 

Study Title: **Making Sense of Young People’s Journeys from Child and Adolescent Mental Health Services (CAMHS) to Adult Services.**

1. **Invitation Paragraph**

You are being invited to take part in a research study. Before you decide if you would like to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with other people if you wish. Please ask if there if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part. Thank you for reading this.

1. **What is the purpose of this study?**

The project aims to gather the experiences of young people whose care is moving from CAMHS to adult mental health services. I hope to get an understanding of what the process of moving from one service to another is like as it happens. This will help to develop ideas on how to improve services, especially for other young people who may have to move from one service to another in the future. .

1. **Why have I been chosen?**

You have been chosen as you received care from CAMHS and are due to move to adult services (either because you are turning 18 years old or because you are turning 16 years old and no longer in school). The study is aiming to recruit up to 8 participants.

1. **Do I have to take part?**

No. As entry to the study is entirely voluntary, **it is up to you to decide** whether or not to take part. You should not feel under any pressure to make the decision. If you do decide to take part, you will be asked to sign a consent form. Even after signing you are still free to withdraw at any time and without giving a reason. This will not affect any care you may receive now or in the future.

1. **What will happen to me if I take part?**

If you decide to take part, you will be asked to take part in up to three interviews at different time points during your move to adult services. The interview questions will be about your experience of moving from CAMHS to adult services. The interviews will be carried out by Clodagh Feehan (Trainee Clinical Psychologist and Chief Investigator). The interviews will take place at a NHS Highland setting. The interviews can also take place at your school if this would be your preference. The interviews are expected to last for up to an hour. Interviews will be audio-recorded so that your answers can be accurately typed up by the researcher. Only the research team will have access to the recording. Once the interviews are typed up they will be anonymised, meaning no information will be included in the typed version that could identify you personally. For each interview you take part in (up to 3), you will be given £10 to cover any expenses or inconvenience.

1. **Do I have to take part in this research project?**No, participation in any research project is voluntary. If you do not wish to take part you do not have to. If you decide to take part and later change your mind that is also OK. You have the right to withdraw from the project at any stage. If you do decide to take part, you will be given this Participant Information Sheet/ Consent Form to sign and you will be given a copy to keep. Your decision whether to take part or not to take part, or to take part and then withdraw, will not affect your care.
2. **What are the possible disadvantages and risks of taking part?**

There is a possibility when discussing your experience of moving services that you may feel upset. You would be free throughout the interview to stop and take a break or discontinue the interview at any time. If you felt that upon finishing the interview that you needed to talk to someone further information will be given regarding where best you can receive further support or advice.

1. **What are the possible benefits of taking part?**

There are not direct benefits for you taking part in this study. However, it is hoped that from your experiences we can begin to understand what it is like for young people to move to adult mental health services. The information can then be used to help professionals and future young people as they embark on their move. It may be that some participants find the opportunity to reflect on their experiences a useful one.

1. **Will taking part in the study cost me anything?**

No. The study will only involve your time. In order to compensate you for this and any expenses incurred, for each interview (up to 3) you take part in you will receive a payment of £10.

1. **Will my taking part in this study be kept confidential?**

The researcher will first check with your CAMHS professional that your taking part in this study will not interfere with your ongoing care. All information collected about you during the course of the research will be kept strictly confidential. The audio-recording and transcription of your interviews will be identified by an allocated participant number only. If any quotes from your interviews are used in the final report, a pseudonym (different name) will be used. Information collected will be kept in accordance with the Data Protection Act (1998) as well as NHS Highland and University of Glasgow policy.

However, if you say something during the interview which makes the researcher concerned that there is a risk of serious harm to you or someone else she will have to tell break confidentiality. Wherever possible this will be discussed with you first. If you share information that makes the research team concerned about your safety/other’s safety we may be required to tell others involved in your care (e.g. care worker or psychiatry). We will always endeavour to notify you beforehand if we are going to do this and explain why.

1. **What will happen to information about me?**

By signing the consent form you consent to the relevant research staff collecting and using personal information about you for the research project. Any information obtained for the purpose of this research project can identify you will be treated as confidential and securely stored. It will be disclosed only with your permission, or as required by law.

Your interviews will be audio-recorded and demographic information (e.g., age, gender, etc.) will be collected. Demographic information will be collected by talking with you. The recordings and your demographic information will be stored on a password protected computers. The audio recordings will only be accessible by members of the research team for the purpose of coding the specific responses. The codings will then be entered in an annonymised format into a database, which will be stored securely.

1. **What will happen to the results of the research study?**

When the research study is finished, the completed report will be submitted to the University of Glasgow 2017 as the Major Research Project of the researcher’s Doctorate in Clinical Psychology degree. It is hoped that the study would also be submitted for publication in research journal. Presentations may also be given at scientific conferences. All participants will be asked if they would like to be sent a summary of the results. You will not be identified in any publication or presentation.

1. **Who has reviewed the study?**

The study has been reviewed by the North of Scotland Research Ethics Committee, University of Glasgow, and NHS Highland Research and Development (R&D).

1. **What will happen if I decide to withdraw from the study?**

You can withdraw from the study at any time. You do not have to provide a reason and if you withdraw you will continue to receive your usual care and treatment.

If you do withdraw from the study, any personally identifiable information about you will be destroyed. However, annonymised data already collected will be retained to ensure that the results of the research project can be measured properly and to comply with law. You should be aware that data collected by the research team up to the time that you withdraw will be retained and used in the study to form part of the research project results. If you do not want them to do this, you should choose not to participate in this study.

1. **Can I speak to someone who is not involved in the study?**

Yes you can. Professor Rory O’Connor who is not involved in the study can answer questions or give advice about participating in this study. His telephone number is 0141 211 3920.

1. **What will happen if I have a problem or complaint?**

If you have any concerns about the study or the way it is conducted or if you want to complain about any aspect of this study, please contact Prof. Andrew Gumley, Mental Health and Wellbeing, Gartnavel Royal Hospital, 1st Floor, Admin Building, University of Glasgow, Glasgow G12 0XH, or the Research & Development Department, NHS Highland on 01463 255 822.

The normal NHS complaint mechanisms will also be available to you.

1. **Contact for Further Information**

If you would like any further information or have any questions please feel free to contact a member of the research team below.

For general independent information on taking part in research please visit the INVOLVE website on [www.invo.org.uk/find-out-more/](http://www.invo.org.uk/find-out-more/)

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