

Participant Information Sheet

Research project: Identity, threats and coping strategies of adopted young adults: A Thematic Analysis.



Who am I?

My name is Claire Greenham. I am studying psychology at the University of Derby. As part of my university studies I am conducting a research project. I am currently looking for volunteer research participants.

I also work at The Centre (part of CCS Adoption). However, this research is only for my university studies. Taking part will not make a difference to you accessing any services from The Centre now or in the future.

What is the research?

The research will investigate how adopted adults (18-25 years old) view their identity.

Who can take part (inclusion criteria)?

To take part you must be:

- Adopted.
- At least 18, but not yet 26 years old.
- Living in the United Kingdom.
- Willing and able to be interviewed using Microsoft Teams (free Internet video calling).

You also must be able to agree that:

- You do not consider yourself to have experienced trauma in relation to your adoption.
- You do not think talking about adoption or identity will be difficult or upsetting for you.
- You are not currently experiencing or receiving treatment (medication or therapy) for trauma or a mental health difficulty.

Who cannot take part (exclusion criteria)?

It is important that you **do not** take part in the research if:

- You consider yourself to have experienced trauma in relation to your adoption.
- You think that talking about adoption or identity will be difficult or upsetting for you.
- You are currently experiencing or receiving treatment (medication or therapy) for trauma or a mental health difficulty.

The exclusion criteria are because your wellbeing and safety are much more important than my research project, and as a student researcher I am unable to offer you any support or advice during or after the research process. Being excluded from the research does not mean that your views and experiences are not important or valued.

Due to the focus of the current research project, you also **cannot** take part if:

- You are not adopted.
- You are younger than 18 or have already turned 26 years old.
- You live outside of the United Kingdom.
- You are not willing, or able, to be interviewed using Microsoft Teams (free Internet video calling).

What will happen if I decide to take part?

If you decide you would like to take part, you will use Qualtrics (free survey software), to register your interest. You do not need to download anything to use Qualtrics but will need access to the Internet. To begin the registration process, you will have the option to either click on the Qualtrics link provided or you can type the link details into an Internet search engine.

In Qualtrics you will be provided with details about how your information will be stored and used. Then you will be taken through a series of questions to make sure you meet the inclusion criteria to be eligible to take part in the research. After you have provided your consent, you will be able to choose whether you wish to be entered into a **free prize draw** for the chance to win one of two prizes: a £25 or a £15 gift voucher from The Gift Card Centre. You will need to provide your e-mail address to enter the prize draw so that you can receive the prize.

You will then be asked to create a 'unique identifier code' (you will get instructions for this). Then, if you change your mind about being interviewed, you can e-mail me, providing your unique identifier code, to let me know. You will not need to give any reason or any other details if you decide you do not want to go ahead with the interview. So that I can contact you to arrange the interview you will be asked to provide an e-mail address.

If you meet the inclusion criteria, consent to take part in the research, and provide your contact details (an e-mail address), you will then be asked to provide your age, which UK country you live in and whether you are currently in any education, training, or employment. I will then use the e-mail address you provide to send you a Microsoft Teams invite for an interview with me about identity, using Microsoft Teams.

The interview process:

Before I start the interview, I will check you do still want to go ahead with the interview. I will also check that you are sat somewhere private to protect your confidentiality and wellbeing. I will remind you that you can stop at any point, without giving me any reason. In the interview I will ask you some questions and we will have some

general discussion. There will be no right, or wrong, answers.

The interview will last between 45-90 minutes; however, you can stop the interview at any time. You do not have to answer any questions that you do not want to, and you do not have to give a reason for not answering or wanting to stop. I may ask you if you want to stop or take a break during the interview. The interview will be recorded using a Dictaphone, and I may make some brief notes whilst we are talking.

Is everything I say confidential?

Your confidentiality is important to me. However, if you tell me anything that suggests that you, a child, or a vulnerable adult may be at risk of serious harm, I cannot keep this confidential. I will have to discuss this with my research supervisor. I may then have to let a professional such as a Social Worker, the Police or a Doctor know, so that the professional can decide whether you, or any person who may be at risk of serious harm, needs to be contacted to discuss help or support. I will tell you if you say anything that I need to discuss with my research supervisor, and I will update you on the discussion and any decisions made.

Unless there is a safeguarding concern, I will try very hard to protect your confidentiality by ensuring:

- I do not tell anyone that you are participating in the research project.
- I do not use your name and instead give you a pseudonym.
- I do not use details in quotes that I think might identify you.

However, I cannot guarantee that anyone reading the research will not recognise your words or guess your identity (please see 'Who will read the research?' section).

Do I have to take part?

No. Your participation is completely voluntary.

If you are interviewed, you will be able to withdraw consent for your information to be used, up to 2 weeks after the interview takes place.

To withdraw consent, you just need to e-mail me with your unique identifier code. You do not need to give any reason or other information to withdraw consent.

What will happen after the interview?

Immediately after the interview I will send you a 'debrief e-mail'. This e-mail will:

- Thank you for taking part.
- Remind you about the research project.

- Remind you of your right to withdraw consent for up to 2 weeks after the interview without giving any reason.
- Provide details of organisations you can contact if you experience any distress, during or after the interview, or wish to seek advice or support.

Two weeks after the interview, if you have not withdrawn consent, I will then start writing up a transcript of everything that you and I said in the interview. If you would like, you can have a copy of the transcript sent to you by e-mail.

Who will read the research?

My research supervisor and university markers will read the research, as it is part of my university studies. They will also be able to read your interview transcript and listen to the interview recording. However, only I will have your e-mail address.

CCS Adoption have kindly supported me to advertise the research project. However, they will not have access to any of your information or to the research.

If, after the research project is finished, my research supervisor and I both think that a research journal and / or an adoption organisation might be interested in publishing or discussing the research, I will e-mail you about this. I would not proceed without your consent.

Who can I contact with any questions about the research?

You can contact me by e-mailing:

c.greenham1@unimail.derby.ac.uk You can also contact my research supervisor, Melanie Haughton: M.Haughton@derby.ac.uk / 01332 597842.

What happens next?

If after reading all of this information you think that you meet the inclusion criteria for the research project, and you think that you would like to take part, please visit:

https://derby.qualtrics.com/jfe/form/SV_3vzOvoei9FKKL3g to begin the registration and consent process.

Once you have given your consent and provided contact details, I will then get in touch with you via e-mail within the next 7 days. If you have not heard from me within 7 days please check your junk e-mails, as I will respond to every person who provides informed consent.

Thank you, whether you meet the inclusion criteria for the research project, and whether you decide to take part, for taking the time to read more about the research project.