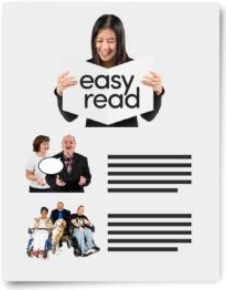
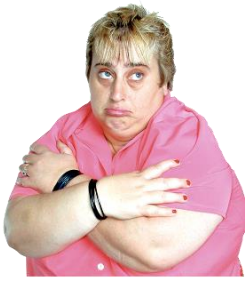
IRAS Project ID: 315557

Evaluation of a Novel Multi-component Anxiety Management Programme for the Treatment of Anxiety Disorder in People with Intellectual Disability

Picture of researcher	My name is ……. I am a researcher.
 	This information sheet tells you more about the study. You can ask your family, friends or your support staff to help you to understand the information. You can ask the research team about the study. Our contact details are at the end of this sheet.



What is this study about?

Anxiety is one of the most common forms of distress in people.

Anxiety can cause people to have difficulty coping in their everyday lives.

There are some good therapies to help with anxiety.

These therapies are not always available or suitable for people with an intellectual disability.

What is the aim of this study?

We have developed a new programme and an information guide to help people with anxiety.

We have worked with people who have an intellectual disability and anxiety to do this.

We want to see if this programme and guide help people to find ways to manage their anxiety.

Why am I being asked to take part in this research?

You are being asked because:

- You have a mild or moderate intellectual disability.
- You have been feeling anxious.

What will happen if I decide to take part in this project?

You will be asked to sign a consent form.

You will be asked to complete a questionnaire about your anxiety to see if you can take part.

Some people may not be able to take part in the study but will still receive help for their anxiety.

What does the project involve?

Group 1

Group 2

There will be two groups in this study.

You will be put in one of the groups.

Group 1 will receive the new anxiety programme and guide.

Group 2 will carry on with their normal treatment for anxiety.

If you are in group 2 you will be offered the new programme and guide at the end of the study.

All your reasonable travel expenses involved in this study will be paid for.

What does the anxiety guide involve?

You will be invited to join 10 sessions once a week over 10 weeks.

Each session will last 60 minutes.

You will be asked to complete some tasks between sessions.
Someone will help you with this.

Before the study, we will ask you some questions about your anxiety. We would like to ask you not to tell the person asking the questions which anxiety treatment you had.

We will ask you the same questions at 10 weeks and at 20 weeks.

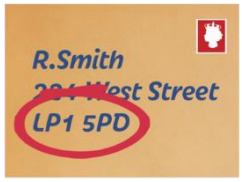
This is to see how you are feeling.

You will also be invited to take part in interviews at the end of the study to help us understand what you thought of the anxiety treatment. The interview sessions will be recorded.

What does normal treatment involve?

Normal treatment would be the care you are already having to help you with your anxiety.

	**What are the benefits of taking part?** We hope that the study will help us to learn more about treating anxiety in people with an intellectual disability.
	**What are the possible disadvantages of taking part?** Talking about your emotions can be difficult and sometimes upsetting. If you become upset, we will stop the session and offer you support.
 	**Do I have to take part?** It is up to you if you would like to take part You can say **yes**. You can say **no**. This will not affect your care in anyway. You are free to stop the study at any time. You do not have to give a reason to leave.
	**What will happen to the information from the study?** We will be collecting information from you for the research study. The information will be looked at by the research team.



We would like to publish the information so it can help other people.

We will not use any private information such as your name or address.

Your information will be stored on the computer.

If you want to stop, we will keep the information we have already collected.

You can have a copy of the final report if you want.

We will write a letter to your doctor to let them know you are taking part in this study.

How will my information be kept confidential?

Your information will be given a number.

This means that your name is not on any information we keep about you.

We will keep all information about you safe and secure.

Only people who are working on this study within Cheshire and Wirral Partnership NHS Foundation Trust will see your details.

We will write our reports in a way that no-one can work out that you took part in the study.

Can my confidentiality be broken?

We will only break your confidentiality if we are worried about:

- Your safety
- The safety of others
- The health, welfare, or safety of children or vulnerable adults

Who has checked this study?

All NHS research is checked by a group called a Research Ethics Committee.

What if I have any concerns?

You can contact us using the contact details at the bottom of this sheet.

We will do our best to answer your questions.

You can also speak to your local Patient Advice and Liaison Service (PALS)

Telephone: 0800 195 4462
Email: cwp.pals@nhs.net

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<td>Contact Information

Please contact Cheshire and Wirral Partnership NHS Foundation Trust Research Team.
Telephone: 0151 488 7311
Email: cwp.research@nhs.net

Or

Chief Investigator: Danny Acton

Telephone: 07825 716291
Email: Danny.Acton@nhs.net</td>
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<td>Thank you for taking the time to read this and for thinking about taking part in this study.</td>
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