



Acceptance and Commitment Therapy for Young Brain Tumour
Survivors: An Acceptability and Feasibility Trial

IRAS Reference: 266746

Participant Information Sheet for participants aged 11-15 years

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Hello! You have been given this information sheet because your doctor or nurse thinks that you may be interested in taking part in a research project that we are running.

Please read the information below to learn more about the study. If you find you have any questions after reading the information, please do not be afraid to ask.



Who do I contact if I have questions?

If you have any questions about this study contact the Principle Investigator:

[INSERT Local Principle Investigator Details]



What is the study about?

We would like to see how a talking therapy can help young people who have had a brain tumour.

Why do we need this information?

We hope that information from this study will help us understand how best to support young people with brain tumours.

Why have I been invited?

You have been invited because you have had a brain tumour and you are aged between 11 and 24 years old.

Do I have to do the study and can I change my mind?

You do not have to take part. You can say no if you want to. This will not change how you are treated by your doctors. If you take part and change your mind, then that is okay you can stop taking part. You do not need to give us a reason.

What will happen to me if I take part in this research?

You will be invited to attend up to 12 one-hour talking therapy appointments over 12 weeks. Your parents or other family members may be invited to attend some of these appointments if you find that helpful. Most of the time will be spent just you and the therapist trying to help you.

These appointments will be done over a video call, so you can attend from home, but if you cannot use the internet or do not have a device for the internet they can be face-to-face. You will also be asked to answer some questionnaires about your experience and how you feel.

After your therapy is finished, if you agree, you will be invited to attend an interview where we will ask you about what you found helpful and unhelpful about your therapy. The interview will take up to one hour. You can choose how you do this interview: face-to-face, by telephone or by video-call. With your permission, we will audio-video record your interview so that we do not miss anything important. We will then type everything that was said and take out any names or places that were said, so people cannot tell that it was you.

What will happen to any information about me?

Your information will be used by the research team to find out if the treatment is helpful and what made it helpful. When your information is used it will not have your name or date of birth on. All information collected in this research will be kept confidential and stored securely. From time to time, we are checked by people inside and outside Nottingham to make sure we are following the Good Medical Practice rules. Your information will be available to these people.

Will my GP know about this research?

Yes, we will let your GP know that you are taking part.

Will taking part in this study help me?

Those who have taken part in this type of therapy for other reasons have found it helpful. In this study you will talk about their experiences, feelings and finding ways to cope with them, which you may find helpful as well.

What are the disadvantages or risks of taking part?

We will be asking about how you are feeling as part of the research. Most people do not mind these questions, but some people may feel upset.

Can I have more time to decide?

Yes, there is no time limit. Please discuss this study with anyone you choose.

What if I want to stop participating?

You may stop at any stage, without saying why - just tell your doctor or study researcher.

What do I do if I have concerns about the study?

If you have any concerns or questions, you should contact your therapist. You can also contact the Patient Advice and Liaison Service of the hospital where you are being treated. Tel: [\[insert local PALS number\]](#)

Has this research been approved by an ethics committee?

Research in the NHS gets looked at by a group of professionals and patients who are separate from the research team to make sure the research is done safely. This research has been approved by XXXX Research Ethics Committee.

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