

Survey of informational and support needs for parents of young people engaged in self-harm.

Information Sheet for participants in the survey of informational and support needs for parents and guardians of young people engaged in self-harm

Introductory statement

We are a research team from the School of Psychology in University College Dublin and Pieta. We would like to invite you to participate in a study about parents' and guardians' information and support needs when supporting adolescents (ages 10-19) who self-harm. This project is led by Professor Eilis Hennessy and is funded by the National Office of Suicide Prevention. As part of this project, we are asking parents and guardians who have supported adolescents who have engaged in self-harm to complete a survey on what information and support they would have found useful.

What is this research about?

This research is about the information that would help parent or guardian who wants to help an adolescent who is self-harming. By self-harm we mean an adolescent doing something on purpose to hurt themselves (e.g. cutting or burning your skin) regardless of the intention, including a suicide attempt.

Why I am doing this research?

Self-harm is relatively common and can be distressing for adolescents and their families. The findings of this study will help guide organisations to provide useful information for parents and guardians in a way that is easy for them to access.

Why have you been invited to take part?

We are inviting parents and guardians who have helped adolescents who has a history of self-harm to complete our survey because we think that their experience means that they know what they would have found helpful. We are not including parents and guardians of adolescents who have severe intellectual disabilities, or other behaviours that might sometimes be considered self-harm such as addiction or eating disorders.

How will your data be used?

The data from the survey will be used to write a report on what parents or guardians would like to know and how they would like to receive that information. The data may also be written up as a research article or published in other ways (such as at talks or conferences) for mental health professionals. No information that could identify any individual will be used.

What will happen if you decide to take part in the research?

Participation in this study is purely voluntary and you may spend as much time as necessary to consider whether you wish to participate before making your decision. Please read this information

Carefully and let us know if you have any queries or questions. Contact details are visible at the bottom of this page and the end of the survey. The study starts with some general questions about you such as your age, gender, etc. Following this you will be asked to respond to statements on the information needs of parents supporting adolescents who engaged in self-harm and how parents might prefer to access this information. Participation in this survey lasts approximately 15-20 minutes. A list of places where you can find out more about self-harm and get support is provided at the end of the survey.

How will your privacy be protected?

All responses will be anonymous and there will be no way to identify individual's answers. This also means that there is no way to withdraw your data from the study once it has been submitted as there is no way to identify individual responses. These anonymised responses will be stored securely as encrypted files in a password protected computer in UCD for an indefinite time.

What are the benefits of taking part in this research study?

There are no immediate personal benefits to taking part. Participation in this study will help improve our understanding of what is needed in terms of information to better support parents and guardians who are supporting adolescents who have engaged in self-harm.

What are the risks of taking part in this research study?

The study is about self-harm which is a topic that you might find difficult or distressing to respond to questions about before deciding whether you wish to participate. However, the questions in the survey are about the information that parents would find useful.

Can you change your mind at any stage and withdraw from the study?

You are free to withdraw from the study at any time by closing the window before the end of the survey. If you withdraw in this way, none of your responses will be recorded. However, you cannot withdraw your responses once you click 'submit'.

How will you find out what happens with this project?

If you are interested in following this project and accessing the findings of this study please follow our social media pages at Facebook: <https://www.facebook.com/youthmentalhealthUCD> or twitter: @YMHlabUCD where relevant talks and publications will be advertised.

Contact details for further information

Please feel free to contact the researchers on the contact details given below if you have any queries or questions about participation in this study. Completion of the tick box consent form will be required to confirm your understanding of participation in this study and acquire your consent.

Principal Investigators name: Professor Eilis Hennessy Email: Eilis.hennessy@ucd.ie Address: School of Psychology, UCD, Belfield, Dublin 4

Other members of the research team: Dr Finiki Nearchou (UCD); Dr Keith Gaynor (UCD), Ms Sinead Raftery (Pieta), Ms Emma Dolan (Pieta), Ms Bríd O'Dwyer (Pieta)

Researcher Assistant: Áine French Email: aine.french@ucdconnect.ie

List of support services

Pieta: [LINK](#)

Aware: [LINK](#)

Jigsaw: [LINK](#)

Samaritans: [LINK](#)

Consent form for participants in the survey of informational and support need for parents and guardians of young people engaged in self-harm

By ticking the 'I consent' box below you are confirming the following:

- I have read and understood the information provided about this research.
- I have had the time and opportunity to ask any questions I have relating to participation in this study and was satisfied with any answers I received.
- I understand that participation in the study is voluntary and I am free to withdraw at any time during responding to the survey without repercussions.
- I understand that it will not be possible to withdraw my data after submission of my answers due to the anonymous nature of the data collection and data storage.
- I understand and consent to my data being stored in the way that was described in the information about the study.
- I am a parent or guardian who supported/is supporting an adolescent who has engaged in self-harm.

14/11/2022, 09:13

University College Dublin Mail - HS-E-21-125-Hennessy Exemption



Éilis Hennessy <eilis.hennessy@ucd.ie>

HS-E-21-125-Hennessy Exemption

1 message

exemptions.ethics@ucd.ie <exemptions.ethics@ucd.ie>

16 August 2021 at 14:22

To: Éilis Hennessy <eilis.hennessy@ucd.ie>, Aine French <aine.french@ucdconnect.ie>

Dear Éilis,

Thank you for notifying the Human Research Ethics Committee – Humanities (HREC-HS) of your declaration that you are exempt from a full ethical review. Should the nature of your research change and thereby alter your exempt status you will need to submit an application form for full ethical review. Please note for future correspondence regarding this study and its exemption that your Research Ethics Low Risk Study Reference is: **HS-E-21-125-Hennessy. This low risk study is exempted from full ethical review and is being accepted by the Office of Research Ethics on the condition that you observe the following:**

- **External REC Approval and/or Permission to Access/Recruit Human Participants/or their Data:** (if applicable) Please be aware that recruitment of participants or data collection should not begin until written permissions are secured from external organisations/individuals.
- **Please note** that HREC no longer process **insurance cover** on behalf of the researcher. Researchers are required to complete a self-assessment form from the UCD SIRC office – please see www.ucd.ie/sirc/insurance/humanresearchinsurance. I note that you have attended to your insurance requirements.
- **COVID-19:** Please note that for any future changes to face-to-face data collection will require a complete a self-assessment using the [Human Research Risk Assessment form](#) from SIRC. This may be required as part of any future request to amend.
- **Researcher Duty of Care to Participants:** please ensure that ethical best practice is considered and applied to your research projects. You should ensure that participants are aware of what is happening to them and to their data whether a study is de-identified or not. All researchers have a duty of care to their participants who have the right to be informed, the right to consent to participate and the right to withdraw from the study.

Any additional documentation should be emailed to exemptions.ethics@ucd.ie quoting your assigned reference number (provided above) in the subject line of your email.

Please note that your research does not require a committee review and also note that this is an acknowledgment of your declared exemption status. All Low Risk Studies are exempt from full review but are subject to Research Ethics Compliance Review.

Regards,

Tom

14/11/2022, 09:13

University College Dublin Mail - HS-E-21-125-Hennessy Exemption

Tom Seaver

Office of Research Ethics

Roebuck Castle

Belfield

Dublin 4

w: www.ucd.ie/researchethics

From: Eilis Hennessy <eilis.hennessy@ucd.ie>

Sent: Friday 13 August 2021 12:10

To: Ethics Exemptions <exemptions.ethics@ucd.ie>; Aine French <aine.french@ucdconnect.ie>

Subject: HS-E-21-125-Hennessy Exemption

Dear colleagues

Please find attached my application for an exemption from full review of a survey for parents on information needs in case of adolescent self harm.

With many thanks and best wishes

Eilis

Professor Eilis Hennessy Ph.D., C.Psychol.

School Director of Research, Innovation and Impact

School of Psychology

University College Dublin

Belfield

Dublin 4

Ireland

Tel: +353 1 716 8362 [PLEASE EMAIL ME WITH YOUR PHONE NUMBER DURING LOCKDOWN IF YOU WISH TO HAVE A PHONE CONVERSATION]

Fax: +353 1 716 1181



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