

INFORMATION SHEET FOR PARTICIPANTS



This project has been reviewed and approved by the Psychiatry, Research Ethics Sub-Committee (REF HR-20/21-21292).

Title: Understanding the impact of cognitive biases in maintaining loneliness in young people.

Invitation

You are being invited to participate in this research study as part of a Masters project at King's College London. We are interested in identifying new ways of helping young people manage their loneliness. We would like to invite you to help us develop and evaluate some of the materials that could be used to measure risk factors for youth loneliness.

Why have I been invited to take part?

We would like to assess whether the style in which people interpret and approach social situations associates with perceived social isolation and disconnectedness.

What will happen if I take part?

If you choose to take part, we will ask you to complete some questionnaires about loneliness and other negative emotions such as low mood and anxiety. We will also ask you to complete a task that includes reading social scenarios and asking you to rate the likelihood of different outcomes for each scenario.

To ensure that we have a diverse sample of young people, we will also ask you for your age, the gender that you identify with, and your ethnicity.

The study should take no more than 30 minutes and can be done by answering questions through an online survey link. You will need to have access to any devices where you have access to the internet.

Do I have to take part?

Participation is completely voluntary. It is up to you to decide whether or not to take part. Once you have read this information sheet, please contact us if you have any questions. If you decide to take part, you will be asked to complete a consent form before you are able to complete the study.

You can choose to withdraw from the study at any point or to withdraw the data you have already given us without giving any reason. Withdrawing from the project will not affect you in any way, simply email the researchers to let us know.

If you choose to withdraw your data, you must let us know before 31st August 2022, as we will write up the final report after this point.

Are there any benefits of taking part?

By taking part in the study, this will help us to develop a better understanding of how to challenge youth loneliness. We will give you a £5 voucher to say thank you.

Are there any risks of taking part?

We do not expect that there will be any risks to you when completing the study, but sometimes when we ask people about their feelings and relationships with others, this can be upsetting. We will provide you with a list of advice and support resources that you may find helpful.

Will my information be kept private?

YES. Your data will be processed in accordance with the General Data Protection Regulation 2016 (GDPR). To ensure anonymity and confidentiality, you will be randomly given a unique identification code. Only the research team will have access to your data, which will be saved on a secure server maintained by King's College London. We will keep your data for up to 7 years after completion of the study.

Your anonymised data may be shared with other research scientists or non-governmental and governmental organisations for the purposes of research and knowledge. This data will not be able to be traced back to you. Any data sharing and transfer arrangements are compliant with GDPR and KCL policies and if shared with any other third parties will only be done with your consent.

Data Protection Statement:

The data controller for this project will be KCL. If you would like more information about how your data will be processed in accordance with GDPR please visit the link below:

<https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

What will happen to the results of the study?

The results of the study will be written up as a dissertation and in scientific journals. However, this will not include any information that would identify you. If you wish to receive a copy of the scientific article, please let the researcher know.

What if I have further questions, or if something goes wrong?

If this study has harmed you in any way, or if you want more information about the study, you can contact Laura Riddleston or Jennifer Lau:

Email: laura.riddleston@kcl.ac.uk or j.lau@qmul.ac.uk

Laura Riddleston
Addiction Sciences Building,
4 Windsor Walk,
Denmark Hill,
London, SE5 8BB

If you wish to make a complaint about the conduct of the study you can also contact

The Chair, Psychiatry, Nursing & Midwifery Research Ethics Sub-Committee. Email:
rec@kcl.ac.uk

If I have recently experienced negative feelings, is there any support I can access?

Here is a list of resources that you can access if you have experienced negative feelings recently.

- Mind <https://www.mind.org.uk/>
- Samaritans <https://www.samaritans.org/> contact number 116 123
- Young Minds <https://youngminds.org.uk/>
- CALM <https://www.thecalmzone.net/>
- NHS Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

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