



**Participant Information Sheet
Service user version**

Title of research study: **The impact of the environment on engagement in therapeutic activities of service users in an acute mental health unit**

Principal Investigator: **Ellen Serwaa Adomako**

We would like to invite you to take part in our research study. Before you decide we would like you to understand why the research is being done and what it would involve for you. The researcher will go through the information sheet with you and answer any questions you may have. Please talk to others about the study if you wish.

Section one:

What is the purpose of the study?

This study is being undertaken as part of a doctoral programme at University of Essex. The researcher, Ellen Adomako, is a PhD student and also a registered occupational therapist. The study will look at the impact of the hospital environment on service users' engagement in therapeutic activities.

Engaging in therapeutic activities while on admission is an important part to mental health service users' recovery. However, some service users admitted to the acute wards have reported having few activities and therefore not feeling engaged in daily activity on the wards. In part, this has been attributed to the dynamics within the environment of the acute mental health hospitals. This study aims to explore the environment of the acute mental health unit from staff and service users' perspective, and to elicit those factors that participants think either promote or inhibit their engagement in therapeutic activities. We intend to achieve this through participants completing questionnaires in a survey in module one and formation of a Participation Action Research (PAR) group of clinical staff to engage in a cycle of action and reflection in module 2. .

Why are we approaching you?

We are asking for your help as you are currently a service user in the Gordon Hospital in London. We are interested in your experience of being an inpatient in this hospital, and would be grateful if you could complete a questionnaire for us, which asks about various aspects of this.

What will happen to you if you decide to take part?

If you decide to take part we will ask you to complete a questionnaire about your experience of being on the ward. This forms part of module one of the study. You can complete the questionnaire either on your own or with assistance from a researcher, who is also a user of mental health services. You may need a couple of sessions in order to complete it or to take a break occasionally, when completing the questionnaire. If you would prefer to complete the questionnaire by yourself you can return it to, by using the addressed envelope provided for this purpose, and hand it to



either Ellen Adomako, or the service user researcher when they visit the ward, or to staff to give to them. The envelope should be sealed so that staff cannot read what you have written.

The questionnaire contains some details about you; your gender, age and whether you are or were detained under the mental health act during this admission. This information will help us to determine whether there are any differences in how certain groups of service users experience being in hospital. You will be assigned a participant number which will allow us to record your participation and response without your name being associated with the data. This information will be kept safely for the duration of the research by the researcher and will be handed over to the academic supervisor to be stored securely in the University of Essex on completion of the research.

Confidentiality:

The questionnaire is confidential and we will allocate you a study number in order to preserve your anonymity in case anyone comes across your questionnaire by mistake. The list linking your name to your number will be accessible only to the researcher and will be securely stored and password protected on an office computer in the University of Essex. The study reports will be written in such a way that no-one can be identified by their responses. In order to protect both you and others we would however be obliged to inform ward staff if in the unlikely event of you disclosing any information of intent to harm yourself or others.

Section two:

Your decision about whether to take part

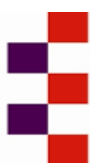
While we would be very grateful for your help with the research, your decision about whether to take part is entirely up to you. Your treatment will not be affected in any way, either positively or negatively, by this decision. If at any point, of having been involved in the study, you wish to withdraw from it, you are free to do so without having to give any explanation. Any data already gathered from you for the questionnaire will not be used for the study. Your consent to participate in the study will be implied by completing the questionnaire.

Benefits of taking part:

You will be given £10.00 in lieu of your time spent in completing the questionnaire. Indirectly, you may influence changes to the ward through your experience and participation in this study.

Possible risks to taking part:

We do not anticipate that there are risks involved in taking part in this study. However, if you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action but you may have to pay for it. Regardless of this, if you wish to complain about any aspect of the way you have been approached or treated during the course of this study, the normal National Health Service (NHS) complaints mechanisms may be available to you.



The results of the study:

We anticipate that the results will be published in academic journals. You are also welcome to attend any events that we host in the future to present the findings. If you would like us to contact you by post to give you details of these events, and also to provide you with a summary of the results, please tell the researcher who will make a note of this. Also, the results from this module will form part of reflections and discussions in module two of the study, which will be during participatory action research group meetings held with staff participants.

How the study is funded:

This study is not funded but has received a small budget from Central and North West London NHS Foundation Trust, Acute Services to cover Participant payment and catering for the Participatory Action Research group meetings.

Ethical approval:

All research in the NHS is scrutinised by an independent group called a Research Ethics Committee, to protect your interests. This study has been reviewed and given favourable opinion by the xxx Research Ethics Committee.

What if there is a problem?

If you have a concern about any aspect of the study, you should speak to the researcher who will do her best to answer your questions (**Ellen Adomako at ea16632@essex.ac.uk / 07722930943**) or her Supervisor, Professor Fiona Nolan at f.nolan@essex.ac.uk / 07557863875.

Formal Complaints

If you wish to make a formal complaint you can do this by contacting the Research Governance and Planning Manager, Research Office, University of Essex, Wivenhoe Park, Colchester CO4 3SQ, by emailing: sarahm@essex.ac.uk

Independent Advice

If you would like independent advice about taking part in research please contact staff of the "The Advocacy Project" at the Gordon Hospital.

What do I need to do now?

If you have any further questions or would like to take part, please complete the tear-off sheet below and hand it to a staff member who will then pass your details on to the researcher (Ellen Adomako). Ellen will then contact you to discuss the study further.

Tear here.....

I (Participant name) would like to take part in the above study.

I give consent for my contact details to be passed on to the researcher, Ellen Adomako, and to be contacted by her to discuss participation in this study.

Signed:.....

Telephone/email: