

## **Participant Information Sheet**

**Title:** Young People's Experiences of School when they Live with a Parent with a Mental Illness

**Short Title:** COPMI School

**Researcher:** Bryony Stokes-Crossley

**Principal Supervisor:** Professor Kim Holt

You are being invited to take part in an interview for a research study looking at how you feel about school. Before you decide whether or not you want to take part, it is important that you know why the project is happening and what you will be asked to do. Please take as much time as you need to read this information and discuss it with others if this will help you. If you have any questions or would like any more information, please feel free to send me an email or give me a call using the details at the bottom of this information sheet.

### **What is the purpose of the study?**

This study is part of a PhD project which is being done at Northumbria University. The PhD is aiming to get a better understanding of whether or not school is important for young people when they live with a parent who has a mental illness. The most important part of this is to ask you about your own experiences to make sure that you have a say in research being done about you. To do this, the researcher will sit with you for a couple of hours and ask you some very open questions about how you feel about school.

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

You have been invited to take part because you are between 16 and 24 and one of the following is true:

- 1) You are currently in full time education and one of your parents has a mental illness.
- 2) One of your parents had a mental illness during the time you were in full time education.

### **Do I have to take part?**

It is totally up to you whether or not you'd like to take part. You can ask to be withdrawn from the study at any point up to data analysis without having to give a reason. Any data we've collected from you before you ask to withdraw will still be used in the study.

### **What will happen if I take part?**

If you'd like to take part in the study then you'll be provided with a link to complete a consent form online. Once the consent form has been filled in, we'll arrange a time to do the interview and how the interview will be done. The interview can take place over the phone or by using Microsoft Teams. The interview should take about 2 hours and you can take as many breaks as you'd like. I will ask you some questions about your family, your school, how you spend/spent your time at school and what you think works and what could be done better. The interview will be audio recorded and I'll be making some brief notes while we're talking. Everything you say in the interviews is confidential unless you say

something that could mean you or someone else is at risk. If this happens, I will get in touch with professionals at other organisations to discuss the situation.

### **What are the possible benefits and/or disadvantages of taking part?**

If you're happy to take part, there will be a consent form and a two hour interview. It is possible that you might feel uncomfortable with some of the questions, but please remember that you don't have to talk about anything you don't want to, and you can decide at any point that you'd rather not take part – even if this is during the interview. The way the interviews are being done means that they are guided by you so although I have questions to ask, it is more important for you to tell me what you want to talk about. This means that if you're not comfortable with some of the questions but still want to take part, you can tell me something else about school that you feel is important. At the end of the interview you'll be given a list of online and local organisations and resources for young people who have a parent with a mental illness.

### **Will my participation in this study be kept confidential and anonymous?**

Yes – you will be assigned a participant ID number which will be used when I transcribe the interviews and for data analysis. Before the interview, we will have a chat about using different names or initials for yourself, members of your family and your friends. It's best if you try not to say anyone's names on the recording but don't worry if you do because they'll be taken out of the transcript. During this conversation I'll also make note of your address, just in case you say anything that could mean you or someone else is at risk and I need to pass this information on. This information will only be stored for the duration of the interview and if there are no concerns raised this will be deleted immediately. As soon as I can, I'll transfer the audio recording onto the University hard drive and delete it from the device. No identifiable data like your name, date of birth or address will appear in any reports or documents written up from this study and your consent will be stored securely.

### **How will my data be stored, and how long will it be kept for?**

Your consent form will be kept in locked storage. To do research within the University I have to follow University guidelines and the General Data Protection Regulations (GDPR). When the PhD is finished, I will follow the rules set out by Northumbria University to archive all of the data I collect during this study and these will be retained for a minimum of 7 years.

### **What is the legal basis for processing personal data?**

The legal basis for processing your personal data required for the purposes of this study is that the research is being conducted in the public interest. The legal basis for processing the audio recordings of the interviews is that processing is necessary for archiving purposes in the public interest, scientific or historical research purposes or statistical purposes.

### **Who will be able to access my personal data?**

Any data that I process during this study will be used and analysed by the researchers at Northumbria University. Individuals from regulatory organisations may look at your data to check that the research has been done properly.

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

The general findings might be reported in a scientific journal or presented at a research conference, but the data will be anonymised, and no one will know it relates to you. We can provide you with a summary of the findings if you email Bryony Stokes-Crossley at the address listed below.

**Who is organising and funding the study?**

This study is sponsored and managed by Northumbria University and funded through a PhD studentship by Northumbria University.

**Who has reviewed this study?**

Before this study could begin, permissions were obtained from the Research Ethics Committee at Northumbria University.

**What are my rights as a participant in this study?**

Your rights to access, change or move your information are limited as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already collected. To safeguard your rights, we will use the minimum personally-identifiable information possible. If you are unhappy with the University's processing of personal data, you have the right to complain to the Information Commissioner's Office. For more information and contact details please see [www.ico.org.uk/global/contact-us/](http://www.ico.org.uk/global/contact-us/)

**Contact for further information:**

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The Data Controller for this study is Northumbria University. If you'd like to discuss any concerns with someone outside of the research team please contact Duncan James who is the Data Protection Officer at Northumbria University ([dp.officer@northumbria.ac.uk](mailto:dp.officer@northumbria.ac.uk))