

ADOLESCENT INFORMATION SHEET

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Title of Project: A research study of a talking intervention for depression

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Introduction

We are inviting you to take part in a research study.

This information sheet tells you about the study and what you would do if you take part in the study.

Please read the information sheet with your parent or carer before you decide if you would like to take part.

If you would like to ask a question about the study, please ask us. Our phone numbers and email addresses are at the end of this information sheet.



What does the study involve?

This study will help to find out if behavioural activation intervention helps people who are feeling down.

Some of the people in the study will work with a therapist using behavioural activation. The other people in the study will continue to get their usual support from their school.

If you would like to take part, you and your parent/carers will meet with the researcher for about one hour. The researcher will ask you questions about how you feel and the things you like to do. The researchers will also talk to your parent/carers about the things you do.

After you have met with the researcher, we will decide at random if you will work with a practitioner for three months or carry on seeing your wellbeing lead at school. This is like tossing a coin. You will have an equal chance of

working with the practitioner or carry on seeing your school's wellbeing practitioner.

After three months, you will meet with the researcher again for one hour. They will ask you questions again about how you feel and the things you like to do.

What is behavioural activation intervention?



If you work with the practitioner, you will be receiving the behavioural activation intervention.

The behavioural activation intervention is called Beat-D. This is an intervention for people who are feeling down.

A practitioner will arrange to meet with you and work together using Beat-D. A parent or carer who knows you will also come to the sessions to help and support you.

You will talk with the practitioner about the things you do each day and making plans to get busier. These sessions are to help you find ways to feel better.

Beat-D usually lasts for 12 sessions. You will meet with the practitioner for 1-2 hours each week. You will keep meeting with the practitioner for about 3 months.

Are there any other parts to the study?

We will also ask some people who did Beat-D, and their parents, to have an interview with a researcher to tell us more about their experiences of Beat-D.

We will send you more information about the interviews at the time, so that you can decide whether or not you would want to have an interview.

How will my information be handled?

Anything you tell the researchers or the therapist will be confidential. This means it won't be shared with anyone else. The researcher will not tell anyone your name.



Your information will be kept safe and only members of the research team will be able to see it. We will keep your information safely for 10 years. Then we will destroy it safely.

Are there any negative side-effects or risks from participating?

We do not expect any side-effects or risks from participating. There is a chance you might feel some discomfort as a result of talking about how you

feel or when completing the questions, either during or after completion of the survey. If at any point you feel any discomfort, you can talk to an adult at home or your classroom teacher and/or your school's wellbeing lead.

Do I have to take part in this study?

You do not have to take part in this research study.

It is OK to say no.

This will not change the care and support you receive.

If you decide to participate in the research study, you can sign the consent form with your name. We will also make sure your parent/carer agrees.

You can change your mind about taking part, or decide to stop, at any time. You do not have to tell us why.

If you change your mind, this will not change the care and support you already receive.

If you decide to stop taking part in the study, you will be able to choose to have your information removed as well, as long as you tell us before July 2023.

If the study is stopped for any other reason, we will let you know.

What will happen to the results of this study?

The research team will write reports about the research and tell people about what we found. No one else will know that you have taken part in this research. Your name will never be used in the results.

When we have finished the study, we will send you a report about the results.

Will taking part in the study help me?

If you decide to take part in the study, working with the therapist might help you feel better. Sometimes the Beat-D intervention might not help, but most people who have tried it found it useful.

Who has funded this study?

This research is being funded by the Monash Warwick Alliance Research Accelerator Fund (Australia and the UK).

Who has reviewed the study?

This study has been reviewed and given favourable opinion by the University



of Warwick's Humanities and Social Science Research Ethics Committee
(HSSREC Reference Number: 192/21-22).

Research Team contact details

Chief Investigator: Professor Kylie Gray	Beat-D@warwick.ac.uk
Research Assistant: Andreas Paris	07824 541 182

Who should I contact if I wish to make a complaint?

Any complaint about the way you have been dealt with during the study or any possible harm you might have suffered will be addressed. Please address your complaint to the person below, who is a senior University of Warwick official entirely independent of this study:

Head of Research Governance

Research & Impact Services
University House
University of Warwick
Coventry
CV4 8UW

Email: researchgovernance@warwick.ac.uk

Tel: 024 7657 5733

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer, who will investigate the matter:
DPO@warwick.ac.uk

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO).

Thank you for taking the time to read this Participant Information Leaflet