

Adolescent's Participant Information Leaflet

Study title: Identifying the needs of young people and their families bereaved by suicide

Thank you for considering helping us with this research study. The purpose of this leaflet is to tell you about the study to help you decide if you want to take part.

What is this study about?

This study is trying to find out about the needs of young people who have been bereaved by suicide. We also want to find out what helps young people bereaved by suicide get support or what might stop them from getting support. When we say 'young people bereaved by suicide', we mean anyone under age 25 who has experienced the death of a close one through suicide (for example, a family member, carer, or friend). This study is being done by researchers at the National Suicide Research Foundation and School of Public Health, University College Cork.

Why take part in this study?

We are trying to gather information about the needs and views of young people bereaved by suicide so that we can improve the services that they can access in the future.

Who can take part?

You can participate in this study if you are aged between 15-17 and have been bereaved by suicide. It must be **at least six months** since you experienced the death of a close one by suicide.

What will I have to do?

If you decide to take part, you will be asked to participate in an individual interview. This will be a discussion between you and a researcher where the researcher will ask you questions about the support that you think would be helpful for young people after they experience a death by suicide. This includes some questions about what you think you needed following your loss, the supports you received following the loss, you're your experience of reaching out for support and any thoughts you have about improving services in the future. There will also be a small number of questions about your background (for example, age, gender, the relationship you had to the person who died, and the length of time since their death). We estimate the interview may take approximately 1 hour. Interviews may be held online or in-person depending on what is feasible and what suits you.

Do I have to take part?

Participating in this project is voluntary. You do not have to take part. You can refuse to answer questions, or you can decide to stop the interview at any time. You do not have to provide a reason for stopping the interview. You can also remove your data from the study up to two weeks after the interview by contacting the researchers.

While you may have heard about this study through a service or support that you are engaged with, participating (or choosing not to participate) in this study will not impact on the support you can access.

What will happen to the information I give?

The interviews will be audio recorded and the conversation will be transcribed (i.e. written in text) in a document. The audio files will be deleted once the information has been written up. Then we will delete any information that might tell us who you are from the transcribed document, such as

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names or addresses. As part of the data, we will not collect any information that would directly identify you such as your name, contact details, or address.

The data will be stored and accessed securely. Only the researchers will be able to access the data and they will follow regulations to protect your data. The data will be kept for a period of 10 years after the end of the study.

Will you tell anyone what I have said?

The researcher will not tell anyone outside of the research team what you have said except for one reason. The only reason the researcher would tell someone what you have said is if there is a risk of harm to you or another person. Examples of a risk of harm to yourself would be if you tell the researcher that you plan to harm yourself or that you are a victim of ongoing abuse. An example of risk of harm to others would be if you tell the researcher that you have plans to cause physical harm to another person. In this situation the researcher would have to share this information. Before contacting anyone else, the researcher will first speak with you, explaining why they need to share the information.

What will happen to the results of the project?

We will write some reports and share the information that we have found but we will not put your name on anything. If you want to see a copy of the results, you can contact the researchers to ask for this.

Is there anything bad about taking part?

Talking about losing someone to suicide might make you feel upset. As researchers, we will be paying attention to how you are feeling. We will offer options to you. You can choose not to answer certain questions, or to take a break during the interview. You can also choose to stop the interview at any time, without providing a reason. If you become upset during this study, we will follow a protocol to ensure that you can access support. If you become upset later as a result of participating in this study, please contact the researchers. They will help you find some help or support. There is also supports listed at the end of this leaflet.

What do I do now?

If you are interested in taking part in this study, please contact the researchers. They will discuss the study with you to ensure you are happy to participate. If you are still happy to take part, you will then be asked to sign a form and the researchers will arrange a time to interview you.

Further information

If you have any questions, or would like any information on getting more help or support, you can talk to the researchers as follows

Principal investigator: Dr Eve Griffin Email: Evegriffin@ucc.ie

Co-investigators: Dr Selena O'Connell, Dr Grace Cully, Dr Claire Fahy, Prof Ella Arensman, Eibhlín Walsh, Daisy Wiggin (National Suicide Research Foundation and School of Public Health, University College Cork).

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If you want to talk to somebody about how you are feeling....

Childline provides a 24-hour listening service for people up to 18 years of age in Ireland. Freephone 1800 66 66 66 or message via live chat www.childline.ie

Text About It, 50808 is a free 24-hour anonymous messaging service. Text HELLO to 50808. www.textaboutit.ie

If you, or someone you know, needs support or is in crisis, contact your local GP.

In an emergency, go to/contact the Emergency Department of your nearest hospital.