



**Can you help us? Would you like to take part in an important study led by a UK university, MIND India, NIRMAAN and HOPE?**

**Do you have a story to tell about avoiding problem use of substances like drugs or alcohol?** **Or do you have a story to tell about getting over problems around using substances?**

**Then we’d love to hear from you.**

**Read all about our study here.**



Hi

My name is Raginie. I live in Assam and I am a researcher with the University of Leeds in the UK. Our creative and exciting study is explained here. There are lots of ways you can get in touch to ask questions. We are recruiting young people for this study from January 2019.

**This study is to understand what it is like for young people who are:**

**The study aims to understand more about:**



**We want to do this to understand what it is like for young people AND to improve the support they get.**

**Why have I been given this study letter?**

Because we think you might be someone we would like to hear from. We need people who are:



**What does the study involve?**

**It has two parts.**

**Part 1 involves some photography or image collection by you and an interview with me. Using images is a great way to tell me about your life.**

I will ask you to collect 7-10 images. These should tell me something about how things are for you around drugs and alcohol. They could also be about how you doing now. The images can be new or old photos. Or images from magazines or the internet. You can take photos of images too to save you having to print anything out.

You could take photos on your phone or with a camera I will give you if you need one. You don’t have to be a great photographer or worry about being creative. I will give you guidance. I will then meet with you to talk about the images. We can talk in Assamese or English as you tell me about how you have resisted, or are in successful recovery from, problematic use of drugs and/or alcohol. With your permission, I will audio-record our conversation. And I will need to keep a copy of the images you bring. Our meeting will last about 60-90 minutes. I hope it will feel like a chat with a friend who is a good listener. Afterwards we will talk about how you would like me to conceal your identity, or the identity of other people, in your interview and images. I will check that you are happy with everything we do.

**NOTE:** If you are 15-18 years of age, you will be required to obtain parental/guardian consent to be part of this study. You will be provided with two consent forms that need to be signed by your parent/guardian, one of which will have to be given to Dr Duara before the interview starts.

**Part 2 has two activities. You can choose if you want to get involved. I can conceal your identity in all of them. The activities are:**

After your Part 1 interview, you can choose if you want to take part in making posters or films You will be in control of your information and can tell us what we can use and how..

**Where will this all take place?**

All our face-to-face meetings will take place in a private room at MIND India, Nirmaan Rehabilitation Facility, HOPE foundation or another relevant organisation in Guwahati. We will agree a good time to meet and your travel expenses will be repaid to you. If a chaperon comes with you, we will repay their travel expenses too.

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**What about anonymity and confidentiality?**

Protecting your privacy is important to us. We will never publish your real name. You can choose a fake name if you wish.

For the **Part 1** interview, I will start by audio-recording your permission to take part in the study and make sure you understand what it involves. You will not be asked to sign anything. Audio-recordings from the interview will be kept on a secure University of Leeds drive and locked with a username and password. You will be reminded before the interview starts not to use people’s real names and to be vague about dates and places. Only the research team will have access to the interview audio-recording. After interview, you can tell us if you are still OK for us to use the interview and images in our study, or if you would like us to remove anything. You have a week to think about this if you need time.

We will type up your interview into transcript. A company might do this for us and will keep everything confidential. Identifying details (e.g. names of places, people and details of very specific events) will be changed or removed. Any images you bring that you allow us to use in reports, on our website, social media and events about the project will be pixilated or cropped to conceal people’s faces and specific places. Your interview and images will be kept securely for up to 5 years after the publication of the last report of the study and then will be deleted.

If you choose to take part in film-making, you can decide whether or not you want to be in the film. We will explain this in detail at the time.

There are some **limits to confidentiality**. If you are in need of support, I will talk about this with you to find a good way forward. If you tell me you are not coping, are in danger, are being harmed or are suicidal, then I will ask for support for you from a professional, most likely at MIND India. If you tell me something that makes me concerned for the safety of someone else, I may need to take action. If you are 18 or younger, and tell me about any criminal intent or activity by you or others (stealing/robbery, physical abuse, sexual abuse/harassment, kidnapping, selling illicit drugs and/or homicide), I will have to contact the Child Welfare Committee. If you are 19 or older and tell me about any of these activities, I have to submit a First Information Report to the nearest police station.

I do not seek this kind of information in the interview and will not ask you questions about these things. It is your choice what you tell me. If I need to take action, I will explain to you what I may need to do.

**Are there any risks to taking part?**

I do not expect there to be any significant risks in taking part. In the interview, we may discuss things that have been hard or upsetting but only if you want to talk about them. You will be directing our conversation with the images you have brought. You do not have to give me a reason if you want to skip anything I ask. If you feel you would like support after the interview, free sources are provided at the end of this letter.

**Are there any benefits in taking part?**

I hope you will find it interesting and enjoyable to take part. You will be helping people to understand some of the challenges young people face around drugs and alcohol, to improve the way society views young people, and to make a case to increase the support available. For being part of this study, you will be reimbursed your travel expenses for attending any pre-interview meeting, the interview and film-making workshops. Refreshments (water, hot drink) will be provided at interview and refreshments and lunch will be provided at film-making workshops. If a chaperon accompanies you, their travel expenses will also be reimbursed. For those involved in poster-making, as a small thank you, I will send a copy of the poster printed on canvas to an address you give me.

**Can I stop taking part if I want to?**

Yes, no problem. You can decide you do not want to do the interview before it takes place, and you can stop during the interview too. And you can do the same for the poster-making and film-making workshops. You don’t need to tell me why you want to stop.

Once you have done an interview, you can still ask us to not use your interview data or the images you brought. If you no longer want to be part of the study, please can you e-mail me within a week of doing the interview? If you take part in making a poster or film-making you can also change your mind about letting us use this material. We have separate information on these activities.



**What do I do next?**

**Take your time** to think about whether you’d like to take part. Maybe you could talk it over with someone you trust?

**Got questions?** No problem – email me at:

[**r.duara@leeds.ac.uk**](mailto:r.duara@leeds.ac.uk)

**If you would like to go ahead,** I‘d be delighted to get an e-mail from you! I will e-mail you back to arrange a telephone call or a face-to-face meeting to answer any of your questions and, if you still want to take part, to get you started with the study. I can provide a disposable camera if you need one.

**If you are not sure, that’s ok.** Take your time - we will be happy to hear from you when you are ready.

**Thank you for taking the time to read about our study.**

**Free sources of support**

MIND India<http://www.mindindia.org/> Support available from the in-house psychiatrist in MIND India

Free online self-help books available at <https://www.e-booksdirectory.com/listing.php?category=319>

**Study Details**



**Study title:** Adapting visual methods to enhance local approaches to understanding youth substance abuse in India

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If you have any complaints about being contacted or about what happens during the study, please e-mail Professor Anna Madill who will be happy to discuss what action to take ([a.l.madill@leeds.ac.uk](mailto:a.l.madill@leeds.ac.uk)).



**Photovoice Guidance**

**Thank you for taking part in this research. ‘**Photovoice’ is the use of photographs or images to help people to tell their story.

1. **Getting started with Photovoice**

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| We would like you to bring between **7 and 10** photographs or images to the interview which will help us understand:  **What it has been like for you resisting drugs/alcohol.**  OR  **What it has been like for you recovering from drug/alcohol problems.** |  |

You could start by thinking about **the most important issues** (or times, events, or people, or experiences) that you would like to talk about in the interview and then find an image, or take a photograph, that represents this in some way. The image can be of the thing itself or it can symbolize it. For example, you may want to talk about the feeling that you have few options sometimes, so you could for example take a picture of a menu. If you wanted to explain the importance of time and space away from problems, you could take a picture of a quiet place that matters to you.

You could use the time between now and the interview **to notice things** in your life that you think are important to this research topic and take a picture of things as you go along. For example, you might be playing sport and realise that this really helps you - so you might take a picture of a football.You might also look through **past photographs** and this might trigger your memory about times, places, events or people that might help us understand your experience. You could choose one or two that will remind you in the interview of the kinds of issues you wanted to talk about. You can take a picture o f a picture or a photo if that saves you having to print anything out.

Photovoice recognizes that an image is not the whole story, and that words sometimes aren’t enough, but together the images and our interview will help give a fuller story of what things have been like for you.

1. **Important boundaries**

We recommend to avoid taking new photos of other people unless they are known to you. However, if you would like to take photo of another person, that person (i) should be over the age of 18 and (ii) should be asked permission before including them in the photo you bring for the interview. Also, when other people are there, only take a photo if feel very comfortable that everyone will be OK about it. Please *do not* take photographs of anyone under the age of 18. Instead, you can photograph something to represent them (e.g., a toy or a hoodie). Remember that if you bring an image of anything that makes the researcher concerned about your safety or the safety of others, or criminal activity, we may need to involve others who can help – but we will talk to you about this first. You can check the study information letter again for the details.

1. **Photos for printing**

Here are the options for sending photos to print.

We will conceal any identifying details of people or places in images before using them in a public way.

1. **The interview**

I will go through the consent process and ask you some general questions about yourself so that we can describe in reports the kind of people who took part (e.g., age range). Once you’re ready, you will be asked to pick a picture that you would like to start with. I will listen to why that image is important to you and what you hoped it would convey. I may ask you more questions to understand your experience as best I can. Together we will move through each of the images in this way.

Feel free to get in touch if you have any questions along the way and I will help

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**Other details**

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