

Project Documentation 6: Disclosure and distress protocol and debrief sheet

Blueprint

Service design for children and young people's mental health

Disclosure and Distress Protocol (V2. 01.07.20)

1. Disclosure

The following statements are included in participant information sheets and will be reiterated as part of the consent/assent process prior to interviews commencing:

- Adult/Young person (16+): If during a research interview information is revealed which indicates that someone might be hurt or in danger the researcher will be obliged to break confidentiality and share their concerns with the research principal investigator and any relevant governance and / or regulatory authorities.
- Child (13 – 15 years): If during a research interview information is revealed which indicates that someone might be hurt or in danger the researcher will be obliged to break confidentiality and to speak to the research principal investigator and possibly others about their concerns.
- Child (≤ 12 years): Sometimes we can't keep things private if it means that somebody would not be safe. So if during a research chat something is said which suggests that someone might be hurt or in danger then the researcher will have to speak to other people.

Researchers and co-researchers should familiarise themselves with their employer's safeguarding policy and follow the guidance contained within these documents in the event of a disclosure or concerns about a research participant's welfare.

2. Distress

Consent is an ongoing process. If the researcher feels that the participant is showing signs of distress or is uncomfortable with the interview, they will pause the interview and ask the participant if they wish to take a break or if they wish to stop the interview completely. If the interview resumes after taking a break the researcher will reiterate that the interview can be stopped at any time.

If the participant is clearly distressed, the interview will be terminated immediately and the researcher will act with empathy and offer to get further support. Support will be sought for the participant from an appropriate person, e.g. a parent or carer (where interview takes place at home or if present at interview venue) or a pre-specified contact at the service providers (where interview takes place at service provider venue). The researcher will stay with the participant until the appropriate person arrives.

Additional Remote Interview guidance: In the event of a participant becoming distressed during a remote (telephone or video) interview where you are not physically present, check if the participant has somebody at that location with them, or somebody they can call. In the case of service users, offer to contact the service to ask the named contact to follow them up. Having established any additional sources of support, the researcher should take the necessary time before ending contact to avoid it feeling like an abrupt 'cutting off'. For children under 16 years, the researcher should contact the parent / carer who provided parental consent for participation

(if they are not available to join the call) to ensure adequate support is in place and notify the participant that this action will be taken.

In all instances the researcher will inform and seek support from the research site lead.

Follow-up actions

- The researcher will offer to follow up the participant (or parent / carer as appropriate) with a phone call the following day.
- The participant will be given the post interview Debrief sheet (given to all participants) with details of organisations that can provide further support.

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Participant Debrief sheet (V1. 28.11.19)

Thank you for taking part in the Blueprint study. We hope that you have found it interesting and have not been upset by any of the topics discussed.

However, if you have found any part of this experience upsetting and you wish to speak to the researcher our contact details are below:

<p>Claire Fraser, Research Associate University of Manchester Tel: 0161 306 7882 Email: Claire.fraser@manchester.ac.uk</p>	<p>Rhiannon Lane, Research Associate University of Cardiff Tel: 02922 511653 Email: LaneRC1@cardiff.ac.uk</p>
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You can also contact [NAME] at [CASE STUDY SITE] to get more support:

NAME
CONTACT DETAILS

There are also a number of other organisations listed below that provide support:

<p>ChildLine</p> <p>Childline is free, confidential & available to help anyone under 19 in the UK with any issue they're going through.</p> <p>https://www.childline.org.uk/</p> <p>Tel: 0800 1111 (24 hours a day, 7 days a week)</p>	<p>C.A.L.L. Mental Health Helpline for Wales</p> <p>Tel: 0800 132 737</p> <p>Text help to 81066</p> <p>(24 hours a day, 7 days a week)</p> <p>http://www.callhelpline.org.uk/</p>
<p>Young Minds</p> <p>Mental health charity supporting children, young people & parents and carers: https://youngminds.org.uk/find-help/</p> <p>For urgent help you can text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis: Text YM to 85258</p>	
<p>Youth Wellbeing Directory</p> <p>A directory of local & national support organisations for children & young people up to 25 years</p> <p>https://www.annafreud.org/on-my-mind/youth-wellbeing/</p>	<p>Youth Access</p> <p>A network of local and national organisations providing counselling, advice and information</p> <p>https://www.youthaccess.org.uk/services/find-your-local-service</p>