

Do I have to take part?

It is completely up to you to decide if you wish to take part in the study. Make sure you think carefully & consider all the information in this sheet before you decide.

If you decide to take part we will ask you to read & sign a form called an 'assent form' before the interview starts. This is to confirm that you understand why you are taking part & that you are happy to do so. Because you are under 16 years of age we will also need to ask your parent or carer to sign a consent form to say they are happy for you to take part.

If you decide you do not want to take part you do not need to do anything further.

What if I change my mind?

You are completely free to change your mind & withdraw from the study at any time & without giving a reason. If you decide to withdraw from the study any information that we have already collected could still be used in the final reports. But please remember your personal information such as your name will be removed & you will not be identified in any way.

Who is organising & approving this research?

This research is being organised by the University of Manchester & Cardiff University. The research has also been independently reviewed & approved by South Central-Berkshire NHS Research Ethics Committee 20/SC/0174, a group of people who work to protect your safety, rights, wellbeing & dignity.

What do I do now?

If you have any questions after reading this information sheet please let me know:

Rhiannon Lane
Research Associate
Cardiff University

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If you would like to take part in the study, please complete and return the Consent to Contact form enclosed or contact us using the details above.

Thank you for reading this information sheet.

CIB: V2.1 Blueprint IV Info sheet: 13-15 years (22.6.20)
IRAS ID: 272762



Blueprint Service design for children and young people's mental health

Interview Information Sheet: Children and Young People (13 – 15 years)



School of Healthcare Sciences
Cardiff University

My name is Rhiannon & I work as a researcher at Cardiff University. I would like to invite you to take part in our research about services in England & Wales for children & young people experiencing mental health problems. Before you decide if you wish to take part, please make sure you understand why the research is being done and what you will need to do. Please take your time to read through this information sheet before you decide if you wish to take part. Ask as many questions as you like & discuss it with others if you wish.

Why are we doing this research?

The Blueprint study is interested in services for children & young people in England & Wales who are experiencing common mental health problems, for example, depression, anxiety & self-harm. We want to find out how children, young people & their families find out about & start going to these services & what they think about them and whether access to services has been affected recently due to Coronavirus. We are also interested in speaking to children & young people who have not been to services (or stopped going) so we can understand the reasons for this.

We will use the information from this study to write reports & articles for the people who design & provide services for children & young people so that they can understand what is important to children & young people & families & understand more about how they find & use services.

Why have I been asked to take part?

Because you have had contact with a mental health support service. We are inviting about

100 people to take part in this study including children & young people, parents & carers & people providing services across England & Wales.

What would I be asked to do if I take part?

If you want to take part this would mean chatting to Rhiannon for about an hour to share your experiences of contact with your mental health support service & any other services or people that have supported you with your mental health. Rhiannon will have a list of topics that she will want to talk about (e.g., how you first found out about this mental health service) but there are no right or wrong answers; we're just really interested to hear about your experiences & views.

We will ask for your consent to record the interview using an encrypted digital recorder. This is just so that we can really listen to what you have to say & remember all the important things you tell us. But if you would prefer not to be recorded then this is ok, we will just take written notes. During some interviews Rhiannon may be joined by a co-researcher. The co-researchers on this project are young adults with lived experience of mental health issues from The McPin Foundation who are helping us to conduct this research. We will ask you in advance if you are happy for the co-researcher to help conduct the interview.

Where will the study take place?

We can arrange to chat by video or telephone call or, when social distancing rules allow us, at the mental health support service or at your home address. To say "thank you" for your time in taking part in the interview we will send you a £10 high street gift voucher at the end of the interview. We will also cover the cost of any out of pocket expenses, e.g., travel expenses to the venue where

the interview is taking place. Many people enjoy taking part in research but occasionally people can feel upset if they think about something that has happened to them. If this happened during the interview we would ask you if you would like to take a break or stop the interview completely. You don't have to talk about anything you don't want to & the interview can be stopped at any time.

Will my participation be confidential?

In order to take part in the research we will need your:

- | | |
|-------------|------------------------|
| • Name | • Contact Details |
| • Age | • Your mental health |
| • Gender | condition or diagnosis |
| • Ethnicity | |

Only the research team will have access to the information you give us & we will ensure it is kept safe & secure & that we follow the law. Cardiff University is a Data Controller which means that we will protect the information about you. All researchers receive training to do this. We will make sure that no one knows you have chosen to take part in the study. Your name will not be on any of the reports we write. We have to keep the information you give us for 10 years & then it will be safely destroyed.

If during a research interview information is revealed which indicates that someone might be hurt or in danger the researcher will need to speak to the research principal investigator & possibly others about their concerns. You have rights under data protection law, including the right to see any information you have shared with us. If you would like to know more about your rights please read through the Cardiff University research data protection notice or discuss it with your parent or carer.