

Participant Information Sheet

Title of Project: Body modification and the female therapist. An examination of experiences in the consulting room.

Researcher name: Lucy Snelson

Invitation and brief summary:

Please find here information for a research project inviting female therapists to think about their experiences of their tattoos and piercings in the context of their consulting room. This information is being provided to you as an invitation to take part in the research project and to enable you to decide whether you would like to take part in the study.

The research project is being conducted by Lucy Snelson, as part of a dissertation for a Masters in Psychological Therapies (Practice and Research) at the University of Exeter. Please take time to consider the information carefully and to discuss it with family or friends if you wish, or to ask the researcher questions.

Purpose of the research:

This research will investigate the female therapist's experience of having a modified body in the context of their psychotherapeutic work with clients in the consulting room. At least one tattoo along with at least one piercing is essential for participation for the purposes of investigating body modification in this research. Other body alterations in addition to these are welcomed, but must be in addition to the criteria. This will offer insight into a better understanding of the dynamics relating to body modification and identity within this psychotherapeutic context. There is currently limited conversation within the therapist population about the individual experiences of body modification. Existing research focuses heavily on the tattooed client in the therapist-client dynamic.

Why have I been approached?

You have been asked to take part in this research project because your experience as a qualified therapist who identifies as female with body modifications means that you have the relevant experience that would be valuable for the study.

What would taking part involve?

If you decide to take part you will be invited to attend a Zoom interview about your experiences. This interview will last approximately one hour and you will be required to have your camera and microphone on for the duration, as will the researcher. The researcher will ask a number of questions relating to the topic. You can choose not to

answer question(s) and you can answer them with as little or as much information as you feel comfortable sharing.

The interview will be recorded (via the record function on Zoom and an additional voice recording device separate to Zoom) so the researcher can ensure an accurate record of what was said. Please be assured that all information that you provide will be anonymised and treated as confidential. No one apart from the researcher will have access to the recordings or know the names of participants.

What are the possible benefits of taking part?

By participating you will offer valuable insights which enable the researcher to begin to think about how body modifications are perceived by female therapists in their clinical work. It is hoped that it will provide an interesting opportunity for participants to think about an area of practice for which there are minimal conversations and is largely overlooked.

What are the possible disadvantages and risks of taking part?

The focus on the experiences within a clinical setting does mean that:-

- the discussion may relate to sensitive issues within a work setting with potentially vulnerable people
- you share experiences that were difficult or upsetting as part of your professional experience

However, it is not anticipated that this discussion will raise issues of which you are not already aware and have processed in supervision. However, taking part in an interview and sharing personal experiences can feel stressful and to support you with the process the researcher will be available to offer a debrief session if it is needed to discuss participant experience of the interview.

What will happen if I don't want to carry on with the study?

You may withdraw from the study at any point of your involvement. At the point of stopping, all the data you provided will be destroyed and none of the information that you have provided will be used in the research. You have the opportunity to withdraw before, during or after (by 30th May 2021) the interview.

How will my information be kept confidential?

The University of Exeter processes personal data for the purposes of carrying out research in the public interest. The University will endeavour to be transparent about its processing of your personal data and this information sheet should provide a clear explanation of this. If you do have any queries about the University's processing of your personal data that cannot be resolved by the research team, further information may be obtained from the University's Data Protection Officer by emailing dataprotection@exeter.ac.uk or at www.exeter.ac.uk/dataprotection

If you choose to participate it is important to know that all information you provide is treated as strictly confidential. You will not be personally identifiable in the research. On the morning of your interview you will be sent a unique Zoom invitation link which will include an individual password to ensure a greater level of safety measures in accessing the meeting. The researcher will be conducting the online interview in a safe and confidential space in which participants cannot be overheard. The interview will not immediately be recorded, there will be an opportunity to ask questions and the researcher will inform you before they begin recording.

You will be anonymised throughout the research meaning that your name will not appear at any point as part of the data. You will be assigned a code that is only known to the researcher and the supervisor to ensure that you are not identifiable. The personal information recorded on the consent form is the only place that information is contained. The report that follows on from the research data maintains this confidentiality.

Within 7 days of the interview the researcher will scan hard copies of the consent form and destroy the original hard paper copy. The Zoom recording and audio recording will be destroyed within 21 days of the interview, after a written transcript has been created. The transcription of the interview will be stored for 6 months, until the project is completed and submitted. Participants can request to read the transcript of the completed interview and can request edits to the researchers transcription up to 21 days after the interview.

I am required to provide the university with the following data that will include participant identifying information which are-

- the recorded Zoom interview file
- the researchers written transcript from the Zoom interview
- the voice recorded file of the interview
- the digital copies of the signed consent form

- participant contact details.

This data listed above will all be stored in a safe university drive that only the research supervisors will be able to access. Within this drive the data is stored in separate folders, this is reversible anonymisation, I remove all personal identification from the records and keep these documents in different storage systems. A participant number connects the two systems.

The participant contact details are stored by the university for on a secure (only the research investigator and the research supervisor have access) password protected drive for 3 years and are then destroyed.

The only instance in which the researcher is required to break confidentiality is in the instance of a participant disclosing they are a risk to themselves or others. The researcher discusses concerns with the participant in this instance and hopes to reach mutual agreement on how to proceed with the involvement of the research supervisor. The only time the researcher would not discuss concerns with the participant is if it was felt it would increase the assessed risk.

Will I receive any payment for taking part?

There are no payments or royalties from this research project findings and the data gathered will not be utilised for commercial purposes so no financial incentive can be offered for participation.

What will happen to the results of this study?

The results of this study will initially form the dissertation for my MSc in Psychological Therapies (research and practice) at the University of Exeter. The findings may also be used for academic publications and conferences and be the starting point of further research if a PHD is undertaken.

Who has reviewed this study?

This project has been reviewed by the Research Ethics Committee at the University of Exeter (Reference Number eCLESPsy002165)

Further information and contact details

For further information and/or to take part in the study please contact:

Lucy Snelson-ls776@exeter.ac.uk or 07341 382840



Further information on The University of Exeter Research Ethics policies can be found here:

<https://www.exeter.ac.uk/cgr/researchethics/codesandpolicies/>

If there was any part of the project that you were unhappy with and wished to complain you can contact-

Dr Elizabeth Weightman, Research Supervisor:

07885740127 or E.Weightman@exeter.ac.uk

Dr Nick Moberly, Chair of Psychology Research Ethics Committee, University of Exeter:

n.j.moberly.exeter@ac.uk

Thank you for your interest in this project

Lucy Snelson