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**Improving the assessment of parental stress in the neonatal environment**

**PARTICIPANT INFORMTION SHEET**

Version 2 (29.07.2022)

**Chief Investigator**: Dr Breda Cullen, **Research Supervisors:** Dr Breda Cullen and Clinical Psychologist Dr Marisa Forte

**Trainee Clinical Psychologist:** Rachel

Gilmour

**Introduction**

You are being invited to participate in a research study looking at improving the assessment of parental stress in the neonatal environment. Before you decide if this is something you would like to participate in, it is important for you to understand what the study is about, what is being done and what this will involve for you if you participate. Please take time to read the following information carefully and discuss it with others if you wish. If you would like more information, then please contact one of the research team (details noted at the end) to discuss.

**What is the research about?**

This research is aiming to explore Neonatal Intensive Care Unit (NICU) psychologists’ views of the strengths and limitations of currently available parental stress outcome measures and, if psychologists indicate that a better measure would be desirable, to identify which factors would be useful to include in its development.

It is hoped that the findings may be used in the future to enhance assessment in the NICU setting, including the potential to develop and formally validate a novel, or adapted, measure of parental stress. This study will contribute to the Doctorate in Clinical Psychology thesis being undertaken by Rachel Gilmour.

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

You have been invited to take part because you are a HCPC-registered practitioner psychologist working within a Neonatal unit in the UK (for any duration). As this study is focusing on the neonatal environment, you will not be eligible if your clinical responsibilities are only within paediatric intensive care services. We are looking for 12-15 participants.

**Do I have to take part in the study?**

No. Participation in this study is voluntary. It is up to you to decide whether or not 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.

If you later change your mind, you have the right to withdraw from the study at any stage and do not need to provide any reason if you wish to withdraw. However, if you withdraw once the study has been analysed , your data that contributed to the results will not be removed from the analysed results retrospectively.

**What will happen to me if I take part?**

If you consent to being involved in this research, you will be asked to complete a short online questionnaire and then attend a one-to-one online interview with the researcher.

The questionnaire will be used to gather pre-interview information around your current practice when assessing parental stress and will explore use of existing outcome measures. The questionnaire will be completed via Microsoft Forms and will help to guide the interview. It will take approximately 15 minutes to complete.

Following this, you will meet with the researcher online for the one-to-one interview. During the interview you will be asked some questions around your experience of assessing parental stress within the NICU and how you think this process could be improved in this setting. The interview will happen on Microsoft Teams. In total this should take 45 minutes to one hour. The interview will be audio-recorded using a Dictaphone. It is up to you whether to have your camera on or off during the interview.

To thank you for taking the time to participate in this study, you will be entered into a draw to win a £20 shopping voucher.

We wish to include 12-15 participants in this study. If we receive enquiries from a large number of interested people, not everyone will be able to take part. We will aim to select a range of participants in order to be representative of practitioners across the UK. To help us to do that, we will ask you for some basic information about yourself when you complete the pre-interview questionnaire.. This information will be used to help us select a varied group of participants.

**Why are the interviews being recorded?**

The interview will be recorded so that the researcher can listen back to it later for transcription purposes and it will allow the researcher to ensure they have captured your experience correctly.

**Will my taking part in this study be kept confidential?**

All information you provide will be treated confidentially. The questionnaire and the recording and transcripts of your interviews will only be identified by code, not your name. Some personal information will be collected (e.g. your age group, role, years of experience) and may be used in the write up of the research, however you will not be identifiable personally from this information in the write up. Direct quotations from the interview may be used within the write up of this project, however no identifiable information will be associated with the quotations.

If you were to share any information with me that made me concerned for your safety or the safety of others, I may be required to tell others involved (e.g., my supervisor). I would notify you beforehand if I was planning to do this and explain why.

**What will happen to my data?**

All study data will be held in accordance with the General Data Protection Regulation (2018). The consent forms and research data will be stored on the University of Glasgow electronic system and will only be accessible to the researchers named in this information sheet, or other authorised staff for audit purposes. When the study has finished, the audio recording of your interview will be deleted. The interview transcripts and other forms and data will be retained in a restricted access folder for 10 years as per university policy. If you withdraw your consent at any time, we will destroy your data. However, if you withdraw consent after the study has been analysed, your data that contributed to the results will not be retrospectively removed from the analysed report. Your data will form part of the study results that will be published in expert journals, presentations, student thesis and on the internet for other researchers to use. Your name will not appear in any publication.

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

We do not expect that there will be any direct benefits to you by taking part. It is hoped that the results of this study will help improve the assessment of parental stress within the NICU and improve the experience of parents who require support when in the NICU environment. It is also hoped that it will improve practice for clinicians working in this environment.

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

It is not envisaged that taking part in this study will cause any risks or distress to you; however, it may be possible that reflecting on current practice and clinical work may cause an emotional reaction. If you do become upset or uncomfortable during the interview, then you will be reminded that you may take a break or stop the interview completely. A debrief space will also be left at the end of the interview (after the recording has ended) to allow any questions to be answered or issues to be discussed. Information regarding helpful resources is provided at the end of this information sheet.

**What will happen to the results of the research study?**

The results and conclusions of this study will be compiled into a report that is completed as part of an academic qualification (Doctorate in Clinical Psychology). This may later be published in a scientific journal and presented at conferences. The results will also be shared with professional groups that focus on neonatal health. In any publication, information (including direct quotes) will be reported in such a way that it will remain confidential, and you cannot be identified from it.

**Who is funding the research?**

This research is funded by the University of Glasgow Doctorate in Clinical Psychology programme. There is no external funding.

**Who has reviewed this study?**

This study has been reviewed by the University of Glasgow College of Medical, Veterinary and Life Sciences (MVLS) ethics committee.

**What do I have to do next?**

After reading this information, if you are interested in taking part please complete and return the reply slip to [2167316G@student.gla.ac.uk](mailto:2167316G@student.gla.ac.uk) (Rachel Gilmour’s email address). If you have any questions or would like further information, then please contact one of the research team who will answer any questions you might have.

If you do not wish to participate in this study, then you do not need to contact us.

Thank you for reading this information and considering this study.

**If you would like more information on this study, please contact:**

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| Miss Rachel Gilmour  Mental Health and Wellbeing  Admin Building, 1st Floor  Gartnavel Royal Hospital  1055 Great Western Road, Glasgow, G12 0XH  07557114225  [2167316G@student.gla.ac.uk](mailto:2167316G@student.gla.ac.uk) | Dr Breda Cullen  Mental Health and Wellbeing Admin Building, 1st Floor Gartnavel Royal Hospital  1055 Great Western Road, Glasgow, G12 0XH  0141 2113912 | Dr Marisa Forte  Maternity & Neonatal Psychological Intervention  Service, Horseshoe Building Ayrshire Central Hospital  Irvine Ayrshire, KA12 8SS  01294 322028 |

**Helpful resources**

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| **NHS Scotland** |  |
| NHS 24- The health & social care workforce mental wellbeing support line | 0800 111 4191 |
| Workforce Wellbeing resources | <https://sway.office.com/p3QWjY4altHviB6o?ref=email> |

**NHS England**

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| Confidential text support service | Access support by texting FRONTLINE to 85258 |
| Staff mental health and wellbeing hubs | <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/> |

**NHS Wales**

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| Wellbeing sites and resources from each health board/Trust across NHS Wales. | <https://heiw.nhs.wales/support/colleague-health-and-wellbeing/wellbeing-sites/> |

**HSC Northern Ireland**

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| Inspire Helpline (Employee Assistant Programme) | 0808 800 0002 |
| Helpline for each HSC Trust | [Staff health and wellbeing | HSC Public Health Agency (hscni.net)](https://www.publichealth.hscni.net/covid-19-coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and) |