Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

World Vision

HEARTS - Information about the Research Study

Hello!

Your community has been chosen to take part in a new exciting project called "Healing & Empowerment – Achieving Resilience through Spiritual Nurture", also known as **HEARTS**.

HEARTS is about supporting mental health in your community in a way that fits with Islamic teachings and practices. HEARTS is designed to be led by members of your community, meaning that people from Dangorayo will be trained to lead the HEARTS approach and support others in their community.

As part of HEARTS, we are also carrying out a study to understand how HEARTS is working and how it could be improved for your community or other Muslim communities in the future. The study part of HEARTS is being led by Trinity College Dublin, together with World Vision Ireland and World Vision Somalia.

What does this mean for you?

We are asking you to read this form and decide if you would like to take part in the **study** associated with the HEARTS project. Taking part in the research would involve the study team:

- Gathering some information from you about your experience participating in the HEARTS approach, including how it has impacted your mental wellbeing.
- Using this information to learn about how the project is going and how it could be improved.

Important things to know

- We will only use your information if you say it is okay.
- Your answers are kept private and safe. Nobody outside of the study team will know which answers you gave.
- You can stop taking part in the study at any time if you don't want to take part in the study anymore. There will be no negative consequences if you decide to stop taking part.
- You will still get to join the HEARTS project even if you don't want to be part of the study.

Student Information	
Who are we?	We are team from Trinity College Dublin, World Vision Ireland, and World Vision Somalia. Our names are: • Charles Zemp (Trinity College Dublin) • Dr Frédérique Vallières (Trinity College Dublin) • Dr Kristin Hadfield (Trinity College Dublin) • Esperanza Escorza (World Vision Ireland) • Laurene Barlet (World Vision Ireland) • Maurice Sadlier (World Vision Ireland • Abdinajib Hirsi (World Vision Somalia) • Mzondi Ziba (World Vision Somalia) • Mohamed Isse (World Vision Somalia) Our job is to study HEARTS to understand **how it works and how it could work better**.
What is HEARTS?	HEARTS is a new, group-based mental health support programme taking place in the Dangorayo community. HEARTS aims to support the mental health of community members in a way that aligns with the Islamic faith, combining Islamic practices with components of psychological interventions. The HEARTS approach will involve group sessions (with 5-10 people) occurring once a week for 5-6 weeks. Each session will be 1.5-2 hours long and will be facilitated by two trained members from your community, including faith leaders. HEARTS groups will be segregated by gender (male and female)
Why have I been asked to take part?	You have been invited to participate in this study because you are a member of the Dangorayo community who may be interested in participating in HEARTS and taking part in this study by telling us about your experience with HEARTS and how it has impacted you. We have permission from the Ethics Committee at Trinity College Dublin and the Ministry of Health in Puntland to conduct this study. This means we will make sure that everything we ask you is safe for you. We will not discuss anything you tell us with anyone unless we think you or someone else are in danger.
What will I do if I join?	Here's what will happen if you decide to take part in this research study: • Before participating in the HEARTS sessions, you will complete some questions asking about your mental health, wellbeing, and Islamic faith. These questions will take a maximum of 1 hour to complete and can

	either be self-reported by you or facilitated by a trained World Vision Somalia staff member. • After participating in the HEARTS sessions, you will complete the same questions and be invited to participate in an interview. • The interview will ask you about your experience with the HEARTS approach, including what you liked, did not like, and how you think HEARTS could be improved. • The interview will not be longer than 1 hour and will be conducted in-person by a trained staff member from World Vision Somalia and in a private and convenient location. • Each of the HEARTS sessions will also involve group discussions focused on gathering your feedback on the session so that we can learn how to improve that specific session. The facilitators of HEARTS will take anonymous notes during these discussions. This means that your name will not be provided with the feedback you share, so nobody besides the facilitators will know what you said. **If we record:** • **Voice** – As part of the interview, we might record your voice. Only the research team will listen to it, and we will delete the voice recording within one month.
What information about me (personal data) will be used for this study?	We will use the following information about you: age; gender; self-reported levels across a set of mental health and psychosocial wellbeing outcomes; self-reported levels across a range of outcomes related to the Islamic faith; consent form; audio recording of your interview; transcript of your interview.
Who will access my information?	Only the members of the research team (listed above) will access your information.
What will happen to my information?	The information you share in questionnaires and interviews will be kept private. To protect your privacy, you will be given a special code number. Your name will not appear on any questionnaires or interview transcripts. Your information will be safely stored and kept private and will only be accessed by us (the individuals named at the start of this document). The only exception to this is if you share information that reveals that you or somebody else is in danger.

	The information you provide could be used within academic articles and reports to help others learn about HEARTS. Your information will always be provided in a way that does not reveal who you are.
What is the lawful (legal) basis to use my information?	The lawful basis for the processing of data is Article 6(1)(e) and Article 9(2)(j) of the GDPR. We will only use your information for this research project (and, if you consent, future research associated with this project).
What are my rights under Data Protection law?	You are entitled to: • object to our use of your personal data or any further use; • request access to your personal data and to receive a copy of it; • request inaccurate personal data be corrected or deleted; • request restriction of our use of your personal data; • request deletion of your personal data. By law you can exercise the above rights in relation to your personal data, unless the request would make it impossible or very difficult to conduct the research. For example, if the study is about to be published then we may not be able to delete data as it would impact on the results. To exercise these rights, you can contact Charles Zemp (zempc@tcd.ie), Abdinajib Hirsi (Abdinajib_Hirsi@wvi.org) or the Data Protection Officer at Trinity College Dublin (dataprotection.tcd.ie)
Will my information be used in future research?	With your consent, we would like to keep information collected from you for possible use in future research related to HEARTS. You can withdraw your consent to future use at any stage.
Why should I take part?	Your information will help us learn how to better support you, your fellow community members, and members from other Muslim communities.
Can I change my mind?	Yes, you **can stop at any time**. Just tell someone on the World Vision Somalia team. No one will be upset or ask why. If you tell us you no longer wish to take part, any interviews that have been recorded or surveys you have filled out will be deleted from the research team's records. You will still get to participate in the HEARTS sessions. If you think something is wrong with the information (surveys or interviews), please talk to the research team about changing or adding to it.

Do I have to take part?	No. You do **not** have to join if you don't want to. It's totally your choice, and we will not mind if you say no. If you do not want to take part in the study, that's ok. You can still take part in the HEARTS sessions.
Are there any risks to taking part?	There is a small risk that taking part in this study may lead to you experiencing psychological discomfort. External mental health support will be available should you need to access it.
What should I do now?	Please ask any questions to the World Vision Somalia team. If you want to take part, please sign the **consent form** provided to you, which means you agree to participate in the study!
Questions?	You can contact us: Charles Zemp (zempc@tcd.ie) Esperanza Escorza (esperanza.escorza@worldvision.ie) Abdinajib Hirsi (Abdinajib_Hirsi@wvi.org) Mzondi Ziba (mzondi_ziba@wvi.org) Mohamed Abdi Isse(mohamed_isse@wvi.org)