***Does being more satisfied with romantic relationship status increase wellbeing in people who experience psychosis?***

Dear potential particiant,

You are invited to take part in this survey which is being completed as part of my PhD. Please read the following information carefully and discuss with others if you wish. Take time as much time as you need to decide whether or not you wish to take part. **If there is anything that is not clear or if you would like more information, please feel free to contact me.**

**What is the purpose of the research?** Supportive social relationships can help people recover from mental health difficulties, however less is known about the role of romantic relationships. This study is trying to understand if/how romantic relationship status is linked to mental health in people who describe having unshared experiences such as hearing voices or feeling persecuted (also referred to as ‘psychosis’). I hope that having this information may eventually help improve the support mental health services provide.

**Why have I been chosen?** You are invited to take part in this study if you are over 16 years old and have previously sought support from mental health services for unshared experiences such as hearing voices, seeing things that others could not see, feeling others were conspiring against you etc

**What does taking part involve?** Taking part involves completing a series of questionnaires about your experiences and how you feel. You can complete these questions online or I can send you a copy of the questions by post or email. Large print versions are available on request too. You will be asked questions about your current relationship status and your mental health as well as your experiences of loneliness, stigma and social support and they should take 30-60 minutes to complete.

**What are the risks in taking part?** This risks associated with this study are low. However, you might find some of the questions upsetting. Feel free to stop completing the survey at any time. If you find any part of the survey distressing and need support, please consider: speaking to your GP/ support worker/ care co-ordinator/ psychiatrist (if you have one) or contacting a friend or family member. There are also a number of organisations listed below that you can contact:

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| **Relate –** offering counselling services for every type of relationship nationwideWebsite : [www.relate.org.uk](http://www.relate.org.uk)Email: relate.enquiries@relate.org.uk | **Time to Change – “**a growing social movement working to change the way we all think about mental health problems”Website: [www.time-to-change.org.uk](http://www.time-to-change.org.uk) |
| **Samaritans –** offering emotional support 24 hours a day Website: [www.samaritans.org](http://www.samaritans.org) Tel: 116 123Email: jo@samaritans.org (response time= 24hrs) | **Sane Line –** offering specialist mental health emotional support 4:30-10:30pm daily; website hosts and online support forumWebsite: [www.sane.org.uk](http://www.sane.org.uk), Tel: 0300 304 7000 |

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| **Hearing Voices Network –** peer support for people who hear voices, see visions or have other unusual perceptions”Website: <http://www.hearing-voices.org/> | **NHS 111 Service** **–** 24 hrs. Call 111 free from mobile / landline. Use the service if you urgently need medical help or advice. In life threating emergencies call 999 |

**Prize Draw:**  As a token of appreciation for the time you spend participating you will be given the opportunity to be entered into a prize draw to win one of six £50 shopping vouchers. If you would like to be entered into the prize draw please make sure you give your email address at the end of the survey.

**Do I have to take part?** No. It is your choice to take part or not and you are free to stop/ withdraw from the study at any time. However, as your data is anonymised, it cannot be withdrawn from the database once it has been entered so any answers you give up to your withdrawal / that have already been sent via post or email will be kept.

**Will the information I give be kept confidential?** Yes,all data will be collected and stored in accordance with the General Data Protection Regulation (GDPR) and Data Protection Act 2018.

**All data collected during the study will be stored securely**. Any information that could identify you (e.g. your name, contact information) that you may provide will be kept separately and not linked in any way to the answers you give on the survey.

**How will my answers to the survey be used?** Your answers will be used, along with the answers of others to explore the link between romantic relationships and wellbeing. Your answers may also be helpful for future research studies and so you anonymous data may be used by researchers in other research studies too. The findings of this research will be published in an academic journal and used as part of my PhD. The results may also be used in reports, training, conferences and other presentations but you will not be identifiable from the content of any of the above.

**Can I get a copy of the findings of this study?** Yes, if you would like to hear about the results of this study, please make sure you give your email address at the end of the survey.

**What Do I Do Now?** If you would like to take part after reading the information above, simply continue to the survey. If you have any questions or would like more information about how your data will be collected and stored, please get in touch. If you would prefer to complete the study online, it is available via the link below:

<http://j.mp/36I17f0>

Many thanks for taking the time to read this information,

Yours sincerely,

**Rebecca White (PhD student)**

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