uk/information-about-patients/
- our leaflet available from <https://www.oxfordhealth.nhs.uk/privacy/>
- by asking or contacting one of the research team Bahar Pourghobad (Bahar.Pourghobad@oxfordhealth.nhs.uk) or Professor Paul Salkovskis (paul.salkovskis@oxfordhealth.nhs.uk)
- by sending an email to Oxford Health Data Protection Officer at mark.underwood@oxfordhealth.nhs.uk

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO) (www.ico.org or 0303 123 1113).

What if there is a problem?

Every care has been taken to ensure your safety during the course of the study. The risk of participants suffering harm as a result of taking part in this study is minimal.

If you have any concerns about the way you have been approached or treated during the study, please talk to your researcher - Bahar Pourghobad (Bahar.Pourghobad@oxfordhealth.nhs.uk) or Professor Paul Salkovskis (paul.salkovskis@oxfordhealth.nhs.uk) 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 are still unhappy, or if you wish to complain, please use the normal NHS complaints process. If you wish to speak to an independent body about any concerns or complaints about any aspect of the way you have been approached or treated during this study, you can do this through the Patient Advice and Liaison Service (PALS). PALS, Oxford Health NHS Foundation Trust, PALS Office, Warneford Hospital, Warneford Lane, Oxford OX3 7JX. Tel: 0800 3287971. E-mail: PALS@oxfordhealth.nhs.uk

I'm interested! How do I take part?

If you would like to participate, please email the researcher (Bahar Pourghobad): Bahar.Pourghobad@oxfordhealth.nhs.uk

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

For more information, please contact the research:

Bahar Pourghobad

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

Professor Paul Salkovskis paul.salkovskis@oxfordhealth.nhs.uk
Dr Sarah Lack sarah.lack@oxfordhealth.nhs.uk