

**Equilibrium**

**A Treatment Programme for Young People aged 13-17 Years Old**

**Participant Information Form**

**Dr Terence Nice**

**North East London Foundation Trust**

**Participant Information Sheet**

Hi, my name is Dr Terence Nice and I have written this Information sheet to help you decide whether you would like to be part of a treatment programme for Young People aged 13-17 years old who self-harm or attempt to end their lives. I have tried to keep the questions and answers as simple as possible so that you fully understand what the treatment programme is about and what you will have to do if you decide to join. The treatment programme is for young people and their families. It cannot be completed solo or without both you and your parents agreeing to take part.

Please take time to read the following information carefully and feel free to discuss it with others if you wish to do so. Please ask if there is anything that you are not clear about or would like more information upon. It is important for you to take your time to decide whether or not you wish to take part. So here we go:

**What is the purpose of the study?**

Well, the purpose of the study is to test out a new treatment programme for young people who self-harm and/or attempt suicide. It involves 12 sessions and includes you and your family for two sessions and then you on your own for 9 sessions. In the final session, number 12, I get everyone back together again to see how things have gone.

**Why have you been chosen?**

You have been invited to join the study because you have had recent contact with the mental health services in relation to self-harming behaviours.

**Do you have to take part?**

No, certainly not. You can only take part if you want to. I should say that this research project is entirely voluntary and there is no pressure or expectation that you should join it. This will not affect the quality of the service or treatment you receive.

**What will happen to you if you take part?**

* You will be offered 12 weekly treatment sessions (2 initial sessions with family, 9 individual sessions and 1 final family session)
* The treatment that you receive is a talking therapy and each stage is broken down into steps:

Step 1: You and your family members who wish to take part will meet to talk about how we can best help you in a caring and respectful way and set some goals. For example, what the family can do to help, cutting less or feeling less bad.

Step 2: We meet again with your family to think about the changes that need to happen to make things better for you.

Step 3 to Step 11: This is where we meet individually and talk about reducing bad feelings, negative thoughts and self-harm through getting out the feelings, thinking differently, coping with stress and distracting yourself when you want to self-harm. This will take time and hard work.

Step 12: This is the final session when we bring back the family together to see what we have achieved and how we can keep this going.

* During the 12 weeks you will be asked to fill in some forms to track the process of the treatment. This should only take a few minutes of your time, but it will help us to see how things change.
* I have drawn up a table of how the sessions look and work. We can talk about this together to see if you are clear about what happens or have any questions.
* Your views as to what works and what does not work are of vital importance so we will ask you to think about this and report back
* An exit interview will be conducted so that you reflect upon your experiences as an individual and family
* It is important that you know that the sessions will be audio-taped which means that what you say is recorded, firstly because it is important and secondly, to help with the analysis of what works for young people and what does not.

**What will you have to do?**

Just come along. You will be invited to attend 12 sessions of treatment on a weekly basis at a given time and place for a period of 60 minutes.

**What other Treatments are there?**

There are other forms of treatment such as Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) or routine psychological interventions. If you chose these interventions you would be referred routinely or as usual. Taking part in this study would not affect your future therapeutic care.

**What are the risks and disadvantages of taking part?**

There are no risks present, but with any psychological treatments there is always the risk of feeling upset or distressed. Naturally, we would ensure that you are supported and looked after if this was the case. There are no medications offered as part of this treatment.

**What are the benefits of taking part?**

The information collected will be used to tell us more about self-harm and attempted suicide in young people. This will help us provide better services and treatments for young people.

**What Research Method are we using?**

Sometimes we don’t know the best way of treating people. To find out we need to experiment and try different things. I will collect information through audio recordings and listen back to them to find out what works and what does not. I will ask you to fill in some forms so that I can look closely at them and compare them.

**What about Confidentiality?**

All the information in this research project will remain secure, private and confidential. Every effort will be made to ensure that you are not identified. There are exceptions to this rule, and if you were being hurt or harmed in any way we would need to share this information with other agencies to ensure your protection, safety and well-being. We would write to your GP to tell them that you and your family have agreed to take part in the study and at the finish of the study write to them to let them know that things have gone okay.

**What will happen to the Results of the Research Project?**

The results will help us provide a better service for you. It is likely that the research findings will be published and therefore your assent is required in order to do this (please see the consent form). Your contact details will be kept only in order to send you the results of the study.

**What if I want to Withdraw from the Study?**

If you wish to withdraw from the study you can so at any time. Any information or data regarding your case will be safely destroyed in line with NHS procedures.

**What if there is a Problem?**

If you have a problem, please contact me, Dr Terence Nice (0300 300 1983). I will do my best to resolve any problems. If you remain unhappy and wish to formally complain you can do this by means of the NHS complaints procedure and details of this can be obtained from Dr Sandeep Toot, Deputy Director of Research and Development Telephone number 0300 555 1200 Ext: 64453 and email address [Sandeep.toot@nelft.nhs.uk](mailto:Sandeep.toot@nelft.nhs.uk).North East London Foundation Trust (NELFT).

**Who is Organising the Research?**

I am organizing the research and I work as a psychotherapist in the Children and Young Persons Service based at Orchard House, St. Peters Broadstairs, Kent CT10 2TT which is part of a big NHS trust called NELFT.

**Who has looked at the Study?**

Many young people have reviewed the study and their feed-back and thoughts have made a big difference. The study has also been seen by other researchers, workers and practitioners to see that it is okay. This study is also insured by NELFT.

**What happens now?**

If all of your questions have been answered and any doubts about the study have been sorted out, then I will write to your GP that you say that you have agreed to join this research study and at the end of it write to say that you have finished. After this I will sort out a date with you and your family and we can get started.

**Contact Details and Further Information**

* General Information about Research: http://www.hra.nhs.uk/news/sections
* Specific information about the research study: Dr Terence Nice (0300 300 1983; Tues/Wed/Thurs)
* Participation: Please consult Dr Terence Nice or a trusted professional for advice and guidance

\*Please note you can be paid bus fares for attending if you let me know. Please ask.

The study results will be sent to you and this is why we will need to keep a record of your contact details. Thank you for taking the time to read this it is most appreciated.