



YOUNG MINDS
fighting for young people's mental health

NHS
South London
and Maudsley
NHS Foundation Trust

KING'S
College
LONDON

INFORMATION SHEET FOR YOUNG PEOPLE AGED 16 YEARS AND ABOVE INVITED TO TAKE PART IN BRIEF INTERVIEW

Ethical Clearance Reference Number: 20/LO/1187

Study title

Social media, Smartphone use and Self-harm in Young People (or 3S-YP for short).

What is the purpose of this interview?

You took part in the 3S-YP study to understand how social media and smartphone use are associated with changes in mental health and wellbeing in young people. We want to understand how young people found taking part in the study. This will help us improve the way that we do research in the future.

Why have I been invited to take part in this interview?

You are invited to take part because you took part in the 3S-YP study and gave permission for us to contact you about other studies we are doing.

Do I have to take part?

No, it is up to you. You should only take part if you want to. Your decision to take part or not take part will not affect your care from South London and Maudsley NHS Foundation Trust.

What would taking part involve?

If you would like to take part in the interview, you will need to confirm this by completing a consent form. Taking part in the interview will involve us having a brief chat with you to ask some questions about your experience of taking part in the 3S-YP study. We can do this interview in person or on the phone, whichever you prefer. We will audio record this interview and we may use quotes in study reports. Any quotes we use will be fully anonymised.

Is there anything I need to be worried about if I take part?

We do not think taking part in the interview will be upsetting or difficult for you. If you are not comfortable answering a question, you can skip it and move on, or you can end the interview if you want.

Please note, we are not able to offer you any medical advice or treatment.

If you think you need support, you should speak to your GP or other healthcare provider, or call NHS 111, as soon as possible. If you need urgent medical care, please go to a local hospital Emergency Department or call 999. You will also find details for other organisations that you might find helpful on our website:

<https://3syp.co.uk/useful-contacts.html>.

Will the interview help me?

No, but you may like to contribute to improving future research.

Travel and payment

We will reimburse travel expenses if you would like to do the interview in person. You will get a £20 Love2Shop voucher as a thank you for taking part in the interview.

What if I change my mind?

If you do decide to take part, you can change your mind about taking part at any time during the interview without giving a reason. Just let us know if you no longer want to take part. Stopping taking part will not affect you in any way. Information collected up until that time will still be used unless you ask us not to.

How will we use information about you?

- King's College London is the sponsor for this study based in the United Kingdom. This means that King's College London is responsible for ensuring your information is stored and used properly. King's College London will keep identifiable information about you for 10 years after the study has finished.
- We will use information from the interview in this study.
- People will use this information to do the research or to check your records to make sure that the research is being done properly.
- We will share the audio files with a transcription service for the purposes of transcribing the audio file for written verbatim.
- People who do not need to know who you are will not be able to see your name or contact details. Your information will have a code number instead.

- We will keep all your information strictly confidential. The only time we may need to break confidentiality is if we are aware of a serious risk to you or to someone else, in which case we may need to share this information with the relevant authorities. But we would contact you first to discuss this.
- When we have finished the interviews for the 3S-YP study, we will write our reports on the results in a way that no-one can work out that you took part. You can keep up to date on the progress of the 3S-YP study by visiting our website: www.3syp.co.uk.

What are your choices about how your information is used?

- You can stop taking part in the interview at any time, without giving a reason, but we will keep information about you that we already have.
- We need to manage your study records in specific ways for the research to be reliable. This means that we will not be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information:

- at www.hra.nhs.uk/information-about-patients/
- by contacting us on the contact details on page 4
- by contacting King's College London's Data Protection Officer, Mr Albert Chan at info-compliance@kcl.ac.uk

What if something goes wrong?

If you have a concern about any part of this study, first you should contact us and we will do our best to answer your questions. If you remain unhappy, you can contact the South London and Maudsley NHS Foundation Trust Patient Advice and Liaison Service using the freephone 0800 731 2864 (option 2) or by email at pals@slam.nhs.uk.

If you have a complaint, you can contact the Director of Research Quality:

Dr Gill Dale, Director of Research Quality

South London and Maudsley NHS Foundation Trust, R&D Department,
Room W1.08, Institute of Psychiatry, Psychology & Neuroscience (IoPPN),
De Crespigny Park, London SE5 8AF

Tel: 020 7848 0339

Who has reviewed the study?

All research in the NHS is looked at by an independent group of people, called a Research Ethics Committee, to protect participants' interests. This study has been reviewed and given favourable opinion by the London - Riverside Research Ethics Committee.

Statement about insurance cover

In the event that something does go wrong and you are harmed during the study you may have grounds for legal action for compensation against King's College London and/or South London & Maudsley NHS Foundation Trust, but you may have to pay your legal costs. The normal NHS complaints mechanisms will still be available to you (if appropriate). King's College London has obtained insurance which provides no-fault compensation i.e. for non-negligent harm, you may be entitled to make a claim for this.

Who should I contact for further information?

If you have any questions or would like more information about the study, please contact the Study Coordinator, Dr Amanda Bye, by email at 3syp@kcl.ac.uk or call 07775 247 753.

Or you can contact the Chief Investigator, Dr Rina Dutta, by email at rina.dutta@kcl.ac.uk.

**Thank you for taking the time to read this – please ask us
if you have any questions**