

PARTICIPANTS CONSENT 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.

- 1) I confirm that I have read the information sheet 'Participant Information Sheet V.1 06/12/2024' for the above project. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily. ☐
- 2) I consent to complete two screenings which includes online questionnaires to check if taking part in this study is right for me. I understand it is possible that I will be informed taking part in the studies is not right for me. ☐
- 3) I understand taking part in this study involves being randomised in one of the arms of the study Iona FV or sham control condition. I understand taking part in this study involves using Iona app for 6 weeks and completing the assessments at week 6 and week 10. ☐
- 4) I understand that all my data will be kept confidential and stored securely. My contact details will be kept separately from other information. My anonymised data will be held no longer than legally required (minimum 10 years). ☐
- 5) I understand that anonymised and de-identified data collected from me (when there is no longer any link with any identifying details such as my name, contact details) will be shared with researchers and collaborators within the Iona project. ☐
- 6) I understand that only the Lead Researcher has access to the code linked data and my personal information such as email address and mobile phone number. ☐
- 7) I understand that my participation is voluntary. I am free to withdraw at any time without giving any reason. I understand I have **3 months** after the study ends to request my data withdrawal. After this point the link codes will be deleted, and data aggregated and can't withdraw my data anymore. ☐
- 8) I understand that my identifiable information will be shared with finance personnel at the University of Exeter to process my compensation and I consent to it. ☐
- 9) I understand there will be no negative consequences for withdrawal from this study. ☐
- 10) I would like to receive the final report of the study. I understand this means the Lead Researcher will keep a copy of my email separately from the rest of the data. Once I receive the report my email address will be deleted permanently. ☐
- 11) I agree to take part in this study. ☐