

**AN INTERPRETIVE PHENOMENOLOGICAL ANALYSIS EXPLORING THERAPISTS' EXPERIENCES OF
THE INTERPLAY BETWEEN MENSTRUATION AND ITS SYMPTOMS AND THEIR PROFESSIONAL
PRACTICE.**

**THIS QUALITATIVE STUDY IS LOOKING
TO UNDERSTAND IF AND HOW YOUR
MENSTRUAL CYCLE INFORMS YOUR
THERAPEUTIC PRACTICE**



PARTICIPANT CRITERIA:

- **YOU HAVE BEEN WORKING AS A THERAPIST IN ANY MODALITY FOR AT LEAST THREE YEARS.**
- **YOU HAVE EXPERIENCED MENSTRUATION DURING THAT PERIOD OF TIME.**
- **YOU ARE A MEMBER OF A THERAPEUTIC PROFESSIONAL BODY SUCH AS THE BACP**

**THIS STUDY IS OPEN TO CIS, TRANSGENDER AND NON-BINARY INDIVIDUALS WITH NO AGE REQUIREMENTS.
IF YOU ARE SELECTED YOU WILL BE ASKED TO PARTICIPATE IN AN HOUR-LONG INTERVIEW OVER TEAMS.**

**IF YOU ARE INTERESTED IN PARTICIPATING, PLEASE CONTACT REBECCA SILK AT
215062@student.bacoll.ac.uk INTERVIEWS WILL COMMENCE LATE SEPTEMBER**

FOR MORE IN-DEPTH INFORMATION PLEASE CONTINUE READING THIS DOCUMENT

Information Sheet for Research Participants

1. Title of Study: An Interpretive Phenomenological Analysis Exploring Therapists Experiences of the Interplay Between Menstruation and its Symptoms and their Professional Practice.

2. Research team:
Research lead - Rebecca Silk.
Supervisor - Lindsey Moses

3. Invitation:

You are being invited to take part in a research study. Before you decide if you want to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and feel free to ask if you would like more information or if there is anything that you do not understand. Please also feel free to discuss this with your colleagues if you wish. We would like to stress that you do not have to accept this invitation and should only agree to take part if you want to.

4. What is the purpose of the study?

The aim of this research is to explore the relationship between how therapists engage with their practice whilst living with menstruation and its symptoms. The aim of this research is to gain understanding of the lived experiences of therapists in practice while experiencing the interplay between practice and symptoms.

5. Why have I been invited to take part?

You have been invited to take part as you have expressed interest in the research project and meet all the criteria laid out in the call for participants. These conditions are that you are a qualified therapist with at least 3 years of experience who has experience of menstruation during this period.

6. Do I have to take part?

You do not have to take part. If you would like to pull out at this point, please let me know via email at 215062@student.bacoll.ac.uk . You can remove consent from being involved in the project up to two weeks after your interview.

7. What will happen if I take part?

You will be invited to take part in an online interview with Rebecca Silk on a secure Teams call. This interview will take approximately one hour and will be recorded.

8. How will my data be used?

It will be held securely until the project receives a passing grade and the grade has been confirmed by the examination board.

Further information on how your data will be used can be found in the table below.

How will my data be collected?	Data will be collected through your application form to participate. Interviews will be held over a secure Teams call. These interviews will be recorded and transcribed verbatim
How will my data be stored?	The recordings of the interviews will be stored by Teams and on the Bishop Auckland One Drive secured network The evolving document will be stored digitally under password protection.
How long will my data be stored for?	Data will be stored until the research paper receives a passing grade that is verified by the examination board.
What measures are in place to protect the security and confidentiality of my data?	Data will be stored on the secure network hosted by Bishop Auckland College
Will my data be anonymised?	Yes, names and identifying factors will be anonymised
How will my data be used?	The interviews will be used to create data sets that will be examined in the write up. Your personal data will be used to contact you.

Who will have access to my data?	Rebecca Silk will be the only person with access to your data. There may be instances where data will be shared with the Project Supervisor.
Will my data be archived for use in other research projects in the future?	Your data will not be archived. It will be destroyed once the research project has received a certified grade from the exam board.
How will my data be destroyed?	All files will be deleted from my laptop and One Drive/ Teams

9. Are there any risks in taking part?

There are minimal risks to taking part. If you disclose any information that leads to you becoming distressed, the interview will be stopped to allow you to be able to feel safe.

10. Are there any benefits from taking part?

There are no financial benefits to taking part in the project. The accumulation of this information in the form of a research project could benefit and inform future research.

11. Expenses and / or payments

No expenses or payments can be offered

12. What will happen to the results of the study?

The results of the study will be analysed using an interpretive phenomenological analysis methodology and written into a research paper.

13. What will happen if I want to stop taking part?

You have the right to rescind your participation at any point up until 2 weeks after your interview. At that point you will not be able to rescind consent and your interview information will be used.

14. What if I am unhappy or if there is a problem?

If you are unhappy and have any issues, please feel free to contact me. I am hoping to create a supportive environment for you to be able to discuss your stories and I welcome feedback that can make your experience easier.

15. Who can I contact if I have further questions?

You can contact Rebecca Silk at 215062@student.bacoll.ac.uk

Contact Details

Primary Contact (Researcher)

Rebecca Silk: 215062@student.bacoll.ac.uk

Secondary Contact (Director of Studies)

Lindsey Moses: Lindsey.Moses@bacoll.ac.uk

Thank you for taking the time to read about the study, if you have any questions, please do not hesitate to ask.