

The COPING feasibility study

SHORT PARTICIPANT INFORMATION SHEET

Version 1.1, 09-Nov-2023, IRAS reference: 327529

- This simplified information sheet explains why this research is being carried out and what it involves. This information will help you to decide whether you want to take part. If you are interested, please read the complete information sheet for all the details.
- If you choose to take part, **you are free to withdraw at any time.**

KEY THINGS TO KNOW

- You have recently been identified as aged between 16-25 years with a history of self-harm in the last 12 months. This means you can be invited to take part in the COPING feasibility research study.
- Everyone who takes part will receive a newly developed co-produced treatment for self-harm, called 'COPING', from a trained study GP across two GP appointments. We are looking to see if this new COPING approach helps you avoid self-harm in the future
- **The COPING treatment is not a new medicine.** It is a treatment approach aimed at psychological and social factors which the GP will talk through with you

Why is the COPING research study being carried out?

- This COPING feasibility study will help us to understand if a larger future study (a clinical trial) of the COPING intervention is feasible in the NHS
- At the moment there are no effective treatments for GPs to use with young people aged 16-25 after self-harm, and so we have developed with both patients and GPs, a new approach called 'COPING', which aims to help young people after self-harm
- The results from this research will tell us how practical and acceptable the COPING intervention is in the NHS and whether a future larger study is doable.

If you decide to take part in this study, it will involve:

- Completing an online consent form and baseline questionnaire. If you are happy to take part, you will need to complete these and submit them online.
- Attending two COPING appointments

- Completing 3 further electronic questionnaires at approximately eight weeks, 4 months, and 6 months after the COPING appointments. The questionnaires will ask about your health. Each questionnaire may take approximately 10-20 minutes to complete.
- We will also ask your agreement for
 - Researchers accessing your general practice medical records
 - Being interviewed to hear your experiences of receiving COPING (optional)
- Taking part in this COPING study **will not affect your current or future NHS healthcare**

In this research study we will use information from you and your medical records records. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.

Why should I take part?

If you choose to take part, you will be extremely important in helping us to understand the COPING intervention better and improve it, assess whether a larger study in the future is realistic, and increase the chances that COPING can help young people aged 16-25 avoid self-harm. Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.

Who is funding and conducting this research?

This study is funded by a National Institute for Health and Care Research (NIHR) Doctoral Fellowship award: NIHR300957, awarded to Dr Faraz Mughal (Chief Investigator). Dr Mughal is leading this research study as part of his PhD with support from his supervisors and a wider study team. This study sponsor is Keele University. We will make sure no-one can work out who you are from the reports we write.

Who has approved this study?

To protect your interests, all research in the NHS is looked at by an independent group of people, called a Research Ethics Committee. This study has been reviewed and given favourable opinion by the East of England - Cambridge East Research Ethics Committee (reference: 23/EE/0238). The study has also been reviewed by scientific experts on behalf of the NIHR before awarding funding.

If you are interested in taking part, please read the complete information sheet. This outlines the potential risks of participating in this study, and how your data will be held and used in this study.

If there is anything unclear or if you would like more information, please read the complete information sheet, or contact the COPING study team by email on coping.study@keele.ac.uk

If you do decide to participate, your involvement is extremely valued.

This study is funded by an NIHR Doctoral Fellowship awarded to Dr Faraz Mughal [NIHR300957].

