Co-Stars: A Feasibility Evaluation of a Co-Produced Mental Health Literacy Training Package to Reduce Mental Health Inequities for Black Youth in Underserved Communities

Participant Information Sheet – NHS Staff

We would like to invite you to take part in our research study. Before you decide, it is important for you to understand why we are conducting this research and what taking part will mean for you. We have provided this information for you to consider carefully before you make your decision. Taking part in this research study is voluntary. Please feel free to discuss it with others. If anything in this information sheet is unclear, or if you would like more information, please get in touch with a member of the research team.

What is this research about?

Research has shown that ethnic minority individuals and those from disadvantaged and marginalised communities are more likely to develop a severe mental illness and to experience poorer outcomes. For example, within the UK, people from Black ethnic backgrounds are 3-5 times more likely to experience a first episode of psychosis than White British individuals. Birmingham is a young, ethnically diverse city with high levels of deprivation and has one of the highest rates of psychosis in England. Although Early Intervention in Psychosis (EIP) and other specialized mental health services providing evidence-based, multidisciplinary care are available, Black youth are more likely to experience adversity in their pathways to care, such as compulsory detentions with police involvement. These experiences are disempowering and can lead to a cycle of mistrust and disengagement with services. At the same time, minority groups from underserved communities lack representation in research. This is concerning, as user participation in research increases the quality of care and improves mental health outcomes.

Previously, we worked with Black youth with lived experience of serious mental health problems and co-designed a training package aimed at improving mental health literacy and raising awareness of issues around intersectionality and barriers to mental health care. In this phase of the study, we plan to test this training package to see if it works well, is easy to use, and is cost-effective. This research aims to make mental health care more accessible and beneficial for people who do not usually get the help they need.

This project is led by Dr Sian Lowri Griffiths at the University of Birmingham Institute for Mental Health as part of UKRI funding.

Why have I been invited?

You have been invited to take part in this research study because you are an NHS staff who works with Black youth with lived experience of serious mental health problems. We wish to recruit approximately 120 NHS staff like yourself to take part in a 20-minute-long e-training, which is aiming to raise awareness of sociocultural diversities, awareness of cultural barriers, multicultural knowledge, and sensitivity and responsiveness to patients from Black ethno-racial backgrounds.

What would taking part involve?

If you agree to take part, the study you are invited to will last for a maximum of 6 months. Approximately every 4 weeks, we will implement a certified e-learning module to a new NHS team or Trust. When will your team receive the training is randomly allocated.

When your team is allocated, everyone in the team will be asked to complete 20-minute certified e-learning module. This e-learning is informed by lived experience, and aims to raise awareness of sociocultural diversities, awareness of cultural barriers, multicultural knowledge, and sensitivity and responsiveness to patients from Black ethno-racial backgrounds.

Everyone will be asked to fill out a set of questionnaires before the e-learning and three weeks after the e-learning modules. These questionnaires will assess your demographic characteristics such as your age, gender, ethnicity, and job role, as well as feasibility, acceptability, and fidelity of implementation of this research. Additionally, they will also evaluate mental health knowledge, attitudes, skills, and competencies when working with minoritised groups. By doing this e-learning module, you will play an important role in helping us assess the acceptability of our package and to better understand the barriers and enablers to providing care, which will, in turn, support the future implementation strategy.

You may also be invited to participate in group discussion or 1:1 interview, during which a member of the research team will ask you questions about whether the training was helpful, appropriate, and capable of improving mental health outcomes for Black people. A focus group discussion will last approximately 1.5 to 2 hours, while a one-on-one interview will last about 1 hour and will take place in your respective NHS Trust.

Please note that the group discussion or 1:1 interview will be audio-recorded using a secure encrypted recording device to help document the process, and transcribed (put into a written format) to ensure accuracy, but your anonymity will be protected throughout.

These audio recordings will be securely shared with a third-party transcription service for the purposes of deriving verbatim text from recorded conversations. This service will be bound by a confidentiality agreement and the third-party transcription service will destroy all audio recordings upon verification of accuracy of transcripts. However, the research team will retain the audio recordings and store your data safely. Your anonymity will be protected throughout.

Do I have to take part?

No. Participation in this study is voluntary. If you do decide to take part, you will be asked to sign a consent form. If you give consent to take part, you will still be free to withdraw from this research study at any time without needing to give a reason.

What are the possible benefits of taking part?

You will be given a certified e-learning module that could contribute to your professional development as well as help Black youth in underserved communities receive more timely and appropriate mental health services. You will gain a better understanding of Black youth needs with mental health problems and how to better support them. In doing so, you could help us better understand the feasibility and acceptability of the e-learning delivered to mental health professionals. You will also help us assess the barriers and enablers to support the future implementation strategy.

There will be direct benefits to you and to wider community as you would help us improve the e-learning module, enable us to seek funding to scientifically prove if this training is feasible, and you would help us expand this e-learning module to other parts of the UK and make this training as a routine in the system.

What are the possible risks of taking part?

While we do not anticipate significant risks, participants may experience emotional distress or discomfort during the interviews, especially if sensitive topics are discussed. If this occurs, participants can request to pause or stop the interview and may seek additional support. Additionally, there are risks related to data protection, which we will mitigate by following strict confidentiality protocols and data security measures. However, it is possible that some topics discussed may cause distress. Should you experience distress because of your participation in this study, you may speak with the researcher in charge of this project, Dr Sian Lowri Griffiths, or any other member of the research team.

What if there is a problem?

The University of Birmingham, as sponsor, has appropriate insurance in place in the unlikely event that you suffer any harm as a direct consequence of your participation in this study.

The University has in force a Public Liability Policy and/or Clinical Trials policy which provides cover for claims for "negligent harm" and the activities here are included within that coverage.

If you wish to complain about any aspect of the study, you should contact Dr Sian Lowri Griffiths (contact details below) or you may contact the University of Birmingham Research Governance team by email researchgovernance@contacts.bham.ac.uk.

The Patient Advisory Liaison Service (PALS) is a confidential NHS service that can provide you with support for any complaints or queries you may have regarding the care you receive as an NHS patient. Please note that PALS is unable to provide information about this research study.

If you wish to contact the PALS team, they are available on:

- Birmingham Women's and Children's NHS Foundation Trust: 0121 333 8403 or via bwc.pals@nhs.net.
- Black Country Partnership NHS Foundation Trust: 0800 587 7720 or via pals.officer@bcpft.nhs.uk.

Additionally, Mental Health First Aid-trained member of the research team and the Trusts will also be available if needed.

If you have been discharged from NHS mental health services and wish to make a complaint, you can contact the University of Birmingham's sponsor point of contact by emailing researchgovernance@contacts.bham.ac.uk.

Will my time and expenses be reimbursed?

As your participation in this study will take place during regular working hours and is related to your routine duty, you will not be reimbursed for your participation.

Have patients and the public been involved in this study?

Patient and public involvement is at the heart of this project. This study was designed in close collaboration with a local NHS Trusts – Birmingham Women's and Children's Trust (Forward Thinking Birmingham) and Black Country Partnership NHS Foundation Trust, and Youth Advisory Committee comprising of youth with lived experiences. Our Research Advisory Committee comprises of researchers, staff of local authorities, and volunteer organisations. We are also partnering with community mental health organizations dedicated to serving local Black communities.

Who is organising, insuring, and funding the research?

This study is sponsored by the University of Birmingham and funded by the UK Research and Innovation (UKRI) funding.

The University has in place Clinical Trials indemnity coverage for this study which provides cover to the University for harm which comes about through the University's, or its staff's, negligence in relation to the design or management of the trial and may alternatively, and at the University's discretion, provide cover for non-negligent harm to participants.

The NHS Trust has a duty of care to its patients. In the event of clinical negligence being proven, compensation will be available via the NHS indemnity.

Who has reviewed the study?

This study has been reviewed by UK Research and Innovations and an independent Research Ethics Committee.

How will my details be kept confidential?

All information collected for this study will be subject to the General Data Protection Regulation and Data Protection Act 2018. We will ensure your confidentiality by storing your personal data electronically on a secure network at the University of Birmingham using encrypted files. Data will only be accessed via password-protected University of Birmingham-issued computers. Paper copies of study documents will be stored in a locked filing cabinet in a locked room at the University of Birmingham, accessible only to authorized research personnel. Any information that could identify you (e.g., name, address, etc.) will be removed from your study data, and your study data will instead be given a unique code. A code key will be stored separately allowing the research team to identify your data. Audio recordings will be destroyed as soon as transcripts have been generated and checked for accuracy. Any personally identifying data will be removed from interview transcripts and workshop observation notes at the earliest possible opportunity, and pseudonyms will be used instead of real names. The third-party transcription service will be bound by a confidentiality agreement. Any demographic information reported in publications (e.g., age, sex, ethnicity) will be summarized for the group as a whole to prevent identification of individuals. We may share the data with third parties if they request raw data for their review or systematic review. In such cases, we will ensure that any data which could identify you individually will not be shared.

How long will my data be kept and how will it be kept secure?

Data will be stored electronically on a secure network at the University of Birmingham using encrypted files, and paper copies of relevant study documents, such as signed consent forms, will be stored in a secure location at the University of Birmingham in a locked filing cabinet for

10 years. Only authorized research personnel will have access to the data. Audio recordings will be destroyed as soon as transcripts have been generated and checked for accuracy, and personally identifying information will be removed from transcripts and workshop observation notes at the earliest possible opportunity.

How will we use information about you?

We will need to use some demographic information from you for this research project. We will use this information to do the research or to check your records to make sure that the research is being done properly. Information collected using California Brief Multicultural Competence Scale (CBMCS) will be used to evaluate your ability to interact with and support individuals from diverse cultural backgrounds. We will use the information gathered using the other questionnaire after training programme to evaluate your acceptability of the organisation, delivery, and quality of content of this E-learning and your suggestions for further improvement.

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. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

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:

- by asking one of the members of the research team
- at www.hra.nhs.uk/information-about-patients/
- our leaflet available from www.hra.nhs.uk/patientdataandresearch
- by sending an email to the University of Birmingham's Data Protection Officer: dataprotection@contacts.bham.ac.uk, or
- by contacting the researcher in charge of the study, Dr Sian Lowri Griffiths, at s.l.griffiths@bham.ac.uk
- At https://www.co-stars.co.uk/

What happens if new information becomes available?

If any new information becomes available which might affect your participation in this study, a member of the research team will discuss this with you.

What will happen at the end of the research?

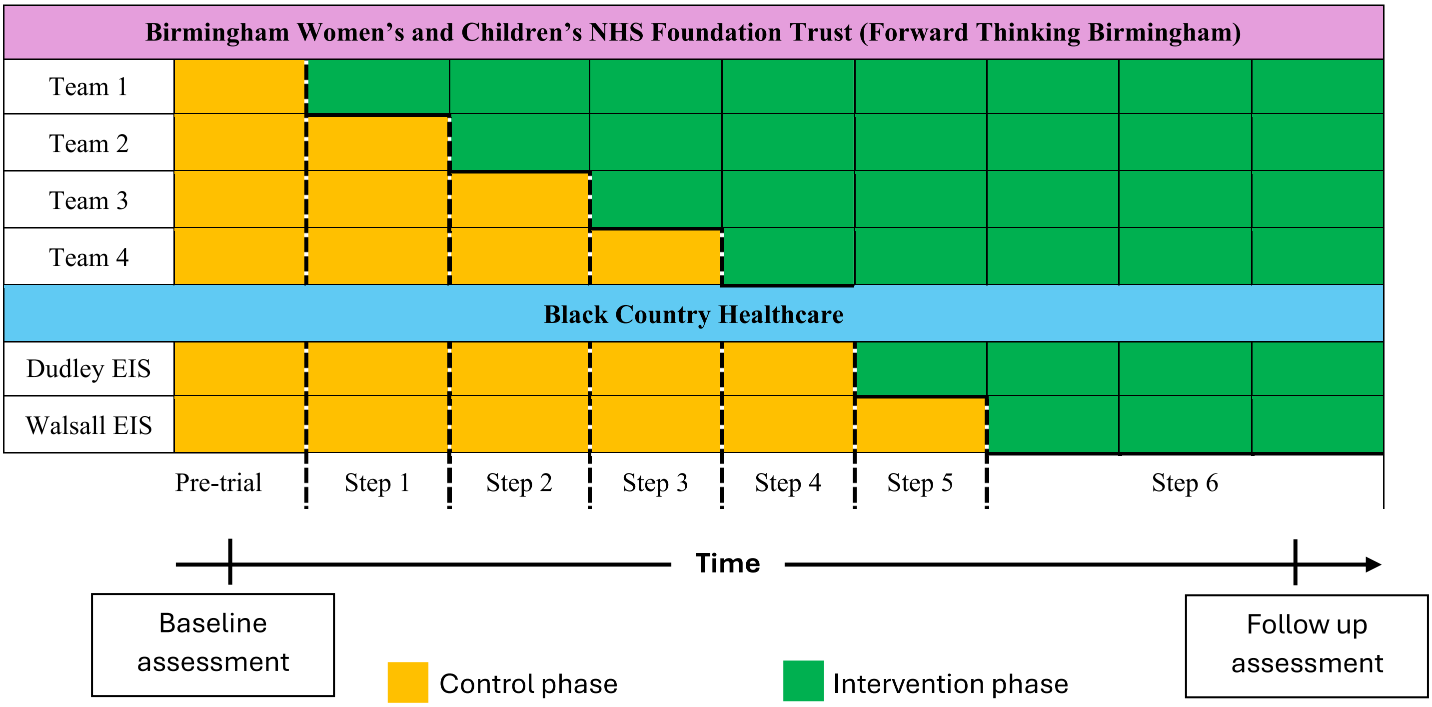
At the end of the project, with your help we will raise the awareness of sociocultural diversities, awareness of cultural barriers, multicultural knowledge, and sensitivity and responsiveness to patients from Black ethno-racial backgrounds. As well, we will evaluate the feasibility of the co-developed mental health literacy package and increase the awareness of equitable mental health care access and improve outcomes for underserved groups. If we demonstrate that the training package is beneficial to professional systems, public organisations involved in mental health care pathways, and the community, we will seek funding to progress to Phase 3, which is planned to take place across all four nations in the UK, involving numerous NHS trusts and communities in a randomised controlled trial.

Where can I get further information?

If you would like to speak to someone about this research study, please contact the researcher in charge of the study, Dr Sian Lowri Griffiths, at s.l.griffiths@bham.ac.uk.

Thank you for taking the time to read this information sheet.

A diagram summarising this research project (WP21)



	Pre-trial	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
Birmingham Women's and Children's NHS Foundation Trust (Forward Thinking Birmingham)							
Team 1	🟨	🟩	🟩	🟩	🟩	🟩	🟩
Team 2	🟨	🟨	🟩	🟩	🟩	🟩	🟩
Team 3	🟨	🟨	🟨	🟩	🟩	🟩	🟩
Team 4	🟨	🟨	🟨	🟨	🟩	🟩	🟩
Black Country Healthcare							
Dudley EIS	🟨	🟨	🟨	🟨	🟨	🟩	🟩
Walsall EIS	🟨	🟨	🟨	🟨	🟨	🟨	🟩

🟨 Control phase

🟩 Intervention phase