

## Prospective Research Participant Information Sheet

Department of Clinical Psychology  
Royal Holloway, University of London

**Project Title:** Does perceived self-efficacy moderate process thinking and associated affect in people with Multiple Sclerosis?

**Primary Researcher:** Tilly Mastroianni; [tilly.mastroianni.2021@live.rhul.ac.uk](mailto:tilly.mastroianni.2021@live.rhul.ac.uk)

**Supervisor:** Prof. Andy MacLeod; [a.macleod@rhul.ac.uk](mailto:a.macleod@rhul.ac.uk)

### Introductory Paragraph

You are being invited to take part in a research project. Before you decide to consent to take part it is important for you to understand why the research is taking place 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. Please consider carefully whether you wish to consent to take part.

### Who is doing this research?

This research is being carried out by a Trainee Clinical Psychologist, Tilly Mastroianni, at Royal Holloway, University of London, and is being supervised by Prof. Andy MacLeod. This research has received ethics approval from Royal Holloway, University of London's Research Ethics Committee, with the approval ID of 3685.

### Why are we doing this research?

This research is being done as part of a doctoral thesis, as part of a Doctorate degree in Clinical Psychology (DClinPsy) being undertaken at Royal Holloway, University of London.

### What is this research about?

This research is looking at how people with Multiple Sclerosis (MS) think about their goals. It will look at the way people with MS think about the steps that are needed to achieve their goal and how thinking about this relates to their mood. It will also look at if the level of belief they have in their ability to deal with things is related to any mood changes related to thinking about the steps needed to achieve their goal.

### What would taking part involve?

If you choose to take part, you will be invited to have a single video call via Microsoft Teams with the researcher. It is anticipated that the call will take around 45-60 minutes. During the

call, you will be asked to fill out some questionnaires about how you feel, and how you think you deal with situations. You will also be asked to do a short task that involves thinking about some of your goals.

### **Do I have to take part?**

No. Taking part is completely voluntary, and it is your choice whether you participate or not. If you do decide to take part, you will be asked to complete a digital consent form. After you have signed this consent form, you can still change your mind about taking part. You can stop taking part at any time, and after you have taken part you will be able to ask to have your information withdrawn from being included in the final results. You can do this until 1<sup>st</sup> January 2024, when the data will be analysed, by emailing your participant ID to the researcher.

### **Are there any benefits to me taking part?**

While there is unlikely to be any direct benefit to you, the results will hopefully help us to gain a better understanding of how people with MS think about their goals. This information can then be used when thinking about providing advice or psychological therapies to people with MS.

### **Are there any risks to me taking part?**

Your mood may vary slightly as a result of the tasks you will be doing. However, we expect any changes to be small and temporary. If you did feel that these changes lasted longer than expected after taking part, suggested sources of support will be provided at the end of the study. Apart from this, there are no known risks from participating in this research.

### **What happens to my data?**

Your data will be kept anonymous and confidential. You will be given a participant ID under which your data will be stored, and only the researcher and their supervisor will have access to your data. You will have the opportunity to ask for your data to be removed from the research project until 1<sup>st</sup> January, when the data will be analysed and written up.

Anonymised data will be encrypted and stored for five years. Once the research project has ended, the anonymous data may be shared with other researchers for the purposes of data quality assurance, audit, or further research. If this occurs, there will be nothing identifying you within this data, and no trace will be able to be made to your participation.

### **Expenses and Payments**

If you choose to take part in this research, you will have the option to be entered into a prize draw to win one of three prizes. To be entered into the prize draw, there will be a box to tick on the digital consent form. The prize draw will be drawn in Spring 2024. There will be one winner of £50 and two winners of £25. You will be contacted if you are one of the winners.

### **Who can I speak to about this research if I have questions or want to complain?**

If you wish to talk to someone about this research, please contact Tilly Mastroianni via [tilly.mastroianni.2021@live.rhul.ac.uk](mailto:tilly.mastroianni.2021@live.rhul.ac.uk), Andy MacLeod via [a.macleod@rhul.ac.uk](mailto:a.macleod@rhul.ac.uk), or Royal Holloway's Research Ethics Committee via [ethics@rhul.ac.uk](mailto:ethics@rhul.ac.uk). If you wish to make a formal complaint, please email [integrity@rhul.ac.uk](mailto:integrity@rhul.ac.uk).

### **Data protection**

This research commits to abide by the Data Protection Act (2018). For detailed information about what this means for research participants, please visit the Research Participant Privacy Notice: <https://intranet.royalholloway.ac.uk/research/documents/researchpdf/new-intranets/research-participant-privacy-notice.pdf>

### **General Data Protection Regulation Statement**

Important General Data Protection Regulation information (GDPR). Royal Holloway, University of London is the sponsor for this study and is based in the UK. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Any data you provide during the completion of the study will be stored securely on hosted on servers within the European Economic Area'. Royal Holloway is designated as a public authority and in accordance with the Royal Holloway and Bedford New College Act 1985 and the Statutes which govern the College, we conduct research for the public benefit and in the public interest. Royal Holloway has put in place appropriate technical and organisational security measures to prevent your personal data from being accidentally lost, used or accessed in any unauthorised way or altered or disclosed. Royal Holloway has also put in place procedures to deal with any suspected personal data security breach and will notify you and any applicable regulator of a suspected breach where legally required to do so. To safeguard your rights, we will use the minimum personally-identifiable information possible (i.e., the email address you provide us). The lead researcher will keep your contact details confidential and will use this information only as required (i.e., to provide a summary of the study results if requested and/or for the prize draw). The lead researcher will keep information about you and data gathered from the study, the duration of which will depend on the study. Certain individuals from RHUL may look at your research records to check the accuracy of the research study. If the study is published in a relevant peer-reviewed journal, the anonymised data may be made available to third parties. The people who analyse the information will not be able to identify you. You can find out more about your rights under the GDPR and Data Protection Act 2018 by visiting <https://www.royalholloway.ac.uk/about-us/more/governance-and-strategy/data-protection/> and if you wish to exercise your rights, please contact [dataprotection@royalholloway.ac.uk](mailto:dataprotection@royalholloway.ac.uk)