

## Young People's Information Sheet

### Research study: Young People Counselling Process Questionnaire

**You're Invited:** We were hoping you could help us make a questionnaire about counselling.

**Talk It Over:** Read this with someone, such as a parent or carer, to decide whether you want to join.

**It's Your Choice:** You can join or stop at any time without giving a reason.

**Duration:** The interview may take approximately 60 to 90 minutes at a time convenient to you and your parent/carer. The interview will be audio-recorded using a digital voice recorder and transcribed using Microsoft Office 365.

**Eligibility:** Aged 11 to 18, attended at least four counselling sessions, have a working knowledge of English, i.e., started learning and speaking English before the age of five.

### **Interview Process**

#### **Step 1: Introduction and Consent**

- We'll have the interview on Microsoft Teams at a time that works for you.
- You and your parent can ask any questions about the research.
- I'll share my screen on Microsoft Teams so you can complete the survey.
- Both you and your parent must agree to participate in the survey.
- You'll enter a memorable code on the survey and share it with your parent. You can use this code to stop participating at any time if you change your mind.
- After you both give consent, your parent/carer may not need to stay for the whole interview, but should rejoin the debriefing process.
- We'll use the "thinking aloud" method, where you say everything you're thinking as you answer the survey questions.
- We'll collect some basic information about you, like your age and ethnicity, but it will be anonymous.

#### **Step 2: Survey Completion**

- You'll complete the survey while saying your thoughts out loud.
- I will ask you more questions about any survey questions you find difficult.
- You can tell me how to improve the survey questions

#### **Step 3: Post-Survey Debriefing**

- After the interview, you and your parent/carer will be debriefed.
- You and your parent can ask any additional questions.

#### **Step 4: Gift Card**

- You'll receive a £20 One4all Multi-Store Gift Card via email as a thank you.

- You will still receive a gift card if you begin the interview and decide to stop mid-way without completing it.

### Why Join?

- **Reflect on Your Experience:** It might help you think about your counselling sessions.
- **Help Others:** Your feedback will help improve counselling for other young people.

### Any Risks?

- **No Expected Risks:** There shouldn't be any problems from joining.
- **Feeling Uncomfortable?** Some questions might feel uncomfortable, but you can stop anytime.

### Your Privacy

- **Confidential:** Everything you share will be private and kept safe.
- **Stored Safely:** Your information will be stored securely and kept for at least ten years.

### What Happens to the Results?

- **Research Use:** The results will be used in a doctoral thesis, shared at conferences, and published in journals.

### Who is Doing This?

- **University of Roehampton:** The School of Psychology is running this study.
- **Ethics Approved:** The University's Ethics Committee has approved this research.

### Questions?

- **Ask Us:** If you have any questions, you can ask the researcher.
- **More Concerns?** You can also contact the Director of Studies or the Dean of the School.

### Thank You!

**Researcher's contact details:**

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