

## INFORMATION SHEET FOR PARTICIPANTS

REC Reference Number: (PNM/08/09-10)

### Does Training Improves Formulation Skills

We would like to invite you to participate in this original research project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask us if there is anything that is not clear or if you would like more information.

#### **Who will be conducting the research?**

The lead investigator will be Prof Salkovskis. Additional investigators are Dr. Victoria Oldfield and Michael Zivor. Prof Salkovskis is the clinical director of the Centre of Anxiety Disorder and Trauma, which is a specialist treatment and research centre jointly run by the Specialist Director of the South London and Maudsley Trust and the Institute of Psychiatry (King's College London). Prof Salkovskis is an experienced researcher in the area of OCD. Dr. Victoria Oldfield is working in the Centre of Anxiety Disorders and Trauma, she is an experienced clinical psychologist and specialises in OCD. Michael Zivor is a clinical psychologist and is currently working with Prof Salkovskis and Dr. Victoria Oldfield in the Centre of Anxiety Disorders and Trauma. This research will form part of Michael's Doctoral Degree on formulation in Obsessive Compulsive Disorder.

#### **The main aim of the research project**

Prof Salkovskis has been examining the effectiveness of Cognitive Behavioural Therapy for Obsessive Compulsive Disorder (OCD). This research seeks to explore therapists' understanding of case formulation in OCD and whether training improves case formulation skills. We hope that the research will increase our understanding of factors that influence therapists' formulation skills and that this may help us to better develop appropriate training in this area.

#### **Participants**

All attendees at Prof Salkovskis' teaching workshops on CBT for OCD. Further participants may be sought from workshops and training seminars undertaken by Prof Salkovskis, Victoria Oldfield and Michael Zivor. Participants need to be over 18 years of age.

#### **If I take part in this project, what would I be asked to do?**

The project will involve you being randomly assigned to one of two groups. One group will take part in the study in the beginning of the workshop while the other group will take part just before the end of the workshop. You will then be presented with a short questionnaire before being asked to watch a videotaped section from an assessment session. The questionnaire will

include anonymised biographical information as well as questions about your clinical use and understanding of formulation in CBT. You will then be requested to create your own formulation and to rate and comment on 3 different formulations which will be presented to you. Your participation should take no longer than 40 minutes in total.

If you are asked any questions that make you feel uncomfortable or that you do not want to answer then it is perfectly acceptable for you to not answer them. You will not have to give a reason for not answering. If during the video you experience any discomfort you will be given a chance to take a break, refrain from answering the question, or discontinue your participation. Please inform one of the researchers if this is the case. If you chose not to take part in the study or if you decide to take part but then decide to withdraw you can still attend the workshop.

### **What happens after the task?**

After the task you will be given an opportunity to talk about how you found the task and whether it raised any issues that you would like to talk about further. The researchers will discuss the research with you in more detail, and will also provide you with information about how to access the results online, once these have been published.

### **What happens to the information from the research?**

Any information from this research will contribute towards an academic thesis, publication and will be presented at a conference. Where information is published or presented the material will be anonymous. Your responses will be stored securely as paper copies and the results of your responses will be stored anonymously on an electronic database for analysis. After the study, fully anonymised copies of the questionnaires will be retained securely at the Institute under the oversight of Professor Salkovskis. Data will be maintained for a period of 5 years and then destroyed. Only Professor Salkovskis Dr. Victoria Oldfield and Michael Zivor will have access to the data.

### **Confidentiality**

Identifying details, including your name, will not be published or presented.

### **What if I wish to make a complaint?**

If you have a complaint about the manner in which you have been approached or treated in the course of this research, please write to: Prof Paul Salkovskis Centre for Anxiety Disorders and Trauma, 99 Denmark Hill, London SE5 8AZ. Tel:02078485038

### **How will the findings from the research be used?**

The findings from the research will form part of Michael Zivor's Doctoral thesis, and may also be published in academic journals. Individual participants will not be identifiable in any published material. You will be provided with online access to the results of the study once these are available. Should you prefer, hard copies of the results will be provided.

**If interested in participating, what should I do next?**

Once you have read through this information and thought about it, if you have any questions or doubts, then you are welcome to call the contact number below or e-mail me in order to discuss this.

**If this study has harmed you in any way you can contact Prof Paul Salkovskis Centre for Anxiety Disorders and Trauma, 99 Denmark Hill, London SE5 8AZ. Tel:02078485038**

**You may withdraw your data from the project at any time up until it is transcribed for use in the final report by February 2009.**

Thank-you for taking the time to read this information sheet

**CONSENT FORM FOR PARTICIPANTS IN RESEARCH STUDIES**

Please complete this form after you have read the Information Sheet and/or listened to an explanation about the research.

Title of Study: Does Training Improves Formulation Skills IN Cognitive –Behavioural Therapy

King's College Research Ethics Committee Ref: :(PNM/08/09-10)

- Thank you for considering taking part in this research. The person organizing the research must explain the project to you before you agree to take part.
- If you have any questions arising from the Information Sheet or explanation already given to you, please ask the researcher before you decide whether to join in. You will be given a copy of this Consent Form to keep and refer to at any time.
- *I understand that if I decide at any other time during the research that I no longer wish to participate in this project, I can notify the researchers involved and be withdrawn from it immediately.*
- *I consent to the processing of my personal information for the purposes explained to me. I understand that such information will be handled in accordance with the terms of the Data Protection Act 1998.*

Participant's Statement:

I \_\_\_\_\_

Agree that the research project named above has been explained to me to my satisfaction and I agree to take part in the study. I have read both the notes written above and the Information Sheet about the project, and understand what the research study involves.

Signed

Date

Investigator's Statement:

We Prof Salkovskis, Dr. Victoria Oldfield and Michael Zivor

confirm that we have carefully explained the nature, demands and any foreseeable risks (where applicable) of the proposed research to the volunteer.

Signed

Date

Signed

Date

Signed

Date