



School of Psychology

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Helping Hands: Understanding the impact of non-suicidal self-injury (NSSI) on others

PARTICIPANT INFORMATION SHEET

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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 27 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 explore the impact of NSSI on those who engage in the behaviour and people who are affected by it. **As part of this study I am looking for a small group of participants who are (a) aged 18-25 years, and (b) engage in some form of NSSI.**

Non-suicidal self-injury (NSSI) is where a person causes harm to their own body (not tattooing or piercings), but where there is no suicidal intent.

In this part of the study I will be collecting data from a number of one-off individual interviews with young people who engage in NSSI. The focus of each interview will be

to hear about experiences, knowledge, and explanations of NSSI from those who have lived experience of it.

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 explain why. 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. If you choose to participate please keep in mind you may choose to not answer any 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 help 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 – Attend a single face-to-face interview about your experience of NSSI. You can bring a support person with you if you wish.

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 about 60 minutes. All interviews will be audio recorded and transcribed. 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.

The transcription of the interview will be stored electronically, along with all other study materials, on a secure server at Massey University 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.

Reimbursement

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

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 to arrange an interview time, or wait for me to contact you as arranged.

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.

Thank you for considering participation in this study.



Researcher

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This project has been reviewed and approved by the Massey University Human Ethics Committee: Southern A, Application 15/71. If you have any concerns about the conduct of this research, please contact Mr Jeremy Hubbard, Chair, Massey University Human Ethics Committee: Southern A, telephone 04 801 5799 x 63487, email humanethicsoutha@massey.ac.nz.