

Appendices

Appendix A: Young person's information sheet

Information Sheet for young people

Exploring the effect of web-based support for young people's emotions and self-harm

We would like to invite you to take part in our research study. Before you decide to take part, we would like you to understand why the research is being done, and what it would involve for you. One of our team will go through this information sheet with you and answer any questions you have.

Part 1

What happens if I take part?

If you take part, we will ask you to complete a short questionnaire (5-10 minutes, on a computer) about your emotions and a question about self-harm. This would take place at The Charter School, either at lunchtime or after school, and you would have privacy when you are filling out the questionnaire. Your answers will be anonymous - your name won't be anywhere on the questionnaire. There are two parts to the questionnaire; the first part is for everyone who was invited, regardless of whether or not you have self-harmed before. The second part will be for those who have self-harmed in the past year.

If you have self-harmed in the past year, then you will be asked to complete some additional questions about what you think is important when asking for help or support for self-harm. You will then either be provided with general information on the computer about coping with feelings and emotions or you will be asked to complete a web-based task that will tell you about safe and healthy options for getting help and support for self-harm (this would take around 10 minutes). Whether you are provided with the general information, or are asked to complete the web-based task is being decided by chance. We are doing this because it is the best way to discover whether a new technology is helpful to young people. After completing the web-based task, or reading the general information, we will ask you to repeat some of the questionnaire. About four weeks later, we will arrange to see you again at The Charter School, so that we can repeat the same questionnaire to find out how you have been getting on. We will then potentially ask your child to provide feedback on taking part in the study; this will be audio recorded. The recording will be destroyed once an anonymised transcript of the interview has been made.

Everyone who takes part in the study will receive a £5 Amazon voucher for your time and effort. You will receive another £5 Amazon voucher after completing the questionnaire four weeks later.

Why are we doing the study?

Many young people who self-harm find it difficult to decide where and how to get help for their problems. We have developed a computer program for young people who self-harm, to help them to decide where to get support.

We would like to find out whether the computer program or general information is more helpful to young people who have self-harmed.

Why have I been invited?

You have been invited to join our study, because you are aged 12 to 18 years, and go to The Charter School.

Do I have to take part?

No - your parents have given consent for you to take part in this study but - it is up to you. You do not have to give any reasons for saying “no” and you can say “no” at any time.

If you do decide you would like to take part:

- you will be asked to sign a form giving your agreement to take part
- you will be given a copy of this information sheet and your signed form to keep
- you are still free to stop taking part at any time during the research and you do not have to give your reasons for doing so.
- if you decide to stop, this will not make any difference to your education or the care you receive at The Charter School.

What are the possible good things about taking part?

We cannot promise the study will help you, but the website which we develop may be used in the future to help other young people.

Contact details

If you would like further information about the study, please contact Dr Sarah Rowe on 0207 848 5053.

Thank you for reading so far – if you are still interested, please go to Part 2.

Part 2 Information you need to know if you want to take part

What if there is a problem?

Talking about self-harm may make some young people feel upset. If you start to feel upset, you can ask the research worker to stop the meeting or take a break.

In order to keep you safe and feeling supported, we will let the school counsellor know if you indicate that you have self-harmed in the past year, and she will offer you an appointment. Your parents may be informed according to school policy. If this happens, you will be kept informed about this.

Will anyone else know I'm doing this?

Yes. Your parent(s)/guardian(s) will know that you are participating in the study as they have to agree to you taking part. However, everything you say will be treated as confidential, unless we are worried that there is a risk of harm to you or another young person, in which case we will inform your school counsellor who may inform your parent/guardian and your. We will tell you if we think that we need to speak to your school counsellor.

Who is organizing and paying for the research?

Guys and St Thomas' Charity is paying for the research.

Who has reviewed the study?

Camberwell St Giles Research Ethics Committee has reviewed the study (reference number: -----).

Do you have any other questions?

If so, please contact Dr Sarah Rowe on 0207 848 5053

If this study has harmed you in any way, you can contact King's College London for further advice and information: Dr Paul Moran on 0207 8480 568

Appendix B: Young person's consent form

Consent/Assent Form

Title of Research Study:

Exploring the effect of web-based support for young people's feelings and self-harm

Please tick each box

1. I confirm that I have read and understood the information sheet for the above study. I have had the opportunity to consider the information, ask questions, and have had these questions answered satisfactorily.
2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving a reason.
3. I agree that if I disclose information which indicates a risk to myself or to another young person, the school counsellor and my parents will be informed.
4. I agree to take part in the above study.
5. I agree that if I am interviewed that this may be recorded for the purpose of transcription, after which the recording will be destroyed
6. I agree to be contacted in the future with an offer of further participation in this study/or in further ethically approved research.

Name of Participant

Date

Signature

Name of Person taking consent

Date

Signature

(if different from researcher)

Name of Researcher

Date

Signature