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**Younger Adolescent Participant Information Sheet**

**Name of department:**

Clinical Education Development and Research (CEDAR)

**Title of the study:**

Evaluating Brief Behavioural Activation for depression in adolescents with acquired brain injury: A Single-case Experimental Design study

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**What is the study trying to do?**

We are trying to see if a type of therapy called ‘Behavioural Activation’ is helpful for teenagers who have been feeling depressed after having a brain injury. We want to see if it makes you feel more like doing things with other people and to see if it helps you feel happier about life.

**How can we find this out?**

We will be checking to see how much you enjoy activities that you decide with your therapist by asking you to ‘score’ them every now and then. We will see if these scores get better once you have had some therapy. If your scores are better after therapy, this should mean that you feel better than you usually do.

**What is ‘Behavioural Activation’?**

Behavioural Activation is a type of treatment that helps people to learn ways of planning and doing activities they enjoy. Sometimes, when we are feeling down, we might not be able to do these activities as much as we would like because we just don’t feel like it. Behavioural activation will help you to feel more able to do these activities, so you start to feel happier.

If you want to learn more, you can speak to your parent or ask the researcher for some more information over the telephone.

**How long does the study last?**

The study will last for 9 weeks from the beginning to the end. We will have one session 4 weeks after therapy to check up and see how things have been.

**What happens during the study?**

At the start of the study, we will ask you to give us some scores for the activities you usually do. This will be over 2 weeks or more and you will not be having therapy during this time. You will meet with the therapist before you start doing this so he can tell you what you need to do and answer your questions.

During the 3rd week, the therapist (who is also the researcher) will start doing therapy with you. You will be told when you start therapy when you meet with the therapist. We have to make sure everyone’s first session of therapy is mixed up to make sure we do the study properly.

Once you have started therapy, you will receive 8 sessions over 6 weeks. During the first 2 weeks, you will have 2 sessions per week. During the last 4 weeks, you will have 1 session per week.

**What happens at the end of the study?**

After therapy, you will carry on doing the things you have learnt without the therapist. The therapist will see you 4 weeks after you have finished to see how you are and whether you are feeling better. The therapist will also give you some questions to answer.

**What questions will I have to answer?**

The main thing that you have to do during the study is give ‘scores’ to your activities. You will have to do this 4 times a week on mixed days. You can do this on your smartphone or on the computer.

There are 3 other sets of questions you will need to do 4 times. One looks at your mood, one looks at how much you do things with other people, and one looks at how much you enjoy your life.

Your parents will be doing these questions too, so they can help you if you get stuck. The therapist will also make sure you know what you are doing when you meet him for the first time. He will also call you during the week to make sure you are doing the questions properly.

At the end of the study, the therapist will ask you questions about how you found the therapy. This is a chance to let the researcher know what was good and what could have been better.

**What will this study help to do?**

Most importantly, we hope the therapy will help you to feel happier, enjoy life more, and start doing more things with other people.

If the study goes well, we might be able to help other people like you. We can start training people to do this kind of therapy so it can be done in more places across the country. Your help in this study could mean that you help hundreds, maybe thousands of others like you!

**Will therapy work for me?**

At the moment, we are not sure; that is why we are doing this study. So far, we know that this therapy helps teenagers with depression but we are not sure about teenagers with brain injury and depression. We will be doing the same things in this study that has helped teenagers with depression who have not had a brain injury. So, hopefully, it could help you.

**How will my data be used and kept?**

The researcher will be keeping some personal information about you to make sure they do the study properly. We will keep this information safe on a computer that nobody else can use. We will make sure this computer is in a safe place at the University of Exeter. The researcher will also keep some information on a memory stick with a password, which will be kept safe and hidden at the researcher’s home. Only the researcher, and their supervisor can see this information. Anything you write down on paper, or any information given to us on paper, will be kept in a locked filing cabinet at the University of Exeter.

One month after you see the therapist for the last time, the personal information will be destroyed, which means nobody can see it. But the ‘scores’ you give will be kept in a safe online place forever. Nobody will know these are your scores and nobody will know that you took part in this study. But anyone will be able to see the scores that you have given if they want to learn more about the study. If we do not think the study is right for you and you do not take part, any information you have given to the researcher will be destroyed no more than a week after you have given us this information.

This study might be shared with other people around the world in something called a ‘journal’, which is what other people doing studies or learning about studies might read. Nobody will ever know you took part and they will not know that the scores they see in the study are yours. We share studies so that other researchers can use this information to do more studies.

**Will anyone find out about things I’ve said?**

We will keep everything you tell us as private as possible. But sometimes, we might worry that you are not safe or need some more help. If we do, we might have to tell other people that we are worried so you can get the help you need. The researcher will try to make sure you know if he is going to share any information you have given him.

**A notice for your parent(s)**

The University of Exeter processes personal data for the purposes of carrying out research in the public interest. The University will endeavour to be transparent about its processing of your personal data and this information sheet should provide a clear explanation of this. If you do have any queries about the University’s processing of your personal data that cannot be resolved by the research team, further information may be obtained from the University’s Data Protection Officer by emailing [dataprotection@exeter.ac.uk](mailto:dataprotection@exeter.ac.uk) or by visiting the data protection webpage at [www.exeter.ac.uk/dataprotection](http://www.exeter.ac.uk/dataprotection).

**I would like to take part in the study! What do I do?**

If you would like to take part in the study, you will first need to go through ‘screening’. Screening is where we check if the study is right for you. Before you go through screening, you or your parent(s) must let the researcher know that you are happy to take part by filling out a form together.

When we do ‘screening’, we will ask your parents for some information about your brain injury. You will also be given questions to answer about your mood. If we think the study is right for you, we will tell you that you can take part within a week. You can then decide whether you would like to have some therapy to help with your mood. If we do not think the study is right for you, we will tell you within a week. Nothing bad will happen if you do not want to take part.

If you do want to take part, you or your parents will be asked to sign another form together. You must sign this form if you want to take part.

If you would like some more information about ‘screening’, please ask the researcher.

**What if I do not want to do the study or carry on with therapy anymore?**

If you do not want to do the study, you do not have to. If you start the study and do not want to do therapy anymore at any point, you also do not have to continue. You can either tell your parent(s)/guardian to tell the researcher or the supervisor, or you can tell the researcher yourself. You will not be punished and you will not be stopped from having any other therapy again. You can tell the researcher or the supervisor by e-mailing them at the e-mail addresses below.

If you want, you can also ask the researcher to destroy the information you have given to them. You will only be able to do this for up to a month after your final follow-up session is completed. This is because the personal information you give to us will be destroyed after a month, which means we will not know which ‘scores’ from the questions are yours.

The researcher must follow instructions from the University of Exeter, which means other people make sure he is doing things properly and fairly.

**I have questions about this study – who do I contact?**

You can contact the main researcher, Conor O’Brien (Trainee Clinical Psychologist) at any time before, during, and after the study by e-mailing: [co359@exeter.ac.uk](mailto:co359@exeter.ac.uk)

If you have any concerns or complaints about the researcher, or do not want to carry on with the study, you can contact the main researcher’s supervisor, Dr Anna Adlam (Chartered Clinical Psychologist & Deputy Director of Research for Clinical Psychology training), by e-mailing: [a.r.adlam@exeter.ac.uk](mailto:a.r.adlam@exeter.ac.uk)

For any further information about the university’s ethical procedures and policies, or to raise any concerns or complaints about the research, please contact Dr Nick Moberly, the Chair of Psychology Ethics, by e-mailing: [n.j.moberly@ex.ac.uk](mailto:n.j.moberly@ex.ac.uk)

Thank you for your time and for seeing if you would like to take part in the study!

A close up of a device

Description automatically generated

Conor O’Brien

Trainee Clinical Psychologist, University of Exeter, under the supervision of:

Dr Anna Adlam

Chartered Clinical Psychologist/Associate Professor

Deputy Director of Research, DClinPsy, University of Exeter