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**PARTICIPANT INFORMATION SHEET**

**TITLE: War-related trauma, psychological symptoms, and quality of life in internally displaced Greek-Cypriot people: A 45-year post-war study**

**Invitation**: You are being invited to take part in a research study. Before you decide, 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 others if you wish. Ask us if there is anything that is not clear or if you would like more information. If you decide to take part in this study, you will be given a copy of this Participant Information Sheet and the consent form to keep.

Participation in this research is voluntary. If you do not wish to take part, you do not have to.

If you decide you want to take part in the research project, you will be asked to complete a consent form. By completing it you are telling us that you:

• Understand what you have read;

• Consent to take part in the research project;

• Consent to the use of your data/answers.

1. What is the purpose of this study?

The purpose of this study is to explore people’s emotions many years after the 1974 war and whether these events have affected their quality of life in the present day.

The information collected will be used to understand the psychological effect of a traumatic event, in this instance, war and displacement, and how this event has affected the internally displaced persons of Cyprus. In future, a better understanding of this may help to inform services for internally-displaced people in Cyprus and other countries, and may help to make the wider public more aware of the issues that internally-displaced people can face even in the long-term.

This research is undertaken within the Institute of Health and Wellbeing at the University of Glasgow. The study will contribute towards an educational qualification for the lead researcher.

1. Why have I been invited to participate in this study?

You have been invited to take part in this study because you are an internally-displaced person.

*You can only be in this study if:*

* You are currently aged 56 years or older (you were at least 10 years old when the war happened).
* You are an internally-displaced person.
* You are Greek-Cypriot.

1. Do I have to take part?

No. Participation in any research project should be voluntary. If you do not wish to take part, you do not have to.

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

At least 65 people will be invited to take part in this study. If you take part, you will be asked to complete questionnaires which will last approximately 1 hour. You can complete these on paper or through a website, at a time and place of your choosing. If you complete the questionnaire on paper, you will return this in a sealed envelope to the office of your Council of Municipalities/Communities. The questionnaires must be completed before June 2020. The questionnaires are anonymous, and nobody can identify you from your answers.

1. What if I feel distressed while taking part?

The questionnaires will ask you about your emotions and quality of life. Some questions mention traumatic events, including the 1974 war. Some people may find it distressing to think about these events. If you feel distressed during the completion of the questionnaires, you can take a break at any time, and continue later on if you wish. You do not have to give an answer, if any question is particularly distressing for you.

If you are experiencing any serious distress you may want to contact sources of personal support or mental health workers who know you. We have provided contact details for mental health support which you might also find helpful.

1. What are the possible benefits of taking part?

You will receive no direct benefit from taking part in this study. Unfortunately, we are unable to provide any feedback about your answers. The information that is collected during this study will give us a better understanding of the psychological symptoms of internally-displaced people and their quality of life post-war and displacement. In future, we hope that the study results will help researchers to develop better services for internally-displaced people.

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

The questionnaires will involve asking you to think about and answer about your emotions and mental health in relation to the war and your general health. It is possible that being asked to think about traumatic events, or times when you experienced poor mental health, may lead you to feel upset or become distressed. If you have a mental health worker, you could speak to them about this. We will also give you contact information for support services you can use.

1. What if I want to withdraw from this research project?

You can stop completing your questionnaire at any time, and you can withdraw your consent while you are completing it. You do not have to provide a reason. After you submit the questionnaire to us, it will not be possible to withdraw from the study. This is because the questionnaires are fully anonymous, and so we will not be able to identify which questionnaire was completed by you.

1. Will my taking part be kept confidential?

Yes. Any data in paper form will be stored in locked cabinets in rooms with restricted access at the University of Glasgow. All data in electronic format will be stored on secure password–protected computers. All data and information you will provide will be kept confidential and will be seen only by study researchers and regulators whose job it is to check the work of researchers. Your answers will be fully anonymous, and you cannot be identified by them. If you return your paper questionnaire to the office of the Council, it will be in a sealed envelope and the Council members will not see your answers.

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

It is anticipated that the results of the research project will be published and/or presented in a variety of formats. In any publication/presentation, you cannot be identified since the information you provided will be anonymous. Information that is published from this project will only include summary information that describes the whole group of participants in this project and not any individual participant, for example, ethnicity, age and municipality/community. If you are interested about the results you can contact the Council of Occupied Municipalities/Communities. I will provide them with a copy of my results for future reference.

1. Who is organising and funding the research?

The University of Glasgow is organising and funding this research project. The lead researcher is Victoria Stelikou, who is a student for the MSc in Global Mental Health, supervised by Dr Breda Cullen, Senior Lecturer in Clinical Psychology (Mental Health & Wellbeing) at the University of Glasgow’s Institute of Health and Wellbeing.

1. Who has reviewed the study?

The study has been reviewed by the University of Glasgow’s College of Medical, Veterinary and Life Sciences Ethics Committee.

1. Contact for further information

If you have any further questions about this research project you may contact Victoria Stelikou.

**Thank you for reading this Participant Information Sheet.**

**Contact details for Victoria Stelikou (lead researcher):**

Email: [2489653S@student.gla.ac.uk](mailto:2489653S@student.gla.ac.uk)

**If you feel distressed, you can seek help from the following organisations.**

* Cyprus Institute of Psychotherapy - [cypruspsychotherapy.sec@gmail.com](mailto:cypruspsychotherapy.sec@gmail.com) **(They provide psychotherapy, and counselling with payment but they may offer free counseling for people with low income. For information about free counseling contact: 70005531, 97641215**

Address: Trofoneio, Euaggelou Flwraki 37, 4651, Limassol, Cyprus

* From the beginning of June, the GESY will be offering counselling with trained Clinical Psychologists for an amount of 10 euro. **Please contact GESY for more information: 17000, 22017000**
* Free Cypriot phoneline providing psychological support – **call 1469 from 10 am until 7 pm from Monday- Friday (excluding public holidays)**