

## Participant Information Sheet (Academics, Policy-Makers, Clinicians, Experts by Experience) – Focus Groups

**This study has been approved by the UCL Research Ethics Committee, Project ID number: 26689/001.**

**You will be provided with a copy of this information sheet**

**Title of Study:** P&D: Prejudice and Discrimination - Moving towards open hearted services for people given a diagnosis of 'Personality Disorder'

**Department:** National Collaborating Centre for Mental Health (NCCMH) – Royal College of Psychiatrists and University College London

**Name and Contact Details of the Researcher(s):** Dr Megan Watkins, Senior Researcher ([megan.watkins@rcpsych.ac.uk](mailto:megan.watkins@rcpsych.ac.uk)), Leen Farouki, Research Assistant ([leen.farouki@rcpsych.ac.uk](mailto:leen.farouki@rcpsych.ac.uk))

**Name and Contact Details of the Principal Researcher:** Dr Megan Watkins ([megan.watkins@rcpsych.ac.uk](mailto:megan.watkins@rcpsych.ac.uk))

**NCCMH Director:** Tom Ayers ([tom.ayers@rcpsych.ac.uk](mailto:tom.ayers@rcpsych.ac.uk))

### 1. Invitation Paragraph

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

### 2. What is the project's purpose?

Through this study, we would like to learn more about appropriate language use and constructs, trauma informed care, communication, training, supervision, systemic interventions and patient subgroups to inform good practice. This research is part of a wider programme of work. This work is taking place from January-December 2024.

### 3. Why have I been chosen?

You have been chosen to participate in this study because you are either:

- A mental health professional working with patients given a diagnosis of 'personality disorder' in mental health or statutory services. This includes psychiatrists, psychologists, mental health social workers, mental health nurses, and occupational therapists. Other healthcare professionals who work with people given a 'personality' disorder diagnosis are also eligible.

- A policy maker who has worked on legislation relating to people given a diagnosis of 'personality disorder'
- A person with lived experience - you have been given a diagnosis of 'personality disorder'
- An academic researcher in the field of 'personality disorders'

We appreciate these experiences are not mutually exclusive and ask you to think about which you most identify with for the purpose of the focus group. To be eligible to participate you must be 18 years or above.

For clinicians, you must be practicing in the UK and a registered professional, for example:

For occupational therapists: registered with Health and Care Professions Council (HCPC)

For psychologists: registered with Health and Care Professions Council (HCPC)

For psychiatrists: registered with General Medical Council (GMC)

For mental health nurses: registered with Nursing and Midwifery Council (NMC)

For mental health social workers: registered with one of the following, Social Work England in England, Social Care Wales (SCW), Northern Ireland Social Care Council (NISCC) or the Scottish Social Services Council (SSSC).

We hope up to 40 people in total will take part in one of a number of focus groups.

#### **4. Do I have to take part?**

It is up to you to decide whether to take part. If you do decide to take part, you will be given this information sheet to keep and be asked to complete a consent form. You can withdraw at any time without giving a reason by contacting the researchers. You are able to withdraw your responses up to two weeks after completing the focus group (beyond this the data may be analysed).

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

You will take place in one focus group, approximately 1.5 hours in duration. The activity will take place online, via Microsoft Teams. The focus group will involve a discussion and some additional activities to promote reflection such as drawing and note-taking. You will be in a group of around 5 other participants (experts by experience, academics, policy makers or mental health professionals). The session will be audio recorded for transcription and it will be facilitated by three members of our team, including a clinician, an expert by experience, and a researcher. Your participation and responses will be confidential and pseudo-anonymised in reports (i.e. your name replaced and identifiable details removed).

#### **6. Will I be recorded and how will the recorded media be used?**

Audio recordings of focus groups will be used for transcription and analysis only. No one outside the project, other than the College approved transcriber, who is bound by confidentiality, will be allowed access to the recordings. Audio recording will be securely deleted after transcription and analysis. Transcripts will be held for five years from the end of the study, after which they will be deleted.

### **7. What are the possible disadvantages and risks of taking part?**

There are few foreseeable disadvantages and risks of taking part. However, reflecting on staff and patient experiences may be frustrating or upsetting at times, you only have to answer questions that you feel comfortable answering and can stop participating at any point. If needed we can direct you to organisations that can provide further support, please use the researcher contact details provided.

### **8. What are the possible benefits of taking part?**

Whilst there are no direct benefits for taking part, it is hoped that this work will contribute to valuable research that aims to improve the wellbeing and treatment of people given a diagnosis of 'personality disorder' and those who care for them. The project will encourage self-reflection which some people find helpful. This work will also inform future direction of the Royal College of Psychiatrists.

### **9. What if something goes wrong?**

If you have any complaints at any point during or after the research study, please contact Senior Researcher, Name: Dr Megan Watkins ([megan.watkins@rcpsych.ac.uk](mailto:megan.watkins@rcpsych.ac.uk)). If you feel that your complaint has not been handled to your satisfaction, please contact the Chair of the UCL Research Ethics Committee – [ethics@ucl.ac.uk](mailto:ethics@ucl.ac.uk).

### **10. Will my taking part in this project be kept confidential?**

All the information that we collect about you during the course of the research will be kept strictly confidential. In the write up of the study, data will be completely anonymised, no names will be specified. Data generated in the study will be held in accordance with the College's code of practice. Data will be stored on a secure server, password protected and accessible only to the research team. Data will be separated from any identifying information (such as name, email addresses).

### **11. Limits to confidentiality**

Confidentiality will be respected subject to legal constraints and professional guidelines. Please be aware that confidentiality cannot be assured in a focus group setting.

### **12. What will happen to the results of the research project?**

Research outputs will include an interim report, final report and peer review journal articles. Findings may also be presented at conferences and within teaching and learning activities. If you would like a copy of the final report, please let the researchers know and this will be sent to you.

### **13. Local Data Protection Privacy Notice**

The controller for this project will be the Royal College of Psychiatrists. The Royal College of Psychiatrists' Data Protection Officer provides oversight of College activities involving the processing of personal data.

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how The College uses participant information can be found in our ['general' privacy notice](#).

The categories of personal data used will be as follows: job title (if applicable). The lawful basis that would be used to process your personal data will be performance of a task in the public interest. The lawful basis used to process any special category personal data provided (for example, health related) will be for scientific and historical research or statistical purposes.

Your personal data will be processed so long as it is required for the research project and held for five years. We will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact The Royal College of Psychiatrists Data Protection Officer in the first instance at [dataprotection@rcpsych.ac.uk](mailto:dataprotection@rcpsych.ac.uk).

#### **15. Who is organising and funding the research?**

The National Collaborating Centre for Mental Health were requested to undertake this project by the Royal College of Psychiatrists, the funding body.

#### **16. Contact for further information**

We encourage you to keep a copy of this information sheet. A copy of the consent form should you decide to sign it will also be sent to you for your records. Thank you for taking the time to read this information sheet and for considering taking part. For more information, please contact Senior Researcher, Dr Megan Watkins (Email: [megan.watkins@rcpsych.ac.uk](mailto:megan.watkins@rcpsych.ac.uk))