**Appendix 5**



# Participant Information Sheet

## Title of Study:

Can yoga be integrated into the counselling room? What is the therapeutic impact of the counsellor offering breathing techniques in therapy’?

## About the study

The research seeks to explore the effects of yoga being integrated into the counselling room. It will focus on the use of guided breathing exercises to accompany psychotherapy and its impact on the clients from a counsellor’s perspective.

The goal of the study will be to bring better understanding of the lived experiences of the counsellor and their client when yoga based interventions, specifically breathing techniques, are used in the counselling room. Also exploring to what extent, if any, it improves mental well-being.

## Some questions you may have about the research project:

**Why have you asked me to take part and what will I be required to do?**

Drawing on your lived experience as a counsellor who introduces breathing techniques in a therapeutic setting, you will help bring greater understanding as to how these yoga-based interventions can benefit future client in and outside the therapy space.

* If you are selected, you will be part of a group of six people invited to participate in a semi- structured interview lasting 1 hour long. You may be asked a limited of questions giving the researcher time to clarify and expand on points made by you. The questions will explore your own feelings and experience of yoga breathing techniques offered in the counselling room.
* The Interviews may include note taking and will be recorded by electronic means.
* Interviews will be face- to -face and via a mutually agreed safe space scheduled at a convenient time for you. Due to current Covid-19 regulations and restrictions interviews may have to switch to virtual and take place over a password protected zoom interview.

## What if I do not wish to take part or change my mind during the study?

Your participation in the study is entirely voluntary. You are free to withdraw from the study up to the point at which the study is submitted for assessment.

## What happens to the research data?

During this research all data collection will be carried out with your consent.

* Using a secure device, narrative interviews will be recorded by audio with your consent. There may be handwritten notes taken during the interview.
* Any handwritten notes will be written into a Word document and sent to the researcher’s secure password protected university electronic system (OneDrive) as soon as possible and original handwritten notes shredded and disposed of via confidential waste system.
* The semi-structured interviews will follow the same process.
* The electronic recordings will then be transcribed, processed and analysed.
* PebblePocket is a secure system supplied by the University of Cumbria which is where the recordings will be processed. PebblePocket is covered by their data security guidelines.
* The processing of data will only involve one researcher. The researcher will receive supervisory support. For safety purposes the supervisor may be informed of meeting details.
* You will be sent two password secure e-mails. First to view the transcript, and at the end of to view analysis of the data for which content will be anonymised. This will give you the opportunity to check for accuracy, which can then be modified or amended accordingly.
* All data from the research, upon collection, will be immediately uploaded onto the secure password protected University of Cumbria electronic system, OneDrive, and will be securely deleted upon the successful completion of the MA under The University of Cumbria GPDR guidelines.
* The data uploaded onto The University of Cumbria electronic systems can only be accessed for the purposes of validation by the supervisor and for the purposes of the study by the researchers.

## How will the research be reported?

Upon successful research completion you will be informed, the results made available to you, and your feedback invited. This research may be published in a journal article. Anonymity and confidentiality will be assured by identifying participants as a numbers e.g. “‘5 reported feeling a sense of ….”. The location of this research will only be identified as Lancashire, and the time of research as the year that it was undertaken.

## How can I find out more information?

Please contact the researcher directly via e-mail @ S1607569@uni.cumbria.ac.uk.

## What if I want to complain about the research

Initially you should contact the researcher directly. However, if you are not satisfied or wish to make a more formal complaint you should contact Diane Cox, Director of Research Office, University of Cumbria, Bowerham Road, Lancaster, LA1 3JD. diane.cox@cumbria.ac.uk