

Participant information sheet

Study Title:

Does experiencing Adverse Childhood Events impact the ability to gain secure relationships in adulthood?

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Participant Information Sheet

We would like to invite you to take part in this research study. The study aims to develop the understanding on how Adverse Childhood Experiences (ACEs) can impact the ability to form relationships in adulthood. This letter is to inform you on the details the study will include and how your involvement will benefit the study. Please read through this form carefully before deciding whether you would like to participate in this study. Ask us if you have any questions.

What is the purpose of the study?

The aim of this study is to investigate whether individuals who experienced Adverse Childhood Events have a different pattern in developing relationships in adulthood, than those people who have not experienced Adverse Childhood Experiences

Why have I been invited to participate?

There is no particular reason for your invitation. We are interested in testing a range of different individuals with different experiences to gain data for this study.

Will I receive a reward for taking part?

If you are a 1st year undergraduate psychology student under the University of Portsmouth you will gain 0.5 credits on the participant pool. If you are not a 1st year undergraduate there is no reward for taking part in this study.

Do I have to take part?

No - Your participation is completely voluntary and therefore you do not need to take part in this study. If you decide to take part in this study, we will ask you to sign a consent form.

What will happen to me if I take part?

Your participation includes two questionnaires. One questionnaire will ask you about your experiences of Adverse Childhood Events (including childhood, abuse, neglect, family dysfunction, and parental separation), and the second will assess your attitudes to relationships. Combined, these questionnaires will take around 30 minutes to complete.

Are there any possible disadvantages/risks or benefits of taking part?

There are no benefits by taking part in this study, unless you are a 1st year Psychology student at the UoP.

The questions in the study will ask you about your childhood experiences. This may be triggering to some individuals. You may choose not to take part. If you do proceed with the study, and you find some of the content distressing, then please contact one of the organisations provided below.

Will my participation be kept confidential?

Yes, your participation will be kept confidential. Your data will be kept confidential, and all data sourced from this study will be kept in a secure folder on the secure university N drive, which requires a password only known to the researcher. All communication between the researcher and the participant will be deleted once the participant has received the online link to Gorilla and IP addresses will not be collected.

What will happen if I decide not to carry on with the study?

If you decide not to carry on with the study, you have the right to withdraw. If you choose to withdraw during the study, the data you have provided will not be used as data and will be deleted. However, it is not possible to remove data from the questionnaire once it is completed due to the anonymity of the results.

If you have any concerns about any aspect of this study, please contact me directly via email at UP2108440@myport.ac.uk in the first instance. If you have a complaint you may wish to contact my supervisor (Jo Nye: Joanna.nye@port.ac.uk). The chair of the schools Ethics Committee (sophie.milward@port.ac.uk) or the Head of School, Sport and Health Sciences (mike.rayner@port.ac.uk).

If your complaint is not resolved, you can contact the University Complaints Officer (023 9284 3642, complaintsadvise@port.ac.uk).

In case the nature of the study has affected you, we want to make sure that you are aware of different support services on items that are covered in the study:

Local services in Portsmouth:

PARCS:

parcs@family-action.org.uk

02392669513

Portsmouth mental health Hub:

0300 123 6621

National services in The United Kingdom:

Samaritans:

116 123 (free helpline number)

jo@samaritans.org

We would also like to remind you that your GP will be able to offer you help and advice on these topics.

For University of Portsmouth students ONLY:

023 9284 3466

Wellbeing-admin@port.ac.uk

Thank you for thinking about taking part in this study, participation is greatly appreciated as the results of this study will help aid my dissertation in BSc Psychology. If you have any concerns or questions regarding the study and the research, please contact the researcher on email: UP2108440@myport.ac.uk.