

Online Parenting Intervention for Perinatal Mothers (OPAL) Study

PARTICIPANT INFORMATION SHEET (PIS) (Mothers' interviews)

Invitation to take part in a research study

You are being invited to take part in an **interview to discuss your thoughts, feelings and experience of using the Triple P positive parenting programme for Baby (online version) and participating in the Online Parenting Intervention for Perinatal Mothers (OPAL) study.**

Before you decide whether to take part, it is important for you to understand why the research is being conducted and what it will involve. Please take time to read the following information carefully before deciding whether to take part, and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information. Thank you for taking the time to read this.

Who will conduct the research?

The University of Manchester and Greater Manchester Mental Health (GMMH) NHS Foundation Trust will run the study.

It will be led by Anja Wittkowski (anja.wittkowski@manchester.ac.uk), a researcher from the Division of Psychology and Mental Health, University of Manchester and a Perinatal Clinical Psychologist from GMMH.

The project managers are Holly Reid and Henna Lemetyinen. Contact Holly if you have any questions about the study on **[phone number]**, or Henna on **[phone number]**. Alternatively, you can send an email to **[update]**@gmmh.nhs.uk.

What is the purpose of the research?

The interview aims to find out what mothers participating in the OPAL study think about using the **Triple P positive parenting programme for Baby (online version)** and how they found taking part in the study in general. This feedback will help the research team to design a larger study and make it better for future participants to take part in it.

We would like **10-20 OPAL study participants** to take part in an interview.

Am I **eligible to take part?**

You have been invited to take part because you took **part in the OPAL study.**

Will the outcomes of the research be published?

- We will publish the results of this study in an **academic journal**.
- The results may also be presented in **conferences**.
- We may publish **anonymised direct quotes** from your interview.
- Anonymised data may be made available to other researchers.
- You will **not be identified** in any of these uses.

We can **send you a summary** of the results if you allow us to keep your contact details. If you give us consent, we will store your contact details for 5 years after publication.

Disclosure and Barring Service (DBS) Check

All members of the research team have undergone an appropriate level of DBS check.

Who has reviewed the research project?

All research in the NHS is looked at by an independent group of people, called a **Research Ethics Committee** to protect your safety, rights, wellbeing and dignity. This study has been reviewed and approved by **Wales REC 1**.

What would I be asked to do if I take part?

- A researcher will contact you on the phone or via text message or email to invite you to take part and explain the purpose of the interview.
- If you would like to take part, we will arrange a suitable time for your interview. The interview will be done online (Zoom or MS Teams), over the telephone, or in your home.
- You will be asked to **complete a consent form** with the researcher at the beginning of your interview. We ask you to do this even though you have already completed a consent form to participate in the OPAL study. The interview is a different part of the study, which is why a separate consent form is needed.
- Next the researcher will ask about your views about the programme and taking part in the study. The interview will last up to **one hour**.
- This interview will be recorded and transcribed (typed out in full). You can ask us to stop recording at any time.

What are the benefits of taking part?

It is unlikely that participating in an interview will directly benefit you. The information we get from this study may help us to **improve the care** of mothers with mental health difficulties in the future.

What are the risks of taking part?

The interview will involve talking about your experience of completing the online programme which you may find upsetting. You can **pause or stop participating in the** study at any time. You are **free to withdraw** from the study at any time.

Will I be compensated for taking part?

We cannot pay you. However, you will be offered a **high street voucher** worth £20 for taking part.

What happens if I do not want to take part or if I change my mind?

It is **up to you** to decide whether to take part or not. If you decide to take part, you will be given this information sheet to keep and will be asked to sign a **consent form**.

If you take part, you can **stop the interview at any time**. This will not affect your usual care. We will use the data we have collected already in our research unless you tell us not to.

To stop, you should tell the interviewer that you do not want to continue. You can choose to withdraw without giving us any further information.

What information will you collect about me?

In order to participate in this research project we will need to collect information that could identify you, called "personal identifiable information". Specifically we will need to collect:

- Name
- Address
- Contact details
- Date of birth
- Ethnicity
- Record of consent
- Details of your perinatal team and/or GP
- **Audio recordings of your voice**
- **Video recordings of your face**

Under what legal basis are you collecting this information?

We are collecting and storing this personal identifiable information in accordance with UK data protection law which protect your rights. These state that we must have a legal basis (specific reason) for collecting your data. For this study, the specific reason is that it is “a public interest task” and “a process necessary for research purposes”.

What are my rights regarding the data you collect about me?

You have a number of rights under data protection law regarding your personal information; for example, you can request a copy of the information we hold about you, including audio recordings. If you would like to know more about your different rights or the way we use your personal information to ensure we follow the law, please consult our [Privacy Notice for Research](https://documents.manchester.ac.uk/display.aspx?DocID=37095) (<https://documents.manchester.ac.uk/display.aspx?DocID=37095>)

You can also ask a member of the research team for more information.

Will my taking part in the study be confidential and my personal identifiable information be protected?

In accordance with data protection law, The University of Manchester and Greater Manchester Mental Health NHS Foundation Trust (GMMH) are the Data Controllers for this project. This means that we are responsible for making sure your personal information is kept secure, confidential and used only in the way you have been told it will be used. All researchers are trained with this in mind, and your data will be looked after in the following way:

- Any **information** (name, address, telephone number, date of birth, audio recordings) that could **identify you** will be kept **confidential** and **stored securely** at the University of Manchester or GMMH in locked filing cabinets (paper copies) or on password protected secure servers (electronic copies). This personal information will be stored separately from research data.
- Your name will not be on study documents (except the consent form), you will be identified **by a study number** only. The research team will have access to the key that links this ID number to your personal information.
- Your **consent form will be retained for 5 years** in a locked cabinet on University of Manchester or GMMH premises for audit purposes. With your consent, we would also like to retain your contact details for 5 years in order to provide you with a summary of the findings for this study and also to inform you about future studies that you may be interested in. If you provide consent for this, your details will be safely stored on University of Manchester or GMMH servers in a digital folder only accessible to the study team and used only for the purposes described above.

- Your **clinical team** (including your GP, case manager and/or perinatal mental health team) will be **informed that you are taking part** in this study but they will not be able to see any data we collect.
- If you tell us anything that suggests **you or someone else is at risk of harm**, we may have to **inform authorities**, such as your **GP or the police**. We will involve you in this decision as much as possible.
- We will pass on your **contact details to our Admin Team** so they can **send you a shopping voucher as a thank you** for taking part in the end of study interview. If you give us consent, **we will keep your contact details for up to 5 years**.
- We may use a University of Manchester approved external service to transcribe (type out) your interview. **Anyone who transcribes your interview will have a duty of confidentiality to you**. Any personal identifiable information will be removed from the final transcript.

Please also note that individuals from The University of Manchester or regulatory authorities may need to look at the data collected for this study to make sure the project is being carried out as planned. This may involve looking at identifiable data. All individuals involved in auditing and monitoring the study will have a strict duty of confidentiality to you as a research participant.

International transfers regarding data sharing outside the UK

- If conducted online, the interview will be recorded in **Zoom or Microsoft Teams** and your personal data will be processed by Zoom or Microsoft. This may mean that your personal data are transferred to a country outside of the European Economic Area, some of which have not yet been determined by the United Kingdom to have an adequate level of data protection. Appropriate legal mechanisms to ensure these transfers are compliant with the Data Protection Act 2018 and the UK General Data Protection Regulation are in place. The recordings will be removed from the above third party platform and **stored on University of Manchester managed file storage** as soon as possible following the completion of data collection. All interview recordings will be protected by a password and will be destroyed after they have been transcribed.

Contact details for complaints

If you have a complaint that you wish to direct to members of the research team, please contact the Project Managers, **Holly Reid** on [phone number] or **Henna Lemetyinen** on [phone number] or email at [\[update\]@gmmh.nhs.uk](mailto:[update]@gmmh.nhs.uk)

If you wish to make a formal complaint to someone independent of the research team or if you are not satisfied with the response you have gained from the researchers in the first instance, then please contact:

The Research Ethics Manager, Research Office, Christie Building, The University of Manchester, Oxford Road, Manchester, M13 9PL

Email: research.complaints@manchester.ac.uk

Telephone: **0161 306 8089**.

If you wish to contact us about your data protection rights, please email dataprotection@manchester.ac.uk, call **161 275 7789** or write to The Information Governance Office, Christie Building, The University of Manchester, Oxford Road, M13 9PL at the University and we will guide you through the process of exercising your rights.

You also have a right to complain to the [Information Commissioner's Office](#) about complaints relating to your personal identifiable information, You can either call **0303 123 1113** or contact them via a webchat on their website (<https://ico.org.uk/concerns>).

Contact details

If you have any queries about the study or if you are interested in taking part then, please contact the Project Managers, **Holly Reid** on [phone number] or **Henna Lemetyinen** on [phone number] or email at [\[update\]@gmmh.nhs.uk](mailto:[update]@gmmh.nhs.uk). You can also contact the Chief Investigator, Anja Wittkowski by email: Anja.wittkowski@manchester.ac.uk.