

**Life After Someone Important Has Died**

**Information Sheet for Young People**

My name is Laura and I am a student at the University of Strathclyde. I am interested in learning more about how young people feel, and the experiences they have following the death of someone important. I would like to invite you to take part in a study to share your experiences.

Before you decide whether to take part, it is important for you to understand why this research is being done, and what it will involve. Please take some time to read the information carefully, and ask any questions you want to. Feel free to discuss it with others, such as your parents or guardians, or people who support you. My contact details, as well as the details of my supervisors, are given at the end of this sheet.

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

I am interested in learning more about how the experience of someone important dying affects young people. Previous studies have found that the death of someone important is a common experience among young people, but not much is known about the impact it can have on someone’s day to day life, thoughts and feelings, and behaviours such as self-harm. I am asking young people in Scotland to share their experiences with me in a face-to-face interview to learn more about this topic.

**Do you have to take part?**

No, you do not have to take part. It is completely up to you if you would like to participate in the study. If you decide to take part, you can still change your mind later, and you will not be asked to explain why. If you do not wish to take part, this will not affect the way you are treated or any support you receive.

**What will you do in the project?**

This study has three parts. You do not have to take part in all of these and only some young people will be invited to do the third part of the study. I have described all three parts below so you know exactly what you are being invited to do.

Part 1: An interview about your experiences of losing someone: The interview will last around 40 minutes. During this time I will ask you a few questions about yourself (such as your age, sex, gender, ethnicity, and what area you live in), and how you are feeling (by circling a number on a line, at the start and end of the interview). I will then ask about your life in general, about the person who died, and how their death has affected you. There are no right or wrong answers. You can take as long as you wish, and you do not need to answer any questions which make you feel uncomfortable. I would like to audio-record this conversation so that I can accurately remember what you said, and this recording will be destroyed once it has been typed up. If you wish, you can have an adult present throughout the interview (such as a parent or guardian), if this makes you feel more comfortable. As a thank you for your time, you will receive a £10 shopping voucher for participating in the interview.

Part 2: A questionnaire about self-harm: After the interview, you will be asked to complete a brief paper questionnaire about your experiences with self-harm, which should take about 5 minutes. Most questions only ask for tick-box responses, there are no right or wrong answers, and you do not need to answer any questions which you do not want to.

Part 3: A card-sorting task: Participants who let me know that they have self-harmed in the past will also be invited to take part in a card organising activity. This involves sorting cards which describe the thoughts, feelings, behaviours and events that may be important to someone leading up to their self-harm. I will ask this about the first time the person has self-harmed, and the most recent time. I would also like to take a photo of the cards once they have been sorted (you will not be visible in this photo). This task takes around 20 minutes, and can either be done on the same day as the interview after having a break, or at a later date to be arranged, as preferred. Completing this task is voluntary, and if you are invited to do this, it is up to you if you wish to take part.

Where will the study be done? If you decide to take part, I will arrange a suitable time to meet you in a place that is convenient for you (such as a room within a local school or university, a local community venue, or your home). I will ask you to sign a form to say that you agree to take part.

**Why have you been invited to take part?**

You have been invited to take part because you are a young person between 12 and 18 years old living in Scotland, who speaks English, and have experienced the death of someone important to you during your lifetime due to any cause of death. If you experienced the death within the last 6 months, you are not able to take part at this time, as I don’t wish to cause any additional upset about a recent loss.

**What are the potential risks to you in taking part?**

This research will be asking questions about how you feel and your experiences with death or self-harm, and because of this, some of the questions may be upsetting or make you feel uncomfortable. You do not need to answer any questions that make you feel this way, and you do not have to share any details that you don’t want to share with me. If you find yourself feeling uncomfortable during the study, you can stop at any time without having to explain why.

I will be giving everyone who takes part in this study a list of advice and support organisations that they can contact if they want to speak to someone. If you think you might become upset by the interview, I would advise you not to take part.

**What happens to the information in the project?**

If you wish, you will be given the opportunity to check the records I type up from our conversation, or a shorter summary of the interview, once it has been typed up. If you choose to do this, I will arrange this in a way that suits you.

The information collected in this study will be kept confidential, which means I will not share anything which can be used to identify you with anyone. Details like your name, the people you tell me about, or organisations you are part of will be changed so nobody can tell it is you. However, if I become aware that there is an immediate danger of serious harm to you or someone else, I would have to pass this information on to an adult in order to protect you or others. If this happens, I will discuss it with you first.

The completed paper forms will only be seen by me and my supervisors, and will be stored in secure, lockable filing spaces within the University of Strathclyde. All electronic data will be stored online. Audio-recordings will be deleted when they have been typed up. At the end of the study, the data will be stored online after removing any information which could identify you, where it might be looked at by other researchers, but they won’t know which answers are yours. You can ask me to remove your data from the study if you want, any time until October 2019. After this, I will be writing up the results as part of my degree, and I might present the results of the study to other researchers.

**What happens next?**

If you have any questions or concerns about taking part in the study, feel free to contact me or my supervisors at the details provided below.

If you are interested in taking part, please let me know in one of the following ways:

* Visiting <https://tinyurl.com/bereav> and providing your contact details
* Sending a direct email to: laura.del-carpio@strath.ac.uk with your contact details
* Completing the attached paper slip and handing it back to the staff member or person who told you about this study, if you got this form from them.

I will then contact you to answer any questions you may have, and if you decide you would like to be involved, we will arrange a time and place to meet. You can change your mind about participating at any time, even after you agree to take part.

If you decide you do not wish to take part in the project, thank you for your time.

If you would like to be told the results of the study, please let me know using the contact details below.

**Thank you for taking the time to read this!**

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**Project Supervisors:**

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Please note that the University of Strathclyde is registered with the Information Commissioner’s Office who implements the Data Protection Act 1998. All personal data on participants will be processed according to the Data Protection Act 1998.

This investigation was granted ethical approval by the University of Strathclyde Ethics Committee. If you have any questions/concerns, during or after the investigation, or wish to contact an independent person to whom any questions may be directed or further information may be sought from, please contact:
Secretary to the University Ethics Committee, Research & Knowledge Exchange Services, University of Strathclyde, Graham Hills Building, 50 George Street, Glasgow, G1 1QE.
Telephone: 0141 548 3707. Email: ethics@strath.ac.uk



**Participant Expression of Interest**

**Study: Life After Someone Important Has Died**

School of Psychological Sciences and Health, University of Strathclyde



If you would like to hear more about the study or if you are interested in taking part, please complete your details below and return it to the staff member or person that gave it to you, and the researcher will be in contact with you as soon as possible.

Providing your details below does not mean you need to take part in the study. You can still decide if you wish to participate or not.

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| --- | --- |
| **Your name:**  |  |
| **An email address and/or telephone number where you can be contacted:**  |  |
| **Today’s date:**  |  |
| **Please sign your name:**  |  |



**Participant Consent Form**

**Study: Life After Someone Important Has Died**

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I have read and understood the information sheet for the above study, and the researcher has answered any questions I might have, and I have understood the answers I was given.

I understand that it is my choice about whether or not to take part in this study, and that I am free to stop at any time without having to explain why. If I decide to withdraw from the study and I don’t want my data to be used, any data which have been collected from me will be destroyed.

I understand that I can ask for my data to be removed from the study any time before October 2019.

I understand that I do not need to respond to every question in the study. For example, I can choose to not answer certain interview questions or skip any survey questions which I feel uncomfortable about. I also do not need to take part in the Card Sort Task if I am invited to do so and do not wish to take part.

I understand that my responses will be confidential, meaning that my personal information will be kept private and not shared with anyone.

I understand that if I disclose that I or someone else is at immediate risk of serious harm, the researcher will have to pass this information on to my parent/guardian or a professional, in order to ensure my safety or that of someone else.

I understand that I will have the opportunity to check the records that are typed up from my interview. If I wish to do this, the researcher will arrange this with me.

I agree to my interview being audio recorded.

I agree to my card sort task responses being photographed, if I am invited to and choose to do this activity.

I agree to be a participant in the above project.

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| Print Name of Participant: |  |
| Signature of Participant: | Date: |