

PARTICIPANT INFORMATION FORM

Title of research project

The impact of psychological factors and cognitive processes on help seeking behaviours and attitudes towards therapy in individuals with ileostomies and ileal pouch anal anastomosis.

Dear prospective participant,

You are being invited to take part in this research project. Please take some time to read through the information provided to understand why the research is being done and what it will involve. If you have any questions regarding the research or would like any further information, feel free to contact me. Please take the time to decide whether you wish to take part in this study. Thank you for taking the time to read this information form.

What is the purpose of this study?

This research project aims to examine how psychological factors and cognitive processes impact help seeking behaviours and attitudes towards therapy for individuals who have ileostomies and ileal pouch anal anastomosis (IPAA). Psychological factors of interest here include mood, anxiety and body image. Cognitive processes of interest here include one's ability to maintain and shift attention, one's thinking about one's own thoughts, and one's coping strategies.

Research has mainly focused on quality of life following surgery and some results show that surgery has a significant impact on mental health. This research study aims

to examine several psychological and cognitive factors that may impact help seeking behaviours and attitudes towards therapy. This research study is the first, to knowledge, to examine these various factors. Whilst there are no immediate benefits for people participating in this project, researchers hope that this research will improve our understanding of people's experiences and their specific needs.

You have been invited to participate in this online study where you will be asked to complete a series of questions about your thoughts and feelings following surgery. This study will take approximately 30 minutes to complete. Participating in this study is not anticipated to cause any harm. Some questions may potentially trigger unpleasant memories.

Participation is entirely voluntary, and you have the right to withdraw from the study, without providing an explanation, at any stage up until March 31st, 2021, which is when data collection will be completed. In order to withdraw from participation, please contact the researcher via email quoting your randomised unique identification code only known to you, which will have been created at the beginning of the study. Please be aware that if you wish to withdraw after this date, your data may still be used in a collated form.

Findings and results from this study may be shared in Ileostomy and Ileal Pouch Anal Anastomosis organisations and support groups, to help expand our understanding of people's experiences. All data that are shared on any platform will be completely anonymised; individual data will not be shared.

Your Data

All the information collected will be kept strictly confidential. You will not be able to be identified or identifiable in any reports or publications. All collected data will be anonymised and stored on an encrypted and password protected folder on a password



protected laptop. Data retention for the researcher will be until the completion of the research study. The University of Roehampton may retain all anonymised data for a period of ten years.

Thank you for taking the time to read this and for considering participating.

Contacts for further information

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