Supplementary File A: Participant Information Form

Research: Trauma-focused art therapy

Dear Sir / Madam,

We ask you to participate in a study into the effect of trauma-oriented art therapy. Participation is voluntary. Your written permission is required to participate.

You are receiving this letter because you are indicated for art therapy for the treatment of traumatic experiences. This research takes place at various institutions.

Before you decide whether you want to participate in this study, you will receive an explanation of what the study entails. Please read this information carefully and ask the researcher/ your therapist for an explanation if you have any questions. You can also talk about it with your partner, friends or family. The principal researcher for this research is Suzanne Haeyen, of the specialised research group for art therapy and personality disorders at HAN University of Applied Sciences.

1. Research aim

Art therapy is used in trauma treatment, but it has not been researched enough. In this study we want to investigate the effect of trauma-focused art therapy in adults.

A module of 10 sessions has been developed that will be performed in several institutions, so that we can better help people with trauma-related complaints to recover.

The individual sessions of art therapy are 1 hour at a time.

For the study, we ask participants:

- To complete a set of questionnaires prior to the module, between sessions and after the module. The questions are about symptoms, self-esteem, well-being and art therapy
- To participate in an individual interview after the module. The interview consists of a number of questions and topics, but at the same time offers sufficient space for free input. Your own experience with the art therapy module is central to this interview.

2. What participating means

Participating in this study means that you will attend ten individual sessions of art therapy specifically focused on trauma. The treatment consists of an introduction/acquaintance phase, a phase focused on memories (negative and positive) and concluding sessions.

Before, during and after these sessions you will be asked to complete a number of questionnaires each week. These questionnaires are used to investigate the effect of the treatment. The data from the questionnaires are stored anonymously so that they cannot be traced back to you personally. Completing the questionnaires takes about 15 minutes per week.

You will start filling out questionnaires at some point. The time between filling out the questionnaires for the first time and starting the ten sessions of art therapy differs per person (between 3-5 weeks). This period is determined by chance.

Participating in this survey also means that you will be interviewed once after the 10-session process. This takes a maximum of 45 minutes and is done individually by one of the researchers.

The interview is audio recorded so that the interview can be fully transcribed and analysed. The interview is also processed anonymously, so that it cannot be traced back to you personally.

The results of the research will be processed in a research article in a professional journal and in a research presentation. As already described, your data and statements are processed anonymously. Also, any used quotes will not be traceable back to you.

3. What is expected of you

To ensure that the investigation runs smoothly, it is important that you keep to the agreements. It is also important that you contact the researcher if you no longer wish to participate in the study or if you wish to change your contact details.

4. Possible pros and cons

The risks of participating in this study are very small. It is important that you carefully consider the possible advantages and disadvantages before you decide to participate.

Disadvantages:

- A disadvantage is that you spend time filling out questionnaires and being interviewed.
- A personal difficulty could be that traumatic experiences are dealt with in the therapy. After all, this is the aim of the therapy. This can be emotionally difficult. However, the therapy is tailored to your ongoing treatment and to your own process. You can indicate the limits of what you can tolerate at any time, which will be respected.

Advantages:

- You will receive individual treatment that is specifically aimed at trauma-related symptoms.
- You can view the results of the questionnaires and see how your symptoms have changed during the therapy. This can provide insight into your process.
- The final interview provides extra time to evaluate your experience with art therapy in conversation with the interviewer

- With this research you contribute to the knowledge about art therapy for trauma-related complaints, which can be important for future patients so that they receive a high-quality treatment for their symptoms.

5. If you do not want to participate or want to discontinue your participation in the study

You decide whether you want to participate in the study. Participation is voluntary. If you decide not to participate, you do not need to do anything: you do not have to sign anything. You also do not have to say why you do not want to participate. If you are a patient, your treatment will continue as usual. You are entitled to the same treatment.

If you do participate, you can always change your mind and quit anyway, even during the study. You do not have to say why you are quitting. If this would be the case, please report this as soon as possible to your therapist. Your therapist can then inform the researcher about your decision.

6. End of the investigation

Your participation in the study will end if:

- you have contributed to the research as described above
- you choose to stop participation
- the researcher thinks it is better for you to stop
- the institution (Board of Directors), the government or an assessing Medical-Ethical Review Committee decides to stop the research

After the survey, you can receive the main results of your own data from the survey.

7. Use and storage of your data

For this research, your anonymised personal data will be collected, used and stored. This means that your data is stored under a number and not under your name. This way data cannot be traced back to you.

This concerns the following personal data: age (no date of birth, just a number), gender, diagnosis, cultural and religious background and the number of professional therapy sessions followed.

The collection, use and retention of your data is necessary to:

- be able to answer the questions posed in this research, and
- to publish the results.

We want to be able to answer what effects the patients experience. For this we need a broad group of patients consisting of both men and women, of various age groups and with different diagnoses. Cultural and religious background can play an important role in trauma. Consider, for example, the refugee problem. Culture can also provide insight into how someone views or thinks about a traumatic event. We ask for your permission for the use of this data.

Confidentiality of your data

To protect your privacy, your data is assigned a number. Your name and other information that can directly identify you are omitted.

Your completed consent form (this form) will be kept at the institution where you are being treated.

Access your data for control

Persons who have access to your transcribed interview are only the interviewer involved with you and the principal investigator directly involved. They keep your details confidential. We ask you to give permission for this.

Storage and use of data

Audio recordings of the interviews will be nullified immediately after they are transcribed.

With regard to data retention: the transcribed interviews and data (gender, age, cultural and religious background and diagnosis) are retained for further analysis. At the end of this study, they may still be important for future research into occupational therapy. That is why this data will be stored for 10 years on the secure Research Drive at the Hogeschool van Arnhem en Nijmegen (HAN). You can indicate on the consent form whether or not you agree to this. If you do not agree with this, you can simply participate in the current study.

Withdraw permission

You can always withdraw your consent to use your data. This applies to this research as well as to storage and use for future research. The research data collected up to the moment you withdraw your consent will then be destroyed.

More information about your rights when processing data

For general information about your rights when processing your personal data, you can consult the website of the Dutch Data Protection Authority. If you have any questions or complaints about the processing of your personal data, please contact the principal investigator. You can also contact the data protection officer of the institution concerned, see Appendix A for contact details.

8. No fee for participating

You will not receive any compensation for participating in this study, nor will there be any costs involved.

9. Do you have questions or a complaint?

If you have any questions or complaints about the use or processing of your data, or about your rights, please contact the principal investigator concerned: Dr. Suzanne Haeyen (Suzanne.Haeyen@han.nl).

Contact details can be found in Appendix 1.

10. Aftercare

Your other treatments will not be stopped during the study. The examination therefore runs alongside your usual treatment.

After the research, the interview will take place, in which the opportunity is offered to discuss how the research has been for you. If at any time it is clear that more (after) care is required, this will be indicated to the main practitioner by the performing therapist. If necessary, the interviewer can also provide feedback to the performing therapist in consultation with you.

11. Signing Informed Consent form

When you have had sufficient reflection time, you will be asked to decide whether to participate in this study. If you give permission, we will ask you to confirm this in writing on the accompanying statement of consent. By your written consent, you indicate that you have understood the information and agree to participate in the study. Both you and the researcher will receive a signed version of this consent form.

Thank you for your attention.

Appendices to this information

1. Contact details

2. Informed Consent Form

Appendix 1: contact details

Principal researcher
HAN Special Research Group Art Therapy for Personality Disorders

Name: Dr. Suzanne Haeyen

Position: Principal investigator/lecturer/art therapist

Contact details: suzanne.haeyen@han.nl

Accessibility: by e-mail

Data Protection Officer (DPO) of GGNet Scelta

Do you have questions about the processing and protection of your personal data and your rights in this regard? Please contact the Data Protection Officer of the institution concerned:

Name:

Phone:

Accessibility:

Link to the website of the concerned institution on privacy:

Appendix 2: participant consent form

Research: Trauma-Focused Art Therapy

- I have read the information letter and was able to ask questions. My questions have been sufficiently answered. I had sufficient time to decide whether to participate.
- I know that participating is voluntary. I also know that I can decide at any time not to participate or to stop the study. I do not have to give a reason in that case.
- My telephone number/address may be used for the interview appointment, or I will make an appointment directly with the researcher for a date, place and time.
- I consent to the collection and use of my **anonymous** data (only age, gender, cultural/religious background and diagnosis) to answer the research question in this study.
- I know that for the purpose of reviewing the study, the principal investigator may have access to my data. I give permission for access by this person.
- ❑❑I **give** **do not give** permission to keep my anonymous data (transcribed interview, age, gender, cultural/religious background and diagnosis) for longer and to use it for follow-up research into professional therapy. The aim of follow-up research would then be to look at the

effects of this treatment at a transcending level, in other target groups or in all professional therapies. This only concerns anonymised research results.

- o I give permission to take pictures of visual works for training and publication purposes (e.g., workshops, presentations, article in professional journal).
- o I want to participate in this research.

Name participant:

Signature: Date : __ / __ / __

I declare that I have been fully informed about the study.

Name principal investigator:

Signature: Date: __ / __ / __

- o I declare that I have fully informed the participant about the study.
- o If information becomes known during the study that could influence the consent of the participant, I will inform him/her in a timely manner.