

## **Parent/Carer Information Sheet**

### **Research study: Young People's Counselling Process Questionnaire**

Thank you for taking the time to read this information sheet. This research aims to develop a questionnaire to measure young people's experiences with counselling. Your child is interested in participating in this online survey, pending your consent. To be eligible for the study, your child must be aged 11 to 18, have attended at least four counselling sessions, and have a working knowledge of English, meaning they must have begun learning and speaking English before the age of five.

The online survey is hosted on the Qualtrics website and can be completed at a time that suits you and your child. Your child will respond to questions about their counselling experience and to demographic queries. A few questions are included to ensure your child reads and answers the survey carefully. There will be approximately 60 questions, expected to take about 20 to 30 minutes to complete. Sample questions are attached to this information sheet.

#### **Online Survey Overview**

##### **Step 1: Parent/Carer Information and Consent**

- The survey can be completed on mobile phones, tablets, or laptops.
- You and your child are encouraged to ask any questions you may have.
- Please read the information sheet and consent to your child's participation at the beginning of the survey.

##### **Step 2: Young Person's Information and Assent**

- After your consent on the online survey, your child will read a young person's information sheet and give their assent to participate in the study.

##### **Step 3: Completing the Survey**

- Your child will enter a memorable word and share it with you so that you or your child can request to withdraw from the research later.
- Your child will complete an online survey about their counselling experiences.
- The survey includes questions about counselling experiences and demographic information (e.g., age, school year, ethnicity).

##### **Step 4: Post-Survey Debrief**

- At the end of the survey, your child will see a debriefing page with further information and contact details for support services, if needed.

##### **Step 5: Thank You Gift**

- A £10 Love2Shop e-Gift card will be emailed to you or your child as a thank you for their participation.

- An email address will be collected at the end of the survey solely to send this gift card.

***Does my child have to take part?***

Participation in this research survey is entirely voluntary. If your child assents to participate but later changes their mind, they can withdraw from the study at any point without providing a reason until 30 June 2026. You can also change your mind to provide consent until this date. You would need to quote the memorable word your child entered on the online survey to withdraw your child from the study. You would be able to withdraw any identifiable data we hold on you after this date; however, any unidentifiable data may be used in an aggregated form.

***What are the possible disadvantages or risks of participating?***

There are no anticipated risks for young people participating in this research study. However, some young people may experience slight emotional distress or upset when answering questions about their counselling experiences or taking some time to complete the survey. If your child feels any emotional distress or upset, they can take a break or withdraw from the study without giving a reason. Details of support organisations such as The Samaritans and Shout will be provided.

***What are the possible benefits of participating?***

Some young people may find it beneficial to reflect on their counselling experiences. The information gathered from this research will also contribute to building knowledge about young people's counselling journeys and may assist those accessing counselling services in the future.

***Confidentiality***

All information provided will remain confidential and accessible only to members of the research team. Data collection, storage, and processing will comply with the UK's General Data Protection Regulation 2018 and the University of Roehampton's data retention policies. All data included in the publication of this research, as well as any subsequent research publications or presentations, will be fully anonymised to ensure that no individual can be identified.

***Anonymity and Data Storage***

All data generated from this study will be securely stored, adhering to the highest standards of confidentiality. Anonymised data produced from this study will be stored in accordance with Roehampton University's Data Retention policy and may be used for publications, presentations, subsequent research projects, or data analyses. In accordance with Roehampton's data storage policies, anonymised research data will be retained for a minimum of ten years following the project's completion in June 2026.

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

The results of this research study will be documented in partial fulfilment of the requirements for the Doctorate in Counselling Psychology at the University of Roehampton. Additionally, the outcomes may be published in academic journals, presented at conferences, or utilised for teaching purposes.

***Who is organising the research?***

The University of Roehampton's School of Psychology is conducting this research, which has received approval from the University of Roehampton's Ethics Committee.

**Please note:** If you have any concerns about participation or other queries, please contact the investigator or the Director of Studies. However, if you prefer to reach out to an independent party, please contact the Dean of the School.

Thank you for taking the time to read this information sheet.

**To learn more or to join in, please visit**

**[tinyurl.com/counsellingprocess](https://tinyurl.com/counsellingprocess)**

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