

PARTICIPANT INFORMATION SHEET

PROBLEM SOLVING IN PRISONS

We would like to invite you to take part in a study about using problem solving skills in prison but before you decide, please read the following information:

What is our project about?

Problem-solving skills are important in helping people work out what to do when faced with a problem. A problem might be anything that is on your mind a lot, or something that you worry about. Lots of people have problems in life and sometimes these are made more difficult to address when in prison. We know that ignoring problems can have an impact on how people feel and behave and if left, you may find that they affect your physical and mental health. The aim of our study is to find out whether a brief workshop on the use of problem solving skills can help to support people to feel better, act differently and take an active part in addressing problems you might experience when in prison.

Who is doing the study?

The research project is conducted by the Academy of Justice in Warsaw, Poland. The project is coordinated by the Health Sciences Department and York Trials Unit at University of York in the UK. The project lead is: Dr Amanda E. Perry and the research is supported by a small grant in the UK.

Why have you been asked to participate?

We are approaching everybody on your wing because we are interested to involve people who have the experience of being on a therapeutic wing, to see if they are interested in taking part in our study. To be included in the study you must be expected to remain within this prison for at least another three months.

Do I have to take part?

This research study is entirely voluntary. You will be approached by a member of the research team who will introduce the study to you. If you want to find out more information you will be invited to attend a group meeting with up to 5 other prisoners. This meeting will last up to an hour. You will find out more about the study and what is involved. You will be able to ask questions and decide whether you would like to take part. If you decide to take part you will be asked to complete a 'consent form', this will give your permission to take part in the study. Your decision to take part or not will have no impact on your parole, sentence or any further treatment you might receive whilst in custody. We **WILL NOT** tell staff about your responses unless the researcher believes there is a risk to your safety or the safety of others.

What will be involved if I take part in the study?

Everyone who agrees to take part in the study will be entered into a random draw using a unique study number that is unique to you. Half of those people taking part will be randomly picked to participate in a workshop on problem solving skills and complete some questionnaires. The other half will be asked to complete some questionnaires only.

Completing the questionnaires:

Everyone will complete some questionnaires before the study starts and again at the end of the project. On each occasion it is likely that these questionnaires will take about 30 minutes to complete. The questionnaires will be used to collect some of your background information, your general health and your mental health and will ask you about how you cope with problems in custody.

Attending the workshop:

The group workshop this will last for up to one and a half hours and will include up to five prisoners. The workshop will be held on the wing and delivered by members of the research team. The workshop will include watching a video clip showing someone in custody describing a problem and using the problem-solving steps. You will also use some workbooks that will show how the skills work. This will help you to learn about how you deal with your own problems now and in the future.

Accessing your data:

We may also access relevant sections of your medical and prison notes and your data collected during the study may be looked at by researchers. This process will help us to check that what you tell us and what is recorded in your notes is accurate. By taking part in this study you are giving your permission for these individuals to have access to your records. All data will remain confidential.

What are the advantages of taking part in the study?

Everyone taking part in the project will receive a notebook and a calendar as a small token of our appreciation. Participants will be given the opportunity to learn some new problem-solving skills which may help you cope better when faced with problems in custody.

What are the disadvantages of taking part in the study?

It is unlikely that you might feel upset or anxious during the research study, but if you do feel upset you can talk to a member of prison staff or the research team who will support you. Staff members can refer you to the appropriate professional (e.g., psychiatrist, psychologist, wing officer) in accordance with the standard prison procedure.

Can I withdraw from the study?

If you decide to take part in the study and then change your mind we will remove you from the study. You do not need to give us a reason for changing your mind. However, we will keep any data that we

have already collected on you and include it in our study. If you start, but decide not to continue with the study we will not contact you again.

How will the information and personal data I give be handled?

You will be asked to complete some questionnaires that will collect data on your demographic and background characteristics, your general health, mental health and well-being. The paper copies of your details will be stored in Warsaw and your data will be stored electronically and shared with the University of York and will remain confidential. Data will only be shared with members of the research team. Data will be destroyed in accordance with the data protection rules and the privacy notice provided.

What will happen to the results of the study?

The results of the study will be used to help the Polish prison service decide on whether the use of problem solving skills are helpful to people in prison. We will write up the study findings and publish them in a journal article. This article will not contain any information that will allow someone to identify that you have taken part in this study.

Who has reviewed and approved this study?

The study has been reviewed by the Research Governance Committee, Health Sciences Department, at the University of York and a personal data protection inspector at the Academy of Justice in Warsaw, Poland.

Who do I contact for more information about this study?

To find out more information about the study you can contact a member of the study team in Poland: Maja Zawadzka or Dr. Jaroslaw Rychlik, or in the UK Dr Amanda E Perry+44 (0)1904 321929.

Who do I contact in the event of a complaint?

If you would like to make a complaint to the prison in:

Racibórz please contact Major Artur Tokarski - telephone 32 453 96 08

Kłodzko please contact : Mr Krzysztof Pielech telephone 74 865 18 57.

If you are unhappy with the way your personal data has been handled you have the right to complain in the UK to:

University of York's data protection officer at: The University of York, Data protection officer, Health Sciences Department, Heslington, York, YO10 5DD. If you do not receive a satisfactory answer you can also contact the Information Commissioners Office on 0303 123 1113.

Or in Poland: Personal Data protection Office on Infoline (in Polish): 606-950-000.

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