

Information Sheet for Research Participants

1. **Title of Study:** Found in Space: An Interpretative Phenomenological Analysis of Counsellors' Experience of the Physical Therapy Environment
2. **Research team:** Katie Adams, 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.

Thank you for reading this.

4. **What is the purpose of the study?** Therapy takes place in increasingly diverse physical spaces. Understanding the experience of the therapist within these spaces can help us with job selection, workplace setup, quality of working life, improving mental health, quality of work and organisational procedure. This study is a qualitative design, aiming to explore the experiences of the therapists working within their physical environment.
5. **Why have I been invited to take part?** This study will focus on the experience of practicing qualified therapists, and you are invited to take part as you meet this criteria.
6. **Do I have to take part?** No, you are free to decline this invitation. It's important that you take part only if you want to.
7. **What will happen if I take part?** You will be contacted via email to arrange a suitable time for the interview, which will take place over Teams. An invite will be sent to you to join the interview, which will last approximately 60 minutes, and will focus on your experience of the physical environment in which you practice. The interview will be recorded and analysed without further involvement from you.

- 8. How will my data be used?** A transcript of the interview will be made, and the content of the interview will be analysed, and a thesis written. All data will be stored securely on Bishop Auckland College's secure system whilst in process, and will be anonymised, so you will not be identifiable from the final work.

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

How will my data be collected?	<i>Via Teams. You will need access to a computer with a working camera and microphone, and a quite, private space to take part in the interview.</i>
How will my data be stored?	<i>Within Bishop Auckland College's secure system, in keeping with GDPR regulations.</i>
How long will my data be stored for?	<i>Until the final thesis has been marked and passed by external examiners, July 2027.</i>
What measures are in place to protect the security and confidentiality of my data?	<i>Bishop Auckland has a secure computer system where data will be stored. All participant data will be anonymised in the final thesis.</i>
Will my data be anonymised?	<i>Yes, you will not be identifiable from this work.</i>
How will my data be used?	<i>Solely for the purpose of this research. It will not be used for any other purpose.</i>
Who will have access to my data?	<i>The researcher, Katie Adams, and the teaching team for the MA Psychotherapy Studies at Bishop Auckland College.</i>
Will my data be archived for use in other research projects in the future?	<i>No, it will not.</i>
How will my data be destroyed?	<i>All data will be deleted from the computer system after the thesis has been passed.</i>

- 9. Are there any risks in taking part?** It is possible that some uncomfortable topics may arise during the interview, however this should be a minimal risk with the subject matter of interest.

- 10. Are there any benefits from taking part?** Understanding how you experience the physical environment in a therapy session may help you to understand your best way of working. This may benefit your experience of working, your job selections, and the

effectiveness of your work. It may also help the wider counselling community to understand the way we understand our physical working environment.

11. Expenses and / or payments There is no offer of expenses or payments for participation in this study..

12. What will happen to the results of the study? Results will be analysed and thesis submitted to the exam board as part of the researcher's MA submission.

13. What will happen if I want to stop taking part? You can withdraw at any time up until one month after the interview, simply by letting the researcher know.

14. What if I am unhappy or if there is a problem? Please feel free to contact the researcher or the director of studies if you feel unhappy or have a problem you'd like to discuss.

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

Contact Details

Primary Contact (Researcher)

Katie Adams email: 213041@student.bacoll.ac.uk

Secondary Contact (Director of Studies)

Lindsey Moses email: 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.