



UNIVERSITY OF EXETER
MOOD DISORDERS CENTRE



Participant Information - MBCT Group with interview

(Version 2.0, 15/01/2015)

Processing of a sad memory in individuals with a history of depression

Principal Researcher: Hans Kirschner
Supervisors: Dr Anke Karl, Professor Willem Kuyken

You are being invited to take part in a study which aims to explore how people respond to a sad memory we ask them to recall and to a brief audio exercise afterwards. Before you decide whether you would like to take part, please read through the following information, which will clarify why the study is being conducted, and what your involvement would be. Take time to decide whether or not you would like to participate.

What is the purpose of the study?

The purpose of the study is to explore how people who have in the past participated in mindfulness-based cognitive therapy (MBCT), respond to a sad memory we ask them to recall and to a brief audio exercise afterwards. The findings could hopefully help us to understand ways to overcome sad mood more effectively, which could be used in therapy to help prevent depression. The study is being carried out as part of the Principal Researcher's PhD.

Why have I been chosen?

You have been chosen because you have a history of depression and you indicated that you underwent an MBCT programme in the past.

Am I required to take part?

It is entirely up to you if you wish to take part. If you do decide to take part, you are free to change your mind at any time and can withdraw during the study by letting the Principle Researcher know. If you decide not to take part after you have started the study, any data collected from you will no longer be included in the results of the study and will instead be destroyed.

What does participation involve?

If you think that you would like to take part and would like to know more, the Principal Researcher can contact you by telephone to discuss the study in more detail, and to answer any questions you may have. During this telephone conversation the researcher will also ask you some questions in order to check whether you are eligible to take part (this should take about 10 minutes). **One of the main inclusion criteria is that we are specifically looking for people who have suffered from depression in the past but not currently and who have participated in an MBCT course that they have completed at the time of this study.** If you are eligible, it will also be possible to arrange a mutually convenient time for the study to be conducted with you. The study will take place at the Mood Disorders Centre at the University of Exeter.

The study will last approximately two hours, depending on how quickly you complete the tasks and if you wish to have breaks. The majority of this time will involve you answering questions asked by the researcher, and completing forms to explore how you are currently feeling. The study will also involve an experiment in which you will listen to a sad piece of music whilst thinking of a sad memory so that we can explore how you respond to a sad mood. As part of the experiment we will then ask you to listen to a tape with a guided meditation exercise. Throughout the experiment we will measure your brain activity, and your heart rate and the sweat response. For this we will place leads on your head, chest and fingers which we fill with a salty gel that can be easily wiped off (you will have the opportunity to wash your hair after the experiment). After the two experimental tasks we will conduct an interview, in which we would like to ask you a few more questions around your personal experience during the experimental tasks.

At the end of the testing session we will ask you to do a short silent reading exercise. The precise instructions of the whole experiment will be given on the day by the researcher.

Expenses and payments:

We will reimburse your travel costs and offer £10 for taking part in the laboratory sessions.

Are there disadvantages of taking part in this study?

Some of the questions in the study ask about symptoms of depression such as feeling low and thoughts of self-harm. Whilst most people do not mind answering these questions, some people may feel upset. However, it is important that we ask these questions. If the study happens to include any activities or questions which, for whatever reason, you find distressing or do not wish to answer, the study can be stopped or the question can be skipped. The study also involves listening to sad music and thinking of a sad memory in order to temporarily lower your mood for a period of time during the experiment. However, we will only ask you to do this if you are currently feeling well and your mood has generally been ok recently.

The measurement of brain activity and bodily responses will be done using safe and well-established procedures; the leads can be removed in less than a minute and the gel can be easily wiped and/or washed off. You may want to wash and blow-dry your hair after the session and this can be done in our lab.

What if there is a problem?

If you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, you can contact the Study Supervisor, Dr Anke Karl (contact details on page 4).

What are the possible advantages of taking part?

There are no direct advantages for you. However, the findings of this study will hopefully help us to understand how emotion processing and brain and body responses are related in depression. This may help us to understand processes and mechanisms that prevent mental health problems, such as depression, and facilitate wellbeing.

Will my taking part in the study be kept confidential?

All information which is collected from you during the research would be kept strictly confidential within the limits of the law. You will be allocated your own unique study code number, ensuring that all information that you give will contain your number rather than your actual name. Identifiable information will be stored in a locked cabinet and only the researchers of this project will have access to it. In accordance with British Psychological Society research guidelines, all data for the study will be securely stored away for 20 years and will be destroyed after this time.

What will happen with the results?

It is planned that the results will be written up in order to inform clinicians and researchers who are interested in mood disorders. Any write-up of the findings for this study will not mention you personally. If you would like to obtain a copy of the findings, we will be more than happy to send them to you when they become available.

Who is organising and funding the research?

This research is sponsored by the University of Exeter.

Who has reviewed the study?

All research in the NHS is looked at by an independent group of people called a Research Ethics Committee to protect your safety, rights, wellbeing and dignity. This study has been reviewed and given favourable opinion by NRES Committee South West – Cornwall and Plymouth.

Contact Details:

If you require further information or would like to ask any questions, please do not hesitate to contact the Principal Researcher using the details below.

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For more information about the Mood Disorder Centre, please visit
<http://www.exeter.ac.uk/mooddisorders/>