

## **INTERVIEW INFORMATION SHEET FOR NHS trained MENTAL HEALTH PRACTITIONERS (MHPs)**

*Ethical Clearance Reference Number: 23/ES/0037*

### **YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET**

#### **Title of project**

Evaluating brief novel treatment for COVID-related Post-Traumatic Stress Disorder (PTSD) in the health and social care workforce: a pre-Randomised Control Trial (RCT) preparatory study (Study short name: NHS PTSD Experimental Treatment Trial study (NHS PETT)).

#### **Invitation paragraph**

I would like to invite you to participate in an interview which forms part of the NHS PTSD Experimental Treatment Trial study (NHS PETT). Before you decide whether you want to take part, it is important for you to understand why the interviews are being conducted and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information.

#### **What is the purpose of the interview?**

The purpose of the interview is to understand your experience of being part of our study, your thoughts on the Fast Imagery Reversal Script for Trauma-release (FIRST) training and the supervision you received and how you felt delivering the therapy to your health and social care colleagues.

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

You are being invited to participate in this project because you are a mental health practitioner (MHP) at South London and the Maudsley NHS Foundation Trust (SLaM) who was trained in the delivery of FIRST therapy and subsequently delivered the therapy to health and social care workers as part of the NHS PETT study.

#### **What will happen if I take part?**

You will be asked if you wish to take part in an interview and if you agree we will ask you to sign a consent form via MS Forms. Interviews will last approximately 45 minutes and will take place online (via Microsoft teams). With your consent, the interview will be recorded via Microsoft teams recording facilities. In the interview you will be asked questions related to specific events in the FIRST training process and delivery of the therapy to your health and social care colleagues and reasons why you took part in the NHS PETT study. To support your answers you will be provided with a range of emotional words both positive and negative (for example, happy,

curious, anxious, encouraged, nervous, empowered, powerless) to help you explore your thoughts and views related to your experiences. This is known as emotional touchpoint methodology. If at any point of the interview you wish to pause and take a break, or, to stop the interview completely, that is absolutely fine.

The exit interviews focus on your experiences of the FIRST therapy sessions and your participation in the research study. We therefore do not expect you to discuss current practice. However, should you raise issues related to malpractice of NHS staff we will be legally obliged to break confidentiality to report these issues. However, we will discuss this with you in advance.

If you agree to a follow-up interview, the MS Teams' recording will be downloaded into the encrypted and secure King's College London server. Any accompanying notes will be kept locked in a secure location. To analyse the interviews in detail, we will need to transcribe them (type up the full text of the interview word by word). If you agree, we will send the recording to a transcription company (outside of the University), who will do this task while maintaining confidentiality. The recordings will be uploaded to their secure transcription service, approved by both King's College London and South London and Maudsley NHS Foundation Trust's Research and Development Office. Your name and all identifying details will be removed during transcription. The audio-recording will then be destroyed.

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

Participation in the interview is completely voluntary. You should only take part if you want to, and choosing not to take part will not disadvantage you in any way. Once you have read the information sheet, please contact us if you have any questions that will help you make a decision about taking part. If you decide to take part we will ask you to sign a consent form and you will be given a copy of this consent form to keep. To ensure that you are the person signing the consent form we will send the consent form via MS Forms to your NHS email account. Once you have signed and submitted the form we will contact you to confirm your participation in the study.

### **What are the possible risks of taking part?**

We do not anticipate any risks for you participating in the interview. However, should you become upset in sharing your experiences of training in FIRST, or of delivering the therapy to your colleagues you will be asked if you would like to stop the interview and continue at a later time, or, withdraw from the interview altogether. If you should become distressed by the interview you will be referred to the Programme Lead at Corporate Psychology and Psychotherapy, SLaM who will be able to refer you for additional support.

### **What are the possible benefits of taking part?**

There are no intended direct benefits for you in taking part in the interviews. However, your experiences will help the researchers to understand how they could improve FIRST therapy training for a larger randomised control trial project and enhance the delivery of the therapy in the future.

### **How will we use information about you?**

We will need to use information from you for this research project. This information will include your name and contact details. People will use this information to do the research or to check your records to make sure the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

We will keep all information about you safe and secure.

### **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, but we will keep information about you that we already have.
- 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/](http://www.hra.nhs.uk/information-about-patients/).
- our leaflet available from [www.hra.nhs.uk/patientdataandresearch](http://www.hra.nhs.uk/patientdataandresearch)
- by asking one of the research team
- by sending an email to the Data Protection Officer: for SLaM, [informationgovernance@slam.nhs.uk](mailto:informationgovernance@slam.nhs.uk); for KCL, Olenka Cogias [info-compliance@kcl.ac.uk](mailto:info-compliance@kcl.ac.uk)).
- by ringing us on 020 7848 3620

### **Data Protection Statement**

If you would like more information about how your data will be processed under the terms of UK data protection laws please visit the link below:

<https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

### **What if I change my mind about taking part?**

You are free to withdraw at any point of the study, without having to give a reason. Withdrawing from the study will not affect you in any way. If you choose to withdraw from the study we will retain the information you have provided so far.

### **How is the project being funded?**

This NHS PETT study is being funded by the [National Institute of Health Research](#) (NIHR).

### **What will happen to the results of the project?**

The results of the project will be summarised in a report for the funder (NIHR). Findings may also be published in academic journals and presented at internal conferences and seminars within King's College London and externally (nationally and internationally). If you would like to obtain a copy of the funder's report/publications please initial the consent form.

The results from this study, together with previous trials on similar NLP reconsolidation therapies, will support a funding application to test whether FIRST can be proven to be a successful treatment within the NHS.

### **Who should I contact for further information?**

If you have any questions or require more information about the study, please contact:

Helen Winter  
Consultant Clinical Psychologist  
Programme Manager, Corporate Psychology and Psychotherapy  
South London and Maudsley NHS Foundation Trust  
Maudsley Hospital  
Denmark Hill  
London SE5 8AZ  
[Helen.Winter@slam.nhs.uk](mailto:Helen.Winter@slam.nhs.uk)

Dr Emma Rowland  
Phase 3 lead for NHS PETT study  
Florence Nightingale Faculty of Nursing, Midwifery and Palliative Care  
King's College London  
Waterloo Campus  
James Clerk Maxwell Building  
SE1 8WA  
[Emma.Rowland@kcl.ac.uk](mailto:Emma.Rowland@kcl.ac.uk)

### **What if I have further questions, or if something goes wrong?**

If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions, or, contact the study's principal investigator:

- Professor Jackie Sturt, 020 7848 3108, [jackie.sturt@kcl.ac.uk](mailto:jackie.sturt@kcl.ac.uk)

If you remain unhappy and wish to complain formally, you can do this through:

- SLaM Patient Advice and Liaison Service (PALS) on 0800 731 2864, [pals@slam.nhs.uk](mailto:pals@slam.nhs.uk)

In the event that something does go wrong and you are harmed during the research, you may have grounds for legal action for compensation against King's College London and/or SLaM NHS Foundation Trust, but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you (if appropriate).

**Thank you for reading this information sheet and for considering taking part in this research.**