

Participant Information Sheet

Title of Study: Project Soothe

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Researchers: Dr Keren MacLennan keren.maclennan@reading.ac.uk

We would like to ask you to take part in the research study “Project Soothe”. Before you decide, it is important for you to understand what the study is about and what will happen to you if you take part. Please read this information sheet carefully and ask about anything that you do not understand. If you are under 16 years of age, please share this information sheet with your parents or primary caregivers so that they are aware of what this study is about.

What is the study for?

The aim of Project Soothe is collect soothing photographs that can be shared with others in psychotherapy and research to improve mental health and wellbeing. This study will help us to build a bank of photographs that may be used in psychotherapy and research in the future. It will also help us better understand the everyday experience of self-soothe, which is an important coping strategy.

What will happen if I take part?

To take part in this research, simply visit the ‘Participate’ page on our research website. Once you click on the ‘Participate Now’ button at the bottom of that page, you will be asked to upload a photo that you find soothing. You will also have the option to complete a short submission form and there will also be space for you to include a few sentences to explain why and how your photo makes you feel soothed.

Do I have to take part?

No. Participation is voluntary, and you do not have to take part if you do not want to.

Who is conducting the research?

This research is organized by Dr Stella Chan, Charlie Waller Chair in Evidence-based Psychological Treatment, as well as Keren MacLennan, a Postdoctoral Research Fellow at the University of Reading.

Will the study cause any harm?

We do not anticipate that this study will cause any harm to you.

Is there anything I should know before participating?

Yes, before you decide whether to take part there are a few things you should know:

- Taking part in this research is completely voluntary;
- Your photograph(s) may be used in future research and therapies;
- Copyright to your photograph(s) will remain with you, therefore we can only accept photographs that you hold copyright for;
- Both your photo and your comments about why you find your photo soothing may be made available for public view. However, please be assured that we will not disclose your name or contact information;
- We reserve the right to edit comments or not publish any photos deemed unsuitable for general public viewing;
- We cannot guarantee to display your photo in our online public gallery, but please be assured that your photo will be included in our main database and will make an important contribution to research and psychotherapy in the future;
- We will ask you for consent when you submit your photo and comments but will not ask you for your consent again in the future.
- If you are under 16 years, you will need to confirm that you have asked your parent or guardian if you can take part.

What will happen to my data?

The information we collect about you will be kept confidential and securely stored, only being accessed by the research team. If you submit your email address, this will only be used by the research team to contact you in relation to Project Soothe. Data collected from this study will be preserved and made available in anonymised form, so that they can be consulted and re-used by others.

The organisation responsible for protection of your personal information is the University of Reading (the Data Controller). Queries regarding data protection and your rights should be directed to the University Data Protection Officer at imps@reading.ac.uk, or in writing to: University of Reading, Information Management & Policy Services, Whiteknights House, Pepper Lane, Whiteknights, Reading, RG6 6UR, UK.

If you choose to submit your email to join the Project Soothe registration list for the purposes of inviting you to take part in future studies, this will be done only with your consent where you have provided it to us and should you wish to be removed from the register at a later date, you should contact Dr Stella Chan (s.chan3@reading.ac.uk)

You have certain rights under data protection law which are:

- Withdraw your consent, for example if you opted in to be added to a participant register
- Access your personal data or ask for a copy
- Rectify inaccuracies in personal data that we hold about you
- Be forgotten, that is your details to be removed from systems that we use to process your personal data
- Restrict uses of your data

- Object to uses of your data, for example retention after you have withdrawn from a study

Some restrictions apply to the above rights where data is collected and used for research purposes. You can find out more about your rights on the website of the Information Commissioners Office (ICO) at <https://ico.org.uk>. You also have a right to complain the ICO if you are unhappy with how your data has been handled. Please contact the University Data Protection Officer in the first instance.

What happens afterwards?

If you have any questions or concerns after you have taken part in this study, you can contact the researchers, Keren MacLennan (keren.maclennan@reading.ac.uk) or Dr Stella Chan (s.chan3@reading.ac.uk).

This application has been reviewed by the University Research Ethics Committee and has been given a favourable ethical opinion for conduct.

Thank you for your help and for taking the time to read this information sheet.