

Beyond non-suicidal self-injury (NSSI): Interviews with adults living with a history of NSSI

PARTICIPANT INFORMATION SHEET

19 August 2015

My name is Dr John Fitzgerald and I am a Senior Lecturer in Clinical Psychology at Massey University in Wellington. I am also a Registered Clinical Psychologist with 26 years clinical experience working with youth, adults and families in the mental health field in UK and New Zealand. I am currently conducting a number of research projects focusing on non-suicidal self-injury (NSSI). This information sheet relates to a project which aims to source, analyse and report stories of *recovery* and life after NSSI from those who live with this history. For this I am looking for a small group of participants who have a history of NSSI, but who have not self-harmed within the last two years.

This study explores the experiences of adults who have a history of NSSI, examining their experience of self-harm, learning from them what assisted in moving beyond self-injury and what impeded this progress, exploring how NSSI has impacted on their lives, and their recommendations regarding the most effective intervention strategies.

Participation is voluntary. It is important for you to know that you are not obliged to take part in this study. You are receiving this information sheet because you indicated that you may be willing to participate in this study, however, you can change your mind without having to justify your decision. If you decide to participate and then change your mind, you can do so at any time.

Risks and Benefits

This research addresses the topic of self-harm, and therefore, may be difficult to think about. Please keep in mind you may choose to not answer a question or questions and may stop your participation at any time

There are likely to be no direct personal benefits to participating in this study. However, your involvement will enhance general understanding of self-harming behaviour in New Zealand.

What will participants have to do?

If you do decide to participate this is what we will ask you to do.

1. **Questionnaires:** There are three rating scales that you will be asked to complete.
 - a. NSSI-Assessment Tool – a questionnaire about experiences of NSSI
 - b. PHQ: Patient Health Questionnaire - a questionnaire about your current/recent health status
 - c. Rosenberg Self-Esteem Scale – a short questionnaire about self-esteem.

In total these questionnaires take about 20 minutes to complete. You will be sent a hyperlink via email so you can complete the questionnaires on-line. A hardcopy and reply-paid envelope can be provided if this is preferred. Your consent to participate to this stage is shown by checking a box in the on-line questionnaires or signing a form if you receive the questionnaires in hardcopy. The questionnaire results will be stored by the Massey University computer servers and no-one other than myself will have access to these data.

When the questionnaires have been completed I will contact you to arrange an individual interview.

2. **Interview:** The second stage is an individual face-to-face interview about your experience of NSSI and, most importantly, why you no longer self-harm and how you stopped.

Interviews will usually take place at the Massey University Psychology Clinic (King Street, off Adelaide Road, Newtown), however if this is not possible for you, an alternative will be discussed. Before the interview starts you will be asked to sign a consent form.

The time taken to complete the interview will be between 60 and 90 minutes. All interviews will be audio recorded. After the interview the recording will be sent to a confidential professional transcribing service (Digitype Ltd, Auckland). If any part of the recording is unclear I may contact you to seek clarification about what we discussed at that point in the interview. When the transcription is an accurate record of the interview the audio recording will be erased.

Confidentiality

At no point will your full identity be revealed to anyone else. Data collected may be included, in the form of short anonymised quotations, in a summary report of the study, in a manuscript submitted to an academic journal, and possibly a conference presentation. The study will also be used to develop training materials for professional staff who work with people who self-harm.

Data collected will be stored electronically on a secure server at Massey University, with access to the questionnaire data, transcripts and other study materials being under password-protection. Massey University has a policy that research data must be stored for 10 years. After this time all data from this study will be destroyed.

You may request a summary of the research findings by indicating so on the consent form. The summary will be posted or emailed to you at the conclusion of the project.

What to do next

If you have any questions about this study, or you are willing to participate please contact me by phone or email at the contacts listed below. I will then contact you and arrange for you to be sent the hyperlink for the questionnaire, or the hardcopies if you prefer.

Reimbursement

Any travel and/or parking costs you incur associated with the interview will be reimbursed.

Contacts and Questions

If you have any questions regarding this research or your rights as a participant please feel free to contact me directly using the contact details below.

If you have any general questions about this project which you would prefer to discuss with someone else please contact Prof James Liu (Head of School, Psychology)

Telephone: (09) 414 0800 ext. 43279

Email: J.H.Liu@massey.ac.nz

Thank you for considering participation in this study.



Researcher

John Fitzgerald PhD FNZPsS MNZCCP

Massey University, PO Box 756, Wellington

Telephone: (04) 801 5799 ext.63620

Email: j.m.fitzgerald1@massey.ac.nz

This project has been reviewed and approved by the Massey University Human Ethics Committee: Southern B, Application 15/55. If you have any concerns about the conduct of this research, please contact Dr Rochelle Stewart-Withers, Chair, Massey University Human Ethics Committee: Southern B, telephone 06 356 9099 x 83657, email humanethicsouthb@massey.ac.nz