

Date: 21/11/24



PARTICIPANT INFORMATION SHEET

Qualitative Exploration of ADHD female counsellors' own experiences in their client work

Contact Person: Macy Kirk
Email: U2251740@uel.ac.uk

You are being invited to participate in a research study. Before you decide whether to take part, please carefully read through the following information, which outlines what your participation will involve. Feel free to talk with others about the study (e.g., friends, family, etc.) before making your decision. If anything is unclear or you have any questions, please do not hesitate to contact me using the above email.

Who am I?

My name is Macy Kirk. I am an undergraduate student in the Department of Psychology and Human Development at the University of East London (UEL) and am studying for a BSc in Counselling. As part of my studies, I am conducting the research that you are being invited to participate in.

What is the purpose of the research?

I am conducting qualitative exploratory research into the female counsellors' lived experience of their own ADHD diagnosis in their counselling client work. This study aims to stay curious and exploratory, and there is no right or wrong response- you are your own expert on your subjective experiences. The anticipated impact of this research is to enhance understanding of the experiences of female counsellors with ADHD, reduce stigma, and promote greater acceptance of neurodivergence in the counselling profession. It aims to inform the development of more inclusive practices and training programs that support neurodivergent individuals, empowering them to embrace their ADHD traits as strengths. Ultimately, the study seeks to improve the mental health and well-being of these counsellors by promoting and fostering inclusivity with a true understanding of the complexities of this diverse community.

Why have I been invited to take part?

To address the study aims, I am inviting Female Counsellors living with ADHD to take part in my research. If you are a female counsellor living with ADHD who has an education and/ or a psychiatric diagnosis of ADHD and is currently a minimum of two years post-qualification in your clinical work, you are eligible to take part. Suitable research participants should also be members of an accredited professional body such as MBACP, MNCS, BAPT, BPS, etc., to be eligible to take part in the study.

It is entirely up to you whether you take part or not; participation is voluntary.

What will I be asked to do if I agree to take part?

If you agree to take part, you will be asked to:

- Attend an online interview via Microsoft Teams. The interviews are expected to last between 50-60 minutes.
- Ensure that you are in an environment where you feel safe and comfortable during your research interview. Due to the nature of exploration on your personal experiences, both participant and researcher will ensure that they are in a confidential space for the duration of the audio-recorded online interview.
- An interview guide will be sent to the research participants prior to the interview date- this will serve as a guide, and it will not be used in a strict and/ or rigid manner. However, the interview will be more of an informal chat about your experiences of being a female counsellor with ADHD.
- There will be no economic compensation for participation, but your contribution will be extremely valued; nonetheless, you will contribute to a better understanding of ADHD in female counsellors and help promote inclusivity and awareness in the counselling profession for both current counsellors and future female trainees with ADHD.

Can I change my mind?

Yes, you can change your mind at any time and withdraw without explanation, disadvantage or consequence. If you would like to withdraw from the interview, you can do so by just letting us know, and we can cancel the interview or end the Microsoft Teams Recording. If you withdraw, your data will not be used as part of the research.

Separately, you can also request to withdraw your data from being used even after you have taken part in the study, provided that this request is made within three weeks of the data being collected, at which point the data analysis will begin, and withdrawal will not be possible.

Are there any disadvantages to taking part?

The researcher recognises that in their position as a trainee counsellor with ADHD, the participants may feel that they are vulnerable and, in a position, where their well-being could be affected by sharing personal information. Care will be taken to minimise risk to the participants by refraining from sensitive questioning. The participants will receive the question guide before the interview, and this will encourage participants to understand what to expect in interviews and attempt to minimise any potential emotional dysregulation. The researcher will pay attention to the participant's welfare throughout and after the interview and ensure the participants are aware of suitable support professional services they can use if needed.

Below are some potential disadvantages or risks associated with participation in this study and how the researcher will manage minimisation techniques:

- Emotional Discomfort- There may be moments where you feel uncomfortable, distressed and/ or emotional during or after the interview.

To mitigate these potential distress risks, the researcher will pay close attention to the participant's well-being and eventual signs of distress throughout the interview and offer to stop audio recording and check the participant's well-being, and, if needed, renegotiate consent to continue with the interview.

An interview schedule will be provided before the interview to minimise the chances of emotional distress during the research interview. - Participants can use this to prepare for their interview mentally. It will be reiterated that this is just a guide, and the interview aims to be more of an informal conversation. Participants will also be reminded before, during and after of their Right to Withdraw without consequence.

They will also be reminded that the aim of the interview is exploratory and curious, with no preconceptions of looking for an 'Expert'; after all, they are their own expert! In the case of this research. The researcher will provide participants with debriefing, which will outline relevant support services that can be accessed in case of need by research participants:

ADHD UK- provides nationwide support, resources, and advocacy for individuals with ADHD and their families. They offer information on diagnosis, treatment, and managing ADHD at all life stages, including guides, webinars, and virtual support groups. ADHD UK also provides information on how to access specialist ADHD assessments and treatment options.

Website: <https://adhduk.co.uk>

Email: info@adhduk.co.uk

ADDISS (The National Attention Deficit Disorder Information and Support Services)- A charity dedicated to supporting those affected by ADHD. They provide resources, education, and guidance for individuals, families, and professionals. They also run workshops, conferences, and training sessions across the UK.

Website: <https://www.addiss.co.uk>

Telephone: 020 8952 2800

Email: info@addiss.co.uk

The ADHD Foundation (Neurodiversity Charity)- A national charity that provides education, resources, and support for individuals with ADHD. They offer workshops, resilience coaching, and support for children, adults, and families. The foundation also provides resources on managing ADHD in work and education settings.

Website: <https://www.adhdfoundation.org.uk>

Telephone: 0151 541 9020

Email: info@adhdfoundation.org.uk

NATIONAL MIND (Broader mental health support)- This page includes a list of numbers that can put you through to your local mind organisation, where you can receive a listening ear, signposting, resources, assessment, and assistance in a self-referral for counselling.

Website: <https://www.mind.org.uk/information-support/helplines/>

Telephone: 03001233393

Email: Info@mind.org.uk

How will the information I provide be kept secure and confidential?

All identifying information will be removed, and participants will remain anonymous by replacing their name with a pseudonym- throughout the study and transcription.

Data collected will be stored securely on a password-protected file in a separate folder from other research data on the researcher's UEL OneDrive.

The researcher is the only individual who will have access to the data, and the data will only then be shared with the researcher's supervisor. Once the study is completed and securely submitted for academic assessment to the university and once the researcher has received their grade for the research dissertation- all data and files will be permanently deleted.

We are committed to maintaining the confidentiality and privacy of all participants in the study. Any information you provide will be treated with the strictest confidence, and your identity will be anonymised in all reports and publications resulting from this research.

However, please note that there are certain circumstances in which we may be legally or ethically obligated to break confidentiality. If you disclose information that indicates a clear imminent risk of harm to yourself or others or if there is evidence of illegal activity, we may need to report this to the appropriate authorities or support services. We will always make every effort to discuss this with you before taking any action, whenever possible.

For data protection purposes, the University of East London is the data controller for the personal information processed as part of this research project. The University processes this information under the 'public task' condition contained in the General Data Protection Regulation (GDPR). Where the University processes particularly sensitive data (known as 'special category data' in the GDPR), it does so because the processing is necessary for archiving purposes in the public interest, scientific and historical research purposes or statistical purposes. The University will ensure that the personal data it processes is held securely and processed in accordance with the GDPR and the Data Protection Act 2018. For more information about how the University processes personal data, please see www.uel.ac.uk/about/about-uel/governance/information-assurance/data-protection

What will happen to the results of the research?

The research will be written up as a thesis and submitted for assessment. Findings may also be disseminated to a range of audiences (e.g., academics, clinicians, the public, etc.) through journal articles, conference presentations, talks, and magazine articles. In all material produced, your identity will always remain anonymous in that it will not be possible to identify you personally, all identifiable information will be removed, and your name will be replaced with a pseudonym.

You will be given the option to receive a summary of the research findings once the study has been completed, for which relevant contact details will need to be provided: this will be an email address. So, ensure this is the most up to date.

Email _____

Anonymised research data will be securely stored by Dr Luis Jimenez for a maximum of 3 years, after which all data will be deleted.

Who has reviewed the research?

The Department of Psychology and Human Development Ethics Committee has approved my research. This means that the Committee's evaluation of this ethics application has been guided by the standards of research ethics set by the British Psychological Society.

Who can I contact if I have any questions/concerns?

If you would like further information about my research or have any questions or concerns, please do not hesitate to contact me.

Macy Kirk

Email: U2251740@uel.ac.uk

If you have any questions or concerns about how the research has been conducted, please contact my research supervisor Dr Luis Jimenez. Department of Psychology and Human Development, School of Childhood and Social Care, University of East London, Water Lane, London E15 4LZ.

Email: l.jimenez@uel.ac.uk

or

Chair of Ethics Committee: Dr Trishna Patel, Department of Psychology and Human Development, School of Childhood and Social Care, University of East London, Water Lane, London E15 4LZ.

(Email: t.patel@uel.ac.uk)

Thank you for taking the time to read this information sheet