

INFORMATION SHEET FOR PARTICIPANTS

REC Reference Number: PNM 09/10-45



YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

Title of study 'Cognitive Behavioural Therapy (CBT) and the role of the Occupational Health Nurse in managing the rehabilitation of employees absent on long-term sickness with depression.'

I would like to invite you to participate in this original postgraduate research project that I am carrying out as part of my MSc in organisational psychiatry and psychology at King's College London. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.

Research Aims

This is an exploratory study to assess how OHN's manage the rehabilitation of employees who have been absent with depression and whether Cognitive Behavioural Therapy (CBT) training makes a difference in helping Occupational Health Nurses (OHN's) ease the transition back to work for this client group..

Who can participate

I therefore would like to interview two groups of OHN's. Each group will comprise of ten participants. The first group, group A, will be OH practitioners who have a qualification that allows them to be registered with the Nursing and Midwifery Council (NMC) as Specialist Community Public Health Nurses specialising in Occupational Health SCPHN(OH). The second group, group B, will comprise of ten participants that are registered as SCPHN (OH) but have also attained the 'Certificate in Cognitive Behavioural Therapy Skill for OH professionals' which is an accredited qualification by Brunel University. In addition to this all participants should be of a minimum age of 26 years and have at least two years post occupational health qualification experience. I am interested in interviewing OHNs from the public and private sector but will unfortunately have to exclude OHNs who are employed by the NHS for the reasons discussed below.

Reasons for exclusion

I have decided to exclude practitioners under 26 years and those who have less than two years post qualification experience because:

- Regarding the former, if they are younger than this they will not have acquired the necessary pre-qualifications and experience.
- Regarding the latter, two years post OH qualification would be viewed as a reasonable time to consolidate knowledge with experience.

I have excluded OHNs that are employed by the NHS because I would then need to acquire NHS ethical approval. This would mean that:

- I would need to apply for NHS ethical approval which is normally a much lengthier process and would most likely result in the research period needing to be extended.
- Also as most of the OHNS that subscribe to the 'AOHNP' are non-NHS based applying for NHS approval would therefore pose as an unnecessary delay in proceedings. This is therefore purely a pragmatic decision which has been made regretfully but which I hope will be understood by my NHS colleagues.

When and where will the interview take place

The interview will take place in a neutral location of your choice i.e. not your workplace and at a time convenient to you.

How long will the interview last?

The interview will last approximately one hour.

What format will the interview take?

As discussed in the 'Research aims' above the purpose is to assess how OH Nurse Practitioners manage the rehabilitation of this client group and in particular whether CBT training makes a difference when managing this process. Although there has to be some structure to the interview as this is qualitative research rather than quantitative research the interview takes the form of a guided conversation rather than a list of questions. You will therefore have ample opportunity to discuss how you feel about the various aspects of the rehabilitative process and what you believe assists or hinders it.

These are examples of some of the questions/topics that will be covered during the semi-structured interview.

- How much experience would you say you have had assisting people back to work who have been absent with depression?
- How long normally in your organisation would the employee be absent before OH would be asked to get involved?
- In your opinion what really makes a difference when helping this client group?
- Can you give a couple of successes and what interventions you found particularly helpful in these cases. Similarly where cases have been less successful, from your point of view, what could have been done differently?
- What skills do you find particularly helpful when trying to assist with the rehabilitation of this client group and how did you acquire these skills?
- Who else would be involved in the rehabilitation management and how much opportunity do you have to liaise with these stakeholders?

Are there any risks involved in participating?

If during the interview it became apparent that you were beginning to experience distress possibly by recounting a past incident or elements of your work that had caused you distress you will be reminded that you can terminate the interview then or if you wish to pursue you still have the option, as all participants have, of withdrawing from the research up until the 30/6/10. You should you wish to pursue counselling as a result of this distress you can contact a counselling provider whose details will be given to you following your decision to take part in the study.

If during the interview it became apparent that you were contravening the Nursing and Midwifery Council's (NMC) 'standards of conduct, performance and ethics for nurses and midwives' then I would need to report this as advised in these standards.

Are there any benefits involved in participating?

You will receive a copy of the final report.

How will we maintain your privacy and confidentiality?

Once you have made your decision to participate in the study you will be assigned a code number in order to maintain your anonymity. This code will relate to the group you belong to so the ten people in group A will be A1, A2 etc, and the ten in group B will be B1, B2 etc. Your interview data will only include your code and not your name. Everything you tell me will remain completely confidential and within the limits of the law. During the interview all responses to the questions will be recorded and this information together with your consent form and information sheet and all other data relating to the research will be kept in a locked draw that only, myself as the researcher and my supervisor will have access to during the course of the research. Once the research has been completed all research data will be stored at a secure location at King's College London (KCL) for a minimum of seven years.

Who is organising and funding the research

As this is an individual student research study I am organising and funding the research.

What if I have questions about the research?

Please contact Jane Downey by e-mail at jane.downey@kcl.ac.uk or by using the dedicated mobile number 07595 152 800

It is up to you to decide whether to take part or not. If you decide to take part you are still free to withdraw up until 30/6/10 without needing to give a reason.

If this study has harmed you in any way you can contact King's College London using the details below for further advice and information:

Researcher - Jane Downey 07595 152 800

Supervisor - Gilly Wiscarson. Tel 020 7848 0142