

'Hearing voices and the experience of self'



Researchers;
Alice Webster (Trainee Clinical Psychologist)
Dr. Richard House (Academic Supervisor, Teesside University)
Dr. Angela Kennedy (Consultant Clinical Psychologist)

Teesside University is sponsoring
this project for the purposes of
research governance

You are invited to take part in this study which will contribute to a Doctoral thesis. I am interested to find out how individuals who hear voices view and describe themselves. I hope to draw on the experiences of those who hear voices in order to contribute to our understanding of the concept of 'self.'

You are invited to take part in this study if you hear voices and if you are aged between 18 and 65.

Unfortunately you cannot take part in this study if you; have any drug induced psychoses, have a current substance misuse difficulty, have received a diagnosis of dementia.

If you are interested, please get in touch!



Telephone Alice Webster on **07910 722 080**



Email Alice Webster: **M2122341@live.tees.ac.uk**



Fill out the reply slip (at the end of this pack) and post it to the address provided

Before you make your decision, please read the information provided below and discuss it with others if you wish. Please ask if you have any questions.

PARTICIPANT INFORMATION

What is the purpose of this study?

I am interested to find out how individuals who hear voices view and describe themselves. I hope to draw on the experiences of those who hear voices in order to contribute to our understanding of the concept of 'self.'

Why am I being invited to take part?

I have contacted those who I understand may hear voices. You are invited to take part in this study if you hear voices and if you are aged between 18 and 65. If you do not hear voices and you are not aged between 18 and 65, then unfortunately you cannot take part.

You also cannot take part in this study if you;

- Have any drug induced psychoses
- Have a current substance misuse difficulty
- Have received a diagnosis of dementia

If you do take part in the study, please note that you will be asked if you are male or female and what prescribed medication, if any, you are currently taking. I collect this information as it may help me to make more sense of the research findings later on.

Do I have to take part?

No. It is your choice whether or not to take part. Those who do choose to take part can change their mind and be removed from the study without having to give a reason. To be removed from the study, participants will be able to contact me (using their anonymous 'unique study number') and I will confidentially destroy their data. Participants can do this up until the point when I am analysing the data (April 2015).

What will happen to me if I take part?

You would be contacted to arrange a time to meet at a suitable venue in which there is a quiet and private place to talk. Your meeting would last around one and a half hours. Before you start, the researcher would discuss this information sheet with you, check that you still want to take part and ask you to read and sign a written consent sheet. Then they would ask you some questions about your experience of your 'self' in relation to hearing voices. The interview would be audio recorded and a transcript of the conversation made so that the researcher can listen again or read what has been said.

Once the interview is complete, you will be welcome to ask and have answered any questions that you may have about the research and you will be able to keep this information sheet which contains contact details should you wish to discuss the research further. You might be contacted after your interview and asked to meet once more so that the researcher can share with you what they found out and find out what you think, but you will not have to do this if you do not wish to. You can request that information about the findings from the research is sent to you once it is complete.

What are the possible advantages and disadvantages of taking part?

I do not think that there are any advantages or disadvantages for you in particular. I hope that this research will contribute to a better understanding of what it is like to hear voices.

Expenses and payments

It is not expected that this study will incur expenses for you. Unfortunately no expenses or payments can be made for your contribution to this study.

What will happen to the information collected about me?

If you choose to take part you will be given a 'unique study number,' this number is what will be used to identify you so that you can remain anonymous. Your personal details will be stored separately at all times. After I have analysed the data and checked out the findings with some participants, I will confidentially destroy your personal details so that your unique study number and interview data can no longer be linked to you. This is the point at which you will no longer be able to withdraw from the study (April 2015).

Only the researchers named at the beginning of this document will have access to the information that you give, they will then include it in the write-up and publication of the research. Direct quotes will be used in the write-up of the research though they will be anonymous. So while you may recognise your own words, nobody else will. The user-led group of which you are a member will be named in the write-up and publication of the research and thanked for their involvement, however you will never be named personally.

In line with the Data Protection Act (1998), your anonymous data will be stored securely within a password protected Teesside University electronic server. Your written consent forms will be securely stored in locked filing cabinets on Teesside University premises. These items will be stored in this secure manner for a minimum of 20 years and anonymised data may be used for future study (what is called secondary analysis) but only in research projects that have received ethical approval from an appropriate committee.

All information that you give will remain confidential to the researchers, however, should any abusive or unprofessional behaviours or actions be disclosed and/or discovered then confidentiality will be breached and the academic supervisor will be informed. If deemed appropriate, further actions may be taken.

What happens if something goes wrong?

This study only involves talking about people's experiences so I do not expect anything to go wrong. However, talking about personal experiences could be a sensitive topic for some. So at the beginning and at the end of your meeting with the researcher, or at any other time, you would be welcome to voice any questions or concerns that you may have about the study. You would also be free to stop your interview at any time and leave if you wish.

Should you feel you need more support at any time, the following contacts may be useful;

- ❖ **Your GP or mental health professional**
- ❖ **First Person Plural: for people with a complex dissociative condition www.firstpersonplural.org.uk offers information that may help you understand issues raised during the interview. They are unable to offer direct, ongoing support but please e-mail fpp@firstpersonplural.org.uk if you would like to know more about what they can do to help.**
- ❖ **The Hearing Voices Network: Online forums provide a space to share what's going on for you, connect with others and get some support: <http://www.hearing-voices.org/>**
- ❖ **The Samaritans: "Talk to us any time you like, in your own way and off the record, about whatever's getting to you." Tel: 08457 90 90 90 / www.samaritans.org**

Below are the details of Alasdair MacSween at Teesside University who knows about but is not involved in this study, whom you can contact if you have any concerns about this research;

*Alasdair MacSween Ph.D B.Sc.(Hons) MCSP
Principal Lecturer in Research Governance, Chair of School of Health & Social
Care Research Governance and Ethics Committee
Address: Health and Social Care Institute, P1.18 Parkside West Offices, Teesside University,
Middlesbrough, Tees Valley, TS1 3BA, UK.
Tel: 01642 342965
Email: a.macsween@tees.ac.uk*

Who has approved this study?

Before any research goes ahead it has to be checked by the Research Ethics Committee at Teesside University to make sure that it is fair.

Who is organising and funding this study?

There has been no funding for this study. It has been organised by members of Teesside University alongside the Tees, Esk & Wear Valleys NHS Foundation Trust.

Who can I contact for more information?

If you have any questions, or you would like more information, please contact;

Alice Webster (Trainee Clinical Psychologist, Teesside University)

Email: M2122341@live.tees.ac.uk

Tel: 07910 722 080

Address: Doctorate in Clinical Psychology, School of Health & Social Care, Teesside University, Middlesbrough, TS1 3BA.

Or,

Richard House (Academic Supervisor, Teesside University)

Email: R.House@tees.ac.uk

Tel: 01642 218121 extension 5249

Address: Doctorate in Clinical Psychology, School of Health & Social Care, Teesside University, Middlesbrough, TS1 3BA.

If you would like to have a meeting with someone to discuss participation in this study and ask any questions that you might have about it before you make a decision, please contact Alice Webster using the details above.

I am interested in taking part, what should I do next?

If you are interested in taking part, please get in touch using one of the methods below. You will then be contacted to discuss the next steps;

- **Telephone Alice Webster on 07910 722 080**
- **Email Alice Webster: M2122341@live.tees.ac.uk**
- **Fill out the reply slip (below) and post it to the address provided**

Thank you

Hearing Voices Study – REPLY SLIP

If you are interested in taking part please:

Write your name here:

How would you like to be contacted?

Phone number:

Email:

Contact address:
.....
.....

Do you have a preferred time(s) _____ or day(s) _____ to be contacted?

You can post this slip to;

Alice Webster (Trainee Clinical Psychologist)
Doctorate in Clinical Psychology
School of Health & Social Care
Teesside University
Middlesbrough
TS1 3BA

Or you can;

- Email Alice Webster on: **M2122341@live.tees.ac.uk**
- Telephone Alice Webster on: **07910 722 080**