

Debrief form - Iona Feasibility RCT v2 210125 - Following downloading the app



University
of Exeter

DEBRIEF FORM

A feasibility pilot evaluation of a smartphone based Cognitive Behavioural Therapy (CBT) intervention for the treatment of low mood or support for worry management in female armed forces veterans in England, Wales, and Scotland.

We're sorry to see you leave the study early, but we want to sincerely thank you for your time and contribution. Your participation has been valuable, and we appreciate the effort you've made so far. Please see the information below for your debrief and next steps.

Thanks for taking part in our study to explore potential for effectiveness of making adaptations to an intervention for Female Armed Forces Veterans for the treatment of low mood or support worry management. And for providing your feedback on how engaging and acceptable the intervention is for the targeted audience. The feedback you have given will help us to ensure the intervention is more acceptable to female veterans and therefore has greater potential to improve the wellbeing of female veterans' personnel. If you have any questions or you are interested in finding out more about this evaluation, please contact the lead researcher Melika Janbakhsh, by emailing mj268@exeter.ac.uk.

Randomisation

In this study, we used randomisation to assign participants to different groups by chance. This process ensures the results are evaluated objectively. This process was completed by researchers at the University of Exeter.

My compensation

As you withdrew early from the study, after downloading the app but did not complete any of the post-app questionnaires, you are eligible for partial reimbursement. We will soon send you a £10 electronic voucher as a thank you for your time and participation in the study.

To process this voucher payment, we need to share your contact details with the University of Exeter's finance team. We will contact you with the voucher soon.

Right to withdraw

If you decide you no longer want to be part of this study, you have the right to withdraw your data. To do so, you have **3 months** from receiving this debrief form to submit your withdrawal request by emailing the lead researcher, Melika Janbakhsh, mj268@exeter.ac.uk. If you remember your allocated 4-digit number, please send that one along with your request.

Additional support

If you would like to access mental health support, you can find help on the NHS website using this link [Mental Health Support for Veterans, Service Leavers and Reservists](#). the [Veterans and Reserves Mental Health Programme](#) which is a Ministry of Defence (MoD) specialist service that

provides various forms of support, including mental health assessments and treatment advice for veterans and reservists is also available on referral from your GP.

Support is also available from charities:

[Local or specific mental health charities](#)

[Armed forces specific charities](#)

[Combat Stress](#) has a dedicated mental health support line for veterans and families

[Togetherall](#) provides round the clock online support with trained counsellors

If you have any ethical concerns or wish to make a formal complaint, please contact the Psychology Research Ethics Committee's Co-Chairs, Ciro Civile (c.civile@exeter.ac.uk) and Julian Basanovic (J.Basanovic@exeter.ac.uk), or the University Research Ethics and Governance Team (cgr-reg@exeter.ac.uk).



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My compensation

As you withdrew early from the study, after completing the 6-week questionnaire but did not complete the follow-up, you are eligible for partial reimbursement. We will soon send you a £20 electronic voucher as a thank you for your time and participation in the study.

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My compensation

Thank you for completing the full course of the study. We will shortly send you your £30 electronic voucher as a thank you for taking your time and participating in this study.

To process this voucher payment, we need to share your contact details with the University of Exeter's finance team. We will contact you with the voucher soon.

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