



# Research Participant Information Sheet

## Document summary



This document contains important information about a research study called FARM-SP. This research is looking at the experiences of stress, distress, anxiety and depression in the farming community. We want to know about mental health help-seeking and barriers to seeking mental health support.



This research is led by Keele University in collaboration with Midlands Partnership University NHS Foundation Trust and universities of Birmingham and London School of Economics.



We are looking for people living and working in the farming community with experiences of anxiety, depression, distress, self-harm, or suicide to take part in a 1-hour research interview. The interview will be held at a time and place convenient to you either in person, online or over the telephone. During the interview you will be asked about your experience of mental health and the support available to the farming community.



Please read the following information to understand why this research is being done, what taking part will involve, how we will maintain your confidentiality, and how data that you provide will be used. Participation is voluntary.

**If you have any queries about this research or to take part,  
please contact a member of the research team:**

Email: [t.e.fisher1@keele.ac.uk](mailto:t.e.fisher1@keele.ac.uk)

Telephone: 01782 731794

FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

## We invite you to take part in our research study:

Participation in this research is voluntary. Please read the following information to understand why the research is being done and what it would involve. We suggest this should take about 15-20 minutes to read. If you have any questions, please do not hesitate to contact a member of the research team (contact details are provided on the front cover and page 3).

### What is the aim of the study?

To explore lived experiences of stress, distress, anxiety and depression among farmers, and better understand the culture of mental health in this community.

To explore attitudes and beliefs about help-seeking for mental health problems among farming stakeholders.

### Who is eligible to take part in the study?

We are looking for people aged 18 years and over who have experienced anxiety, depression, stress, or distress who are living and/or working in the farming community.

### Do I have to take part?

You do not have to take part in this study. Participation is entirely voluntary. You are also free to withdraw at any time during the interview, without giving any reason and without your rights, treatment, or the care you receive being affected. If you agree to participate and then do not wish to continue, you will simply be able to let the researcher know this. You may withdraw your interview data up to two weeks after the date consent was provided (i.e. the date of your interview); this data will then be destroyed.

### What does taking part involve?

- [1] To take part, you will first need to express your interest to the research team. You can do this by email ([t.e.fisher1@keele.ac.uk](mailto:t.e.fisher1@keele.ac.uk)) or telephone (01782 731794).
- [2] Book a research interview with an experienced researcher from Keele University.
- [3] Attend the interview. This will last for up to 1 hour and be held at a place and time convenient to you (e.g. your home, Keele University, or by telephone or online). We will discuss your preference.
- [4] Sign a consent form confirming that you agree to take part in the study, that you have read and understood this information sheet and that you agree for the interview to be recorded.
- [5] During the interview you will be asked for information about you (e.g. age, sex, employment) and your experience of mental health and access to support. We will ask for your views about mental health support available to farming communities. All information is given voluntarily. You do not have to answer all questions, but it will be helpful to our research if you were to do so.
- [6] The researcher will ask for details of your GP. This is just in case you become distressed during the interview. The researcher can support you to contact your GP.
- [7] You can ask a family member or carer to take part in the interview with you if you wish. Please share this information sheet with them.
- [8] We have experienced 'imposter participants' in previous research. If at any point during the interview, the researcher believes you are an 'imposter participant', the interview will be stopped and you will not be reimbursed.

## What are the possible advantages of taking part?



- Taking part in research can be a rewarding experience.
- What you tell us during interview will help us to better understand experiences of farmers mental health, and how and where they access support.
- We plan to design a framework to connect the needs, preferences, and opportunities to support help-seeking for mental health problems in the farming community.
- On completion of the interview, you will be offered a £25 shopping voucher.



## What are the possible disadvantages of taking part?

- Some people find talking about their mental health experiences distressing. The researcher has been trained to provide appropriate support. If you disclose ideas about harming yourself or others, the researcher may need to contact your GP on your behalf (with or without your consent).

## What will happen if I want to stop participating in this research?

You can stop taking part at any time, without giving a reason. Please inform the researcher and they will stop the interview to talk to you about your decision. Refer to the section on 'All about your data' to understand how we will use any data that you provide in the event of withdrawing from the research.

## Has the research been ethically approved?

Yes, this study has been ethically approved by Keele University Research Ethics Committee (Ref: 1026)

## Who is funding this research?

This research is funded by the National Institute for Health and care Research (NIHR, School for Primary Care Research. Grant reference is MH079).

## Who do I contact if there is a problem?

### To speak to the research co-lead, please contact:

Professor Carolyn Chew-Graham  
School of Medicine, Keele University, ST5  
5BG

**Email:** c.a.chew-graham@keele.ac.uk

**Telephone:** 01782 734 717

### To raise a complaint or speak to someone outside of the research team, please contact:

Directorate of Research, Innovation and Engagement  
Innovation Centre Building 2, Keele University, ST5  
5NH

**Email:** research.governance@keele.ac.uk

**Telephone:** 01782 733 371

## Will research findings be made publicly available?

Yes. A summary of findings will be made publicly available on our website as soon as this is practically possible.

<https://www.keele.ac.uk/health/fmhsresearchthemes/mentalhealthandwellbeing/farm-sp/>

## All about your data

### How will information about you be used?

All data collected as part of this research will be managed in accordance with relevant UK Data Protection Law and in-line with Keele University standard operating procedures. We will need to use your data to complete this research study, this includes: your name, age, sex, employment role, contact details and any personal opinions that you share about the research topic. Access to your contact details will be restricted to only those team members with responsibility for arranging your interview.

All data will be held by the research sponsor (Keele University). The sponsor may conduct an audit of the research files to make sure that the research is being conducted in line with policy and procedures. The recording of your interview (an electronic audio file) will be transferred securely to an external company (The Transcription Company Ltd) to be transcribed. This company has a confidentiality agreement in place with the sponsor to safeguard your data. The transcript of your interview will be 'cleaned' to remove personally identifiable information (your name, age, place of work, names of colleagues) prior to storage. The transcript will be stored electronically on a secure network with a unique code number instead of your name. The cleaned version will be shared with the wider research team, which involves researchers from universities of Birmingham and London School of Economics.

Research data will be retained for a minimum of 10 years. When it is no longer required, the data will be disposed of securely. Any outputs (e.g. reports, papers) produced using data that you have provided will be reported in such a way so as protect your identity from others.

### What are your choices about how your information is used?

After completing your interview, you will have **up to 2 weeks** to request to withdraw yourself and your data from the research. Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. We will always have in place appropriate safeguards to protect your personal data.

If you agree to take part in this study, you will have the option for your data to be used in future research – this data will not include information that makes you identifiable.

### Where can you find out more about how your information is used?

You can find out more about how we use your information:

- Read our leaflet available from our website:  
<https://www.keele.ac.uk/privacynotices/privacynotice-researchparticipants/>
- Ask a member of the research team
  - By sending an email to [t.e.fisher1@keele.ac.uk](mailto:t.e.fisher1@keele.ac.uk) or
  - By ringing us on 01782 731794.
- Alternatively, contact the University's Data Protection Officer at [dpo@keele.ac.uk](mailto:dpo@keele.ac.uk).

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