

INFORMATION SHEET FOR PARTICIPANTS

The study is approved by King's College London Psychiatry, Nursing and Midwifery Research Ethics Subcommittee (pnm@kcl.ac.uk; reference: HR-15/16-3369).



YOU CAN PRINT OFF THIS INFORMATION SHEET

Experiences of LGBT+-related stigma and effective coping strategies: perspectives of LGBT+ students experiencing psychological distress

We would like to invite you to participate in this research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, 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. Ask us if there is anything that is unclear or if you would like more information.

What is the purpose of the study and who can take part?

For this study we are looking for UK College or University students of all minority sexual orientations and gender identities (e.g. gay, lesbian, bisexual, pansexual, queer, transgender, genderqueer, nonbinary etc) aged 16 and over, with current or previous experience of a common mental health problem (e.g. depression or anxiety). The objective of this study is to improve our understanding of LGBT+ students' experiences of mental health problems. We hope that this will help us develop new ways of supporting LGBT+ students who are experiencing mild to moderate psychological difficulties. This study is not suitable for people with experience of more serious mental health problems such as bipolar disorder or severe anorexia nervosa.

This study is being conducted as part of a PhD currently under completion at King's College London.

Note, we use the term LGBT+ for its recognisability, however we acknowledge that there are other identities not explicitly represented by that term (for example, queer, pansexual, non-binary and others).

What will taking part involve?

If you are interested in taking part, first the researcher will arrange a time to talk to you on the phone. This will give you the opportunity to ask any questions and for the researcher to check that the study is suitable for you. She will ask some questions about the symptoms of your previous or current mental health problem. If the study is suitable for you and you decide to

take part, the researcher will then book a time to meet for a face-to-face interview at King's College London or a telephone interview if this is more convenient. This is likely to last between 45 and 90 minutes. You will be asked questions about whether your sexual orientation and/or gender identity has had any impact on your mental health (e.g. experiences of LGBT+ related stigma), and coping strategies you have found helpful and unhelpful. We will also ask you about what treatment or other support you have received for your mental health problem and your opinion on what kind of support you think is best for LGBT+ people experiencing distress. We will ask for your consent to audio-record interviews for supervision purposes and so that we can analyse interview content to identify any common themes that emerge.

What are the possible benefits and risks of taking part?

Benefits

You will receive £20 to cover your travel expenses and compensate you for your time if you take part in a face-to-face interview. You will receive a £20 Amazon voucher if you take part in a telephone interview. The results from the present study could help inform a future intervention tailored specifically to promote psychological well-being among LGBT+ students. Therefore, your participation in this study could potentially benefit LGBT+ people who are suffering from psychological distress.

Risks

The interview questions are of a personal nature, which some people may find sensitive, embarrassing or upsetting. You will be asked about how being LGBT+ makes you feel and about your experiences of anti-LGBT+ stigma and discrimination and your mental health. If you are uncomfortable answering any question you can withdraw from the study at any time.

Do I have to take part?

Participation is voluntary. You do not have to take part. It is up to you to decide whether to take part or not. If you decide to take part you are still free to withdraw from the study at any time and without giving a reason. You can withdraw your interview data from the study up until data analysis has been conducted

Will my taking part be kept confidential?

Yes, participation will be kept confidential. When the audio-recordings from the interview are transcribed, all identifying information will be removed and then audio-recordings will be deleted. Although you will contact the researcher via email, allowing them access to your email address, this will not be linked to your interview data. Only the researchers will have access to the raw data held on password-locked computer files. In the final report nothing will be included that could be used to identify you. Quotes from interviews may be used, however, any written or spoken reports of findings will not contain any identifying information about those who take part.

What will happen to the results of the study?

The findings from the data collected from this study will be disseminated in a PhD thesis, in conference presentations and through peer reviewed articles in scientific journals.

Who should I contact for further information?

If you have any questions or require more information about this study, please contact the researcher using the following contact details:

Georgina Gnan
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Institute of Psychiatry, Psychology & Neuroscience
King's College London
4 Windsor Walk
London SE5 8AF
georgina.gnan@kcl.ac.uk

If this study has harmed you in any way or you wish to make a complaint about the conduct of the study you can contact King's College London using the details below for further advice and information:

Dr Katharine Rimes, Department of Psychology, Institute of Psychiatry, Psychology & Neuroscience, De Crespigny Park, London SE5 8AF (katharine.rimes@kcl.ac.uk) or Dr Qazi Rahman, Guy's Hospital, Great Maze Pond, London SE1 9RT (qazi.rahman@kcl.ac.uk) .

If participation in this study has raised issues for you about distress relating to your sexual orientation or other issues, here are some ways in which you could consider getting support:

Talking to your family or friends, talking to your GP, or contacting:
LGBT Foundation: www.lgbt.foundation, 0345 330 3030 (available 10am-10pm)
Switchboard (LGBT+ helpline): 0300 330 0630 (available daily, 10am-11pm)
Samaritans: 116 123 / samaritans.org (available daily, 24 hours a day)

Accessing counselling or therapy through the NHS:

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/free-therapy-or-counselling.aspx>

Self-help relaxation exercises:

<http://www.cope-scotland.org/index.php/sharing/listen-and-relax>

Self-help resources:

<http://www.getselfhelp.co.uk/>

Thank you for reading this information sheet and for considering taking part in this research. If you wish to take part please contact georgina.gnan@kcl.ac.uk