



Pioneering Futures Since 1898

## Supporting wellbeing in young adult carers using an online intervention

You are being invited to participate in a research study. Before you agree it is important that you understand what your participation would involve. Please take time to read the following information carefully.

### **Who am I?**

I am a postgraduate student in the School of Psychology at the University of East London and am studying for a Master of Science in Integrative Counselling and Coaching. As part of my studies I am conducting the research you are being invited to participate in.

### **What is the research?**

I am conducting research into the effectiveness of an internet-based wellbeing intervention for young adult carers.

My research has been approved by the School of Psychology Research Ethics Committee. This means that my research follows the standard of research ethics set by the British Psychological Society.

### **Why have you been asked to participate?**

You have been invited to participate in my research as someone who fits the kind of people I am looking for to help me explore my research topic. I am looking to involve individuals aged 18 to 25 who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

I emphasise that I am not looking for 'experts' on the topic I am studying. You will not be judged or personally analysed in any way and you will be treated with respect.

You are quite free to decide whether or not to participate and should not feel coerced.

### **What will your participation involve?**

If you agree to participate you will be asked to take part in an internet-based intervention for five weeks. You will be given different activities to do depending on which group you are assigned to. You will be given two exercises each week to complete. Exercises will take approximately 15-30 minutes to complete. You may or may not be asked to communicate with a therapist once a week to discuss your progress. You will have the option to choose which day to communicate

with the therapist. You will receive an email once a week as a reminder to complete the weekly tasks.

You will be asked to complete a questionnaire before the intervention begins and once it has been completed. The questionnaire will take approximately 30 minutes to complete. The questionnaire will contain questions about how you feel, your experiences of caring and your own wellbeing, and your experience of the intervention. Questions are completed using our online survey; therefore the questionnaires can be completed anywhere.

I will not be able to pay you for participating in my research but your participation would be very valuable in helping to develop knowledge and understanding of interventions used to support young adult carers.

### **Your taking part will be safe and confidential**

Your privacy and safety will be respected at all times.

You will not be identified by the data collected, on any written material resulting from the data collected, or in any write-up of the research.

You do not have to answer all questions and can stop your participation at any time.

If you are required to be in contact with a therapist, all correspondence will be through a secure email server to uphold your online security and safety. The therapist will keep short factual notes on each of your exchanges. You will be asked to provide details of your GP surgery and an emergency contact – these will only be used in cases of escalating risk or risk to a third party. These notes will be kept in an encrypted file for up to 2 years on a password-protected computer. The actual emails exchanged will be destroyed after the completion of the research project.

### **What will happen to the information that you provide?**

Confidentiality will be ensured, all personal and questionnaire data will be anonymous and only identifiable by a unique participant code (your initials followed by month and year of birth i.e. AB, MM/YY). On closing the online study all data will be downloaded and stored on a password protected computer only accessible by me for two years, after which data will be destroyed and all files deleted. Group data will be used for publication and/or dissemination, but no individual data will be identifiable.

The online version of this questionnaire has been constructed as an anonymous survey, meaning no emails, IP addresses and/or geolocation data will be identified in the responses. HTTPS survey links (also known as secure survey links) have been used, giving Secure Sockets Layer (SSL) Encryption while a questionnaire is being completed. During the study data collected online will be stored on an EU-based server and will be subject to EU Data Protection acts. All online data will be completely destroyed following completion of data collection.

Anonymised data will be seen by my research supervisor and university examiners.

### **What if you want to withdraw?**

You are free to withdraw from the research study at any time without explanation, disadvantage or consequence. If you chose to withdraw your questionnaire data after submitting it simply, email me with your participant code (your initials followed by month and year of birth i.e. AB, MM/YY) requesting to withdraw your data from the study. You will have four weeks from the time you finish your participation in the study to request to withdraw your data. After this point, I would reserve the right to use material that you provide after I begin my analysis of the data.

### **Contact Details**

If you would like further information about my research or have any questions or concerns, please do not hesitate to contact me.

Kate Stewart, Email: [u1719634@uel.ac.uk](mailto:u1719634@uel.ac.uk)

If you have any questions or concerns about how the research has been conducted please contact the research supervisor Jolanta Golan, School of Psychology, University of East London, Water Lane, London E15 4LZ,  
Email: [j.golan@uel.ac.uk](mailto:j.golan@uel.ac.uk)

**or**

Chair of the School of Psychology Research Ethics Sub-committee: Dr Mary Spiller, School of Psychology, University of East London, Water Lane, London E15 4LZ.  
(Email: [m.j.spiller@uel.ac.uk](mailto:m.j.spiller@uel.ac.uk))