



Department
Royal Preston Hospital,
Sharoe Green Lane,
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Preston.
PR2 9H

Title of Study: **Mixed-Methods Study of Clinical Hypnosis in the Management of Functional Neurological Disorders: Outcomes and Acceptability**

PATIENT INFORMATION SHEET

Thank you for taking part in the first stage of our research study conducted by Lancaster University in collaboration with the Functional Neurological Disorder service at Lancashire Teaching Hospitals NHS Foundation Trust.

Please read the following information carefully before you decide whether to take part in the second part of our study, which will entail an interview on your experiences of taking part in hypnotherapy sessions to manage your FND symptoms.

WHAT IS THE PURPOSE OF THIS STAGE?

This second stage of our study aims to explore how people with FND experience clinical hypnosis as a treatment. We are interested in learning whether you found hypnosis useful, practical and acceptable. By gathering feedback from participants, we hope to learn more about how hypnosis can be used to treat people with FND.

WHY HAVE I BEEN CHOSEN?

You have been chosen because you have been diagnosed with FND and referred to the Lancashire Teaching Hospitals (LTHT) FND service for treatment. Following assessment, the LTHT clinical team considered you a suitable candidate to explore hypnotherapy as a treatment option. As you have agreed to participate in the hypnotherapy sessions, you are being invited to an interview to give feedback on your experiences and help us evaluate hypnotherapy as a future treatment option.

DO I HAVE TO TAKE PART?

No, it is entirely up to you - you can decide whether to take part in the interview or not. This will not affect your rights or the standard of the care you receive.

WHAT WILL HAPPEN IF I TAKE PART?

IRAS no: 361289

Participant Information Sheet (Interviews)

version 1.0, Date 23/02/2026

If you decide to take part in the interview, you will be contacted by email and/or phone by a researcher from Lancaster University. This email/phone call serves as a reminder to review the details of the interview and its purpose. We will also check that you are still happy to take part in the interview, and we will send you a copy of the consent form (CF) we will use during the interview. There is no need to send this back – on the day of the interview, the researcher will go over the CF with you, to check if you have questions and video-record your consent to participate in stage two (interview) of this study.

We will then schedule an interview via telephone or video call (via Microsoft Teams) at a mutually convenient time. You will be asked to find a comfortable, private setting, and verbally reconfirm your consent to take part at the start of the interview. The interview is expected to last approximately 30 to 60 minutes and will be video-recorded using the recording function of the communication platform used. The researcher conducting the interview will also take brief field notes (e.g., noting tone or emotional expressions that are not evident from the audio).

Following the interview, the audio recording will be transcribed verbatim. Any potentially identifying information mentioned (names, places, etc.) will be removed or replaced with your Unique Identification Code during transcription to protect anonymity.

In this research study, we will use information from you and your medical records. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.

At the end of the study, we will save some of the data in case we need to check it.

We will make sure no-one can work out who you are from the reports we write.

WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?

This interview gives you the opportunity to reflect and share your experiences and perceptions of taking part in hypnotherapy sessions for FND. Whilst this may not directly benefit you, it will help us learn about how to use hypnotherapy best to help other people with FND in the future.

WHAT ARE THE POSSIBLE RISKS OF TAKING PART?

There are no known serious risks linked to taking part in this interview. However, some people may find that talking about their symptoms or experiences during the interview brings up difficult thoughts or feelings. If this happens, you can choose to pause at any time, gather your thoughts, and stop the interview altogether. You are not under any obligation to continue if you feel uncomfortable. Sometimes, people may share personal information that raises concerns about their safety or wellbeing. If this happens, the researcher has a duty to act and follow safeguarding procedures. This means they may need to pass this information on to the designated safeguarding lead at LTHT to make sure that appropriate actions can be considered.

HOW WILL WE USE INFORMATION ABOUT YOU?

LTHT is the Sponsor for this study, which is being conducted in the United Kingdom / England. To carry out this study we will need to use information from you and your medical records. This information may include your name, date of birth, age, diagnosis, contact details, clinic appointment dates, questionnaire responses, and audio recordings/transcripts if you take part in an interview.

Members of your care team will use this information to check that you are eligible to participate in the research. Only staff directly involved in your care and data collection for the study will see your name or contact details.

Your data will be assigned a code number. To protect your identity, we will ask you to create a unique identification code (UIC) the first time you complete the survey. We will ask you to keep hold of this code, so that you can use it to complete the survey the second and third time, without using your full name. This code will also be used to identify your interview.

If you lose the code, you will be able to re-create it following the instructions provided the first time: just email the researchers at their email address (please see below) and they will help you to retrieve your code, if you lose it.

Once we have finished the study, we will write our reports in a way that no one can work out that you took part in the study.

We will keep all information about you safe and secure by:

- Storing electronic data (interview recordings and transcripts) on password-protected, encrypted NHS or University secure servers.
- Limiting access to your identifiable information to authorised members of the research and clinical teams who need it for the study.
- Replacing your name and other identifying details with a unique identification code (UIC) as soon as possible.
- Keeping any document that links your name to your study code in a separate, secure location with restricted access.
- Encrypting and securely storing audio recordings of interviews and deleting them once they have been transcribed and checked.
- Ensuring that any data shared between Lancashire Teaching Hospitals NHS Foundation Trust and Lancaster University are transferred securely and in line with data-sharing agreements.
- Reporting study findings only in anonymised or aggregated form, so that no individual can be identified.
- Retaining study data only for the period required by research governance policies, after which it will be securely archived or destroyed.

Your data will not be shared outside the UK.

Once we have finished the study, we will keep some of the data to verify the study results. All study reports and publications will be written in a way that ensures you cannot be identified. If you have any questions about how your data will be used or stored, please speak to a member of the research team.

With your permission, we will inform your GP that you are taking part in this study so they are aware as part of your routine care. We will share only essential details (study title, sponsor, the study team's contact information, and the dates of your participation). We will not share your questionnaire answers or interview content unless you ask us to, or if we are concerned about your safety or the safety of others—in which case we may need to contact your GP in line with safeguarding and duty-of-care policies. Choosing whether or not to inform your GP will not affect the care you receive.

HOW WILL WE USE INFORMATION ABOUT YOU AFTER THE STUDY ENDS?

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.

We will keep your study data for a maximum of 10 years. The study data will then be securely destroyed.

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. If you choose to stop taking part in the study, please email the study Chief Investigator, Dr Daniela Di Basilio (d.dibasilio@lancaster.ac.uk) and let her know you would like to be withdrawn from the study.

You have the right to ask us to access, remove, change or delete data we hold about you for the purposes of the study. You can also object to our processing of your data. We might not always be able to do this if it means we cannot use your data to do the research. If so, we will tell you why we cannot do this

You can find out more about how we use your information at: <https://www.hra.nhs.uk/information-about-patients/> or by contacting the Chief Investigator, Dr Di Basilio.

WHO HAS REVIEWED THE STUDY?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and given a favourable opinion by the London - Queen Square Research Ethics Committee [26/PR/0366].

WHAT IF I CHANGE MY MIND ABOUT TAKING PART?

You can choose to withdraw as specified above. Your standard of care will not be affected if you change your mind.

WHO SHOULD I CONTACT IF I HAVE QUESTIONS ABOUT AND/OR DURING THE STUDY, OR WISH TO MAKE A COMPLAINT?

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If you have a specific concern or query about the research, you can contact the study team at the details below.

Study Chief Investigator:

Dr Daniela Di Babilio, Lecturer in Clinical Psychology and Clinical Psychologist
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Principal Investigator (research site lead):

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For a more independent contact, you can contact the Research Governance lead within the Centre for Health Research and Innovation at Lancashire Teaching Hospitals by contacting 01772 522031. You may also wish to talk to the hospital's Patient Advice and Liaison Service (PALS), which provides support to patients, families and visitors. They will be able to help support you if you have any concerns or complaints and are available by phone on 01772 522 972 or by emailing PALS@lthtr.nhs.uk.