

## **Appendix B: Participant Information Sheet (Women and Partners).**

### **Participant Information Sheet.**

**Title:** The impact of postpartum psychosis on the woman's relationship with her partner: couples' and professionals' perspectives.

**Researcher:** Nicola Wass.

You are invited to take part in a research study looking at the impact of postpartum psychosis on the woman's relationship with her partner. This study aims to gain the perspectives of women themselves, their partners and professionals involved. This study is being undertaken as part of a Doctorate in Clinical Psychology qualification at Teesside University. The project is being undertaken by Nicola Wass, Trainee Clinical Psychologist. The information below outlines what the study will involve. Please read this information carefully before deciding if you want to participate in the study or not. If you have any questions or queries then do not hesitate to contact Nicola Wass, details are provided at the end of this information sheet. You are also encouraged to discuss participating in this study with significant others.

#### **What is this research study about?**

This study is about exploring the impact of postpartum psychosis on the couple's relationship. I would like to better understand the impact on the relationship and the changes that occur during the psychosis episode and recovery. I am aiming to explore this from the perspective of the woman, her partner and professionals.

#### **Who can take part?**

I am recruiting women who are over 18 years old and consider themselves as recovered from postpartum psychosis. You must be fluent in spoken English and not currently accessing inpatient mental health services.

I am also recruiting partners of women who experienced postpartum psychosis. To be eligible partners must also be over 18 years old, fluent in spoken English and have supported the woman through the episode of postpartum psychosis.

Individuals no longer part of a relationship are also eligible to take part in the study. However, you must have been part of a relationship when the episode occurred.

If one partner consents but the other does not then the partner wanting to take part will be given that option as long as the couple do not feel participating will be detrimental to both partners relationship in anyway.

**What will be involved in taking part?**

If you decide to take part in the study then please contact me and we can organise a convenient time, date and venue to conduct the interview. I am happy to explore venues near to your location such as local children's centres or to meet at your home.

When we meet I will ask you a few questions to confirm that you are aware of what the study involves and to ensure you are still happy to take part. I will then ask you to read and sign a consent form prior to the interview.

If both you and your partner want to take part then you will be given the opportunity to have individual and joint interviews. These interviews will involve you describing your experience of postpartum psychosis and the impact it had on your relationship. There is no right or wrong way to describe your experiences and you have the right to stop the interview at any point. The interviews will take around 30-60 minutes, and will be digitally recorded. This recording will then be kept on a secure password protected Teesside University Server and only accessible by the researcher. Following two weeks this file will then be transcribed and the recording deleted. This will be done solely by the researcher and any information that could potentially identify you, for example names and involvement with particular services, will be taken out to maintain your confidentiality.

You have the right to withdraw your interview from the study for up to two weeks afterwards, at which point it will be anonymised and cannot be withdrawn. You will not need to provide a reason to withdraw from the study. If you wish to withdraw your data then contact me via email within the two week window and request that your data be withdrawn. The interview will then be deleted and not transcribed.

If at any time during the interview risk to self or others is disclosed then confidentiality will be breached, the academic supervisor informed in the first instance and further action may be taken if deemed appropriate. Every effort would be made to discuss this break of confidentiality with you unless doing so would increase risk of harm.

**What will happen to the results of the study?**

Transcripts may be shared with my supervisor for analysis purposes and for validation. However, all identifiable information will be removed prior to this point. Once the analysis has been completed and a preliminary theory developed then you will have the opportunity to comment on this and provide any feedback. This will be posted on <https://www.researchregistry.com> and be available to view from 1<sup>st</sup>-31<sup>st</sup> January 2020, you can then email the researcher any feedback. Please use code researchregistry3574 and you will be able to access the preliminary theory. This will be removed on 1<sup>st</sup> February 2020 for final writing up of the study.

Extracts from some transcripts may be present in the final write up to provide evidence for themes. However, no identifiable information will be used in this and pseudonyms will be used to protect your identity.

The findings are to be written up as a thesis as part of a Doctorate in Clinical Psychology qualification with the aim to publish in a peer reviewed academic journal following this. At the end of the study in May 2020 a summary of the results will be at the following website: <https://www.researchregistry.com>. Please use code researchregistry3574 and you will be able to access a summary of what the study found. If you require any more information please contact the researcher on the email below.

### **What are the disadvantages and advantages of taking part?**

Obviously, these are very individual to each person but below are a few examples you may like to consider before deciding to take part:

Each interview will take around 30-60 minutes so does require a time commitment from you. Some participants may find discussing their experiences of post-partum psychosis difficult. If you feel that taking part in the interview is having a detrimental impact on your well-being you are free to take regular breaks and withdraw at any time. Contact details of the charity Action for Postpartum Psychosis (APP) are also provided below for further support and signposting to sources of help.

Alternatively, some individuals may find it helpful to talk about their experience and may want their recovery process to be told and shared with others. It is hoped that this experience will increase understanding of postpartum psychosis and in particular the impact on a woman's relationship with her partner. This in turn may help others in a similar situation in future.

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

No, participation in this study is entirely voluntary.

### **Further queries**

If you would like to talk more about the research or have any questions, please contact Nicola Wass on the contact details below.

For further information and support around postpartum psychosis then you can access information on the Action for Postpartum Psychosis website (<http://www.app-network.org>) which also hosts an online support forum.

If you feel that you require more urgent support, you may wish to access your local perinatal mental health service. If you have difficulties accessing this and there are concerns about your wellbeing or your child, please make your G.P. aware of this as a matter of urgency.

### **Who has reviewed this study?**

This study has been reviewed and granted ethical approval by Teesside University's Research Governance and Ethics Committee and also the Health Research Authority (HRA). IRAS project ID: 235799.

### **Research Contact Details**

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