**Interviews Participant Information Sheet (Relative)**

**Title of project**: Implementation of a relatives' toolkit (IMPART Study): Examining the critical success factors, barriers, and facilitators to the implementation of an online supported self-management intervention in the NHS

I would like to invite you to take part in the IMPART study. Before you decide, I would like you to understand why the research is being done and what it would involve for you. I am happy to go through the information sheet with you and answer any questions you have.I suggest this should take about 10 minutes.

Talk to others about the study if you wish.

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

The purpose of the study is to understand the implementation of an online toolkit to support relatives of people with bipolar depression and psychosis. The aim is to gain a detailed understanding of experiences, expectations, barriers, facilitators, successes and failures with the delivery and adoption of REACT. This information will be used to inform a national Implementation Plan for online interventions to support relatives in mental health services. It is hoped that your perspective will help in the future implementation of online interventions within the NHS.

**Why have I been asked to participate?**

You have been asked to consider participating because you are a relative receiving support from one of the participating NHS Trusts.

**Do I have to take part?**

It is up to you to decide to join the study. If you agree to take part, you will be asked to sign a consent form. Even if you decide to take part then you do not have to answer all the questions and you can stop the interview at any time. You are free to withdraw from the interview at any time, without giving a reason. Withdrawal of data from the study will only be possible up to one month after the interview has been undertaken.

**What will happen to me if I take part?**

The interview will last around 45-60 minutes. You will be asked a series of questions that allow for exploration of your personal experiences of receiving support for you role in caring for someone with a mental health problem. We are interested in talking to you whether or not you have been offered any online support. Interviews will be conducted at a time and place that is convenient for you. The interviews will be audio-recorded. If you do not wish to be audio-recorded then written notes can be taken instead.

**Will what I say in my interview be kept confidential?**

All information will be kept confidential. Your interview will only be listened to in full by a transcriber within the research team. Following transcription, the interview will be anonymised and the audio recording destroyed. Following analysis to identify the key themes across data sources, the findings of the study will be presented in written papers and conference presentations. Anonymised quotes from the interviews may be used, but care will be taken that quotes cannot be attributable to any source.

**What are the disadvantages of taking part?**

The research team does not think that there are disadvantages to taking part although the interviews will require 45-60 minutes of your time.

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

The research team cannot promise that the study will help you but the information we gain from your interview will be used to help improve our knowledge and inform a national implementation plan for online interventions.

**Who is organising the study?**

The study is being carried out in collaboration between Lancaster University, University College London (UCL), The University of Liverpool and several NHS Trusts across the UK. Contact for further information

**Who is funding the research?**

The National Institute of Health Research (NHIR) has funded this three-year research project

**Who has reviewed the study?**

This study has been extensively peer reviewed, funded by the National Institute of Health Research, and approved by an NHS Research Ethics Committee responsible for ensuring that ethical considerations and issues are addressed in the conduct of research

**What will be done with the information I give?**

It will form the basis of the IMPART study and inform a national implementation plan for the REACT toolkit. The findings will also be published in academic journals and be presented at conferences.

**What if there is a problem or who do I contact regarding the study?**

If you have a concern about any aspect of this study, or you wish to gain further information, you should ask to speak to the researchers who will do their best to answer your questions:

[Researcher contact details]

Spectrum Centre for Mental Health Research

Division of Health Research, Lancaster University, Lancaster, LA1 4YG

Alternatively you can contact: **Dr. Fiona Lobban**, Co-Director, Spectrum Centre for Mental Health Research, School of Health and Medicine, Lancaster University, Lancaster, LA1 4YG.

**Telephone:** 01524 593756. **Email:** [f.lobban@lancaster.ac.uk](mailto:f.lobban@lancaster.ac.uk)

If you would prefer to speak to someone outside of the research team then please contact the Associate Dean for Research at Lancaster University:

**Professor Roger Pickup**

Faculty of Health and Medicine

(Division of Biomedical and Life Sciences)

Lancaster University

Lancaster

LA1 4YG

Tel: +44 (0)1524 593746

Email: [r.pickup@lancaster.ac.uk](mailto:r.pickup@lancaster.ac.uk)

**Where can I obtain further information about the study if I need it?**

If you have any questions about the study, please contact the REACT team:

REACT Team

The Spectrum Centre for Mental Health Research

Faculty of Health and Medicine

(Department of Health Research)

Lancaster University

Lancaster

LA1 4YG

Tel: insert once have REACT mobile phone contract

Email: react@lancaster.ac.uk

**Resources in the event of distress**

Should you feel distressed either as a result of taking part, or in the future, the following resources may be of assistance:

Carers UK 0808 808 7777(UK)

*NHS emergency services:*

Call 999 (UK)

*NHS for non-emergencies:*

Call 111 (England)

Call 0845 46 47 (NHS Direct Wales)

Visit [www.nidirect.gov.uk](http://www.nidirect.gov.uk) for Out of Hours GP contacts in your area (Northern Ireland)

*Samaritans:* call 08457 90 90 90 (UK)