



PARTICIPANT INFORMATION SHEET
(Version 1, 31/07/2019)

Emotion processing and self-harm in young people (EMERGE)

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. Take time to decide whether or not you wish to take part. If you decide to take part in this study, you will be given a copy of this Participant Information Sheet and the signed consent form to keep. Thank you for reading this.

What is the purpose of the study?

Finding reliable predictors of self-harm will help professionals identify those at-risk early, allowing them to receive the help they need more quickly. Individuals at risk of self-harm have been found to respond differently, both psychologically and physiologically, to stressful situations, compared to those not at risk. However, few studies have explored this relationship in a controlled, laboratory setting.

This project will aim to investigate whether people with and without a history of self-harm differ in their psychological and physiological response to stress, and it will also examine what factors influence this response. We are particularly interested in electrical activity (EDA) from the surface of the skin which can indicate how we feel. EDA measures changes in sweat produced by the skin in responses to events.

Why have I been invited to participate?

Approximately 216 adults will be taking part in this study. You have been selected because you responded to an advertisement about the study and are eligible to participate based upon your responses to the telephone screening interview.

Following the screening interview, a verbal consent will be taken and recorded separately before beginning the meeting.

Do I have to take part?

No. It is up to you to decide if you want to take part in the study or not. If you do decide to take part, you will be given this information sheet to keep and be asked to sign a consent form. You are free to withdraw from the study at any time without giving a reason until the research findings are written in the study report.

What will happen to me if I take part?

Participation takes approximately 2 hours and will involve three parts. In part 1, we will attach two electrodes to your non-dominant hand. The researcher will use a wipe to clean the section of skin the electrodes will be placed on, then a gel that aids conductance of signals from the skin will be applied, and the electrodes placed on this. The electrodes are non-invasive procedure and can easily be removed and the gel washes off with water. You will then be asked to take part in a computerized task (takes around 10 minutes). This is to let you get used to having the electrodes attached.

You will be asked to complete two tasks with a break in between each task. The order you will be asked to complete them may be reversed (e.g. Task B, then Task A), but you will still be asked to do both tasks.

In Task A, you will be asked to listen to an audio recording of tones which will take around 10 minutes.

In Task B you will be asked to complete an arithmetic task and hold your hand into some cold water, and the researcher may decide to record the task. The task will last approximately 15 minutes and the effects will only be temporary. Before and after this task you will be asked to view some images which will be a mix of positive and negative images that have been chosen as they may elicit certain feelings and emotions.

In part 2 you will be asked some questions about your mental health including experiences of self-harm or suicidal thoughts. You will also be asked to complete a number of questionnaires examining factors such as personality, thoughts, emotions and past behaviour. This will take about 30 minutes to complete.

If you wish to take part in the next phase of the research we will contact you by telephone or email in one month's time to see how you are doing. During the 1 month follow-up, we will ask you some questions about your thoughts, feelings, and experiences since your visit

to our lab. Some of these questions will again relate to self-harm or suicidal thoughts and behaviours.

When you visit the lab, you will receive £30 as a thank you for taking part in the study. You will also receive a £10 gift card (Amazon or Love2Shop) for completing the 1-month follow up (either by phone or online).

What do I have to do?

Participation in the lab visit will take around 2 hours. As described in the above section 'What will happen to me if I take part?', participation in the study appointment is in two parts.

In part 1, electrodes will be attached to your non-dominant hand before taking part in a computer task. You will then be asked to listen to an audio recording of tones, and take part in an arithmetic task and put your hand in cold water. Before and after this task you will be asked to view a mix of positive and negative images. In part 2 you will be asked to complete several questionnaires that will measure personality, mood and emotions. Some of these questions will be related to mood, suicidal thoughts and behaviours.

The 1-month follow-up questions will be completed by phone or online and take around 15 minutes. During the 1-month follow up, you will be asked some questions about your thoughts, feelings, and experiences since your initial visits to our lab. Some of these questions will again relate to suicidal thoughts and behaviours.

It is important to remember that if you agree to take part you can withdraw at any point without having to explain your reasons.

What are the possible disadvantages and risks of taking part?

There is a small risk that this study may cause some physical discomfort and, as with all research about people's health and wellbeing, there is a possibility that some of the questions may lead you to think about certain experiences in your life that you find upsetting. You are free to stop at any time should you feel upset or distressed, and if the researcher feels that you are overly distressed by the study, they will end the study.

Members of the research team have much experience with this area of research, and are

available to support you if you feel distressed or upset by any of the questions or tasks involved in the study.

If you feel any distress or negative emotions after the study we would ask you to get in touch with the researcher or one of the services on the list of useful contacts that we will provide you with.

What are the possible benefits of taking part?

Whilst there are no immediate benefits, the findings from the study will add to our understanding of the factors associated with the health and wellbeing of young adults under stress. Also the findings may help develop important health interventions in the future.

Will my taking part in this study be kept confidential?

Your participation and all of the information you provide in this study will remain strictly confidential. Any personal information collected as part of the study, including your name, will be held separately to your answers. Personal identifiable information will be destroyed on completion of the study, and all other collected data will be retained. Your responses will be coded and anonymised. It will not be possible for any data to be linked to any individual. Your information will be stored securely in locked cabinets in University rooms that have restricted access, and all electronic data will be held on secure servers. After the study end, the information will be archived at Glasgow University and destroyed ten years after the project ends.

If you do decide to withdraw from the study, your personal information will be deleted and no further data will be collected. The research data already collected will remain part of the study. If at any time you choose to withdraw from the study please notify the researchers at your earliest opportunity. We will then move to securely delete your personal data and will notify you upon completion.

Everything that you share during the study is confidential. However, if you inform us that you are about to imminently harm yourself, we are obliged to take steps to ensure your safety; for example by contacting a family member/friend or the emergency services.

What will happen to my data?

Researchers from the University of Glasgow collect, store and process all personal information in accordance with the General Data Protection Regulation (2018). If you are deemed a risk to yourself or others, the researcher may need to break confidentiality and contact emergency services, your friend/family/support network on your behalf.

What will happen to the results of the research study?

The data will be stored in archiving facilities in line with the University of Glasgow retention policy of up to 10 years. After this period, further retention may be agreed or your data will be securely destroyed in accordance with the relevant standard procedures.

Your data will form part of the study results that will be published in expert journals, presentations, and on the internet for other researchers to use. Your name will not appear in any publication.

Who is organising and funding the research?

The research is organized by researchers at the Suicidal Behaviour Research Lab (SBRL), who have conducted much previous research in his field. Specifically, the research is being overseen by Professor Rory O'Connor (University of Glasgow) and colleagues (Karen Wetherall and Seonaid Cleare). The study is funded by the Medical Research Foundation (MRF).

Who has reviewed the study?

This project has been reviewed by the College of Medical, Veterinary & Life Sciences Ethics Committee.

Contact for Further Information

If you have any questions regarding your participation in this study then you can contact the research team (Karen or Seonaid) or you can contact principal researcher, Rory O'Connor, on the following contact details:

Rory O'Connor	rory.oconnor@glasgow.ac.uk	0141 211 3924
Karen/ Seonaid	Glasgowwellbeing@gmail.com	0141 232 2181

We will give you a copy of the information sheet and signed consent form to keep. If you would like more information and would like to speak to someone who is not closely involved in the study, then you can contact:

Katie Robb

Katie.Robb@glasgow.ac.uk

0141 211 0685

As a thank-you for taking part in the research you will receive £30 at the end of the appointment in the lab and a £10 gift card (Amazon or Love2Shop) for completing the 1-month follow up.

Thank you for taking the time to read this information sheet.