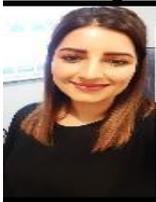


**PARTICIPANT INFORMATION SHEET - INTERVIEWS**

Version 1.0: 03/07/2021

**Study Title: Exploring the views of people living with anxiety/depression and type 2 diabetes about engaging in shared decision making (REAL SDM)**Darren Flynn  
(Principal Investigator)Leah Avery  
(Co-lead investigator)Keith Birrell  
(Co-lead investigator)Laurence Andrews  
(Co-investigator)Iram Ansari  
(Co-investigator)Isabel Gordon  
(Co-investigator)Rose Watson  
(Research Fellow)Alan Fish  
(Collaborator)

We would like to invite you to take part in a research project with us. Before you decide if you want to take part, please read the following information, and discuss it with others if you wish. Please contact Rose Watson if you have any questions: [r.watson@tees.ac.uk](mailto:r.watson@tees.ac.uk)

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

Shared decision making is a process where people with health conditions and clinicians (doctors, nurses, psychologists and other healthcare professionals) work together in partnership to

- Identify the range of possible treatment (e.g. medication) or supported self-management (e.g. changing lifestyle behaviour such as diet) options for a health condition.
- Find out which option, or combination of options, is most suitable for the individual person and their personal circumstances

For more information about what shared decision making, please view a short video (6 mins) by clicking on the following link: <https://www.youtube.com/watch?v=fhiwftNLtyc>

In this study, we want to find out what would help or prevent people from taking part in shared decision-making with clinicians when they have both a physical health (Type 2 diabetes) and a mental health condition (anxiety and/or depression).

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

We are inviting people to take part in this study who have experience of type 2 diabetes and anxiety and/or depression.

To be eligible to take part in this study you must meet the following criteria:

- Aged 18 years or over with diagnosis of type 2 diabetes and anxiety and/or depression.
- Aged 18 years or over and a supporter (relative, carer, friend) of a person diagnosed with type 2 diabetes and anxiety and/or depression.

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

No, it is up to you if you want to take part, or not.

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

If you choose to take part, you will be asked to complete a consent form. This will be done over a telephone call or Microsoft Teams call and will be recorded separately from the interview. You will be sent a written copy of the consent form beforehand, and Rose will go through it with you. You will then be invited to take part in an interview, which will last up to 60 minutes.

If you would like to have someone in the interview with you (such as members of your family, a carer, or a friend) then please invite them, although they need to be aged 18 years or over and they will also need to complete a consent form.

Rose Watson would conduct the interview, which would take place over the telephone, or via video conferencing software called Microsoft Teams. Rose will ask for your permission to record the interview. This is so we don't miss anything important that you say in the interview. The recording of the interview will be transcribed (typed up in full) and we will remove/change any details which could possibly identify you.

During the interview, you will also be asked your views about what might help people to take part in shared decision-making, and things that might prevent them from doing so, including your experiences of living with Type 2 diabetes and depression and/or anxiety.

You can choose not to answer any of the questions in the interview. You also do **not** have to talk about anything in the interview that you do not wish to.

After the interview, Rose Watson will also ask if you would be willing to be contacted again in the future to take part in group discussion. This would also be conducted using Microsoft Teams and would involve up to 5 people who have lived experience of depression and/or anxiety **and** type 2 diabetes.

### **What would happen if I started, but changed my mind?**

You can stop participating at any time at any point before the interview starts, and during the interview without giving a reason. You can also withdraw from the study up to commencement of data analysis, 7 days after your interview, without giving a reason. If you wish to do this, please send an email to Rose Watson ([r.watson@tees.ac.uk](mailto:r.watson@tees.ac.uk)) stating your unique participant ID number printed at the top of page 1 of this document.

After this your interview will be transcribed and analysed it would not be possible to withdraw your data from the study, as we will have removed all of the details which could identify you.

### **Will I receive any payment?**

If you agree to participate in an interview, we will give you a £20 voucher.

### **What are the possible disadvantages or risks of taking part?**

We do not anticipate any major risks, or discomfort, for you taking part in an interview. However, you may recall distressing events or emotions. If this happens, you can take a break, or stop participating in the interview, without giving a reason. Every effort will be made to ensure that you are comfortable to take part, and you can ask a relative or friend to attend the interview with you as emotional support.

If you feel that you require any advice or support with your health conditions, please contact a relevant health professional, such as your GP; if you require any advice or support for emotional distress, the following services may be able to help you:

- Mind – [www.mind.org.uk](http://www.mind.org.uk)
- Rethink Mental Illness – [www.rethink.org](http://www.rethink.org)
- Samaritans – call 116 123 for free, 24/7

### **What are the possible benefits of taking part?**

There are no direct benefits to you from participating in this study. However, taking part may help to improve the way that people living with mental and physical health conditions receive information and support from clinicians in the future.

### **Will my taking part in this study be kept confidential?**

Yes. The only time when confidentiality may be breached is if concerns about unprofessional behaviours, or actions, are disclosed and/or discovered, or if you or someone else is in danger of being harmed. If this is the case, Rose Watson (the person who will be doing the interviews) will discuss her concerns with the Principal Investigator (Darren Flynn) in the first instance. We would try to discuss this with you before we tell anyone else our concerns.

All information will be collected and stored securely under your unique participant ID number. After data analysis has begun the link between that number and you will be destroyed. After that, your data can no longer be linked back to you. This non-identifiable research data will be stored indefinitely on a secure password protected server at Teesside University. This is in case that other scientists wish to raise questions about the results that need checking against the data. If the study is published in a scientific journal, some data may be made publicly available, but no details that would identify you would be included; for example, as a supplement to the journal article, or stored on an on-line scientific data repository such as Mendeley Data: <http://data.mendeley.com/>

Recordings of the interviews will be stored on a Teesside University password protected server accessible only to Rose Watson. Once the interviews have been transcribed by Rose, and all personally identifiable information has been removed (anonymised), the original recordings will be securely deleted from the password protected server at Teesside University.

The anonymised transcripts of the interviews and the recorded consent forms will be stored indefinitely on a TU password protected server.

Your name or any other information that could potentially identify you will not appear in transcripts or any reports or publications. We may include direct quotes in reports or publications, but these will be anonymised so you cannot be identified; for example – *a male participant said .....*

### **What happens if there are any problems?**

If you are unhappy, or there is a problem, please contact me, Rose Watson, or Dr Darren Flynn (the Principal Investigator). If you remain unhappy, or there is an issue that you would prefer to talk about with someone who is not a member research team, please contact:

Professor Meez Islam  
Chair, School of Health and Life Sciences, Research Ethics Sub-committee.  
Centuria Building, Teesside University  
Email: [M.Islam@tees.ac.uk](mailto:M.Islam@tees.ac.uk)

### **Who has reviewed the study?**

The School of Health and Life Sciences Research Ethics Sub-committee at Teesside University has reviewed and approved this study.

Thank you for reading this information sheet and for considering whether you would like to take part in this study. If you would like to take part, please contact Rose Watson using the following contact details:

Rose Watson, Research Fellow, School of Health and Life Sciences, Teesside University

- Email: [r.watson@tees.ac.uk](mailto:r.watson@tees.ac.uk)
- Tel: 07385390362 – you can call or send a text message, please leave a message and Rose will get back to you

### **Privacy Notice**

Personal data including special category data obtained for the purposes of this research project is processed lawfully in the necessary performance of scientific or historical research or for statistical purposes carried out in the public interest. Processing of personal data including special category data is proportionate to the aims pursued, respects the essence of data protection, and provides suitable and specific measures to safeguard the rights and interests of the data subject in full compliance with the General Data Protection Regulation and the Data Protection Act 2018.