

Participant Information Sheet (December 2017)

Study Title: The impact of military life on relationships

(MoDREC Application No: 823/MODREC/)

Invitation to Take Part

We would like to invite you to take part in a telephone interview study. Before you decide, we would like you to understand why the study is being done and what it would involve for you.

This information sheet tells you the purpose of this study and what will happen if you take part, and gives you detailed information about the conduct of the study. Please feel free to contact us using the details below if there is anything that is not clear.

How to take part:

- **Call the research team on 020 7848 0225 or email dvaresearch@kcl.ac.uk**
- **We will call or email you back. We will answer any questions you might have, and will arrange a convenient time for the interview to take place**
- **Return your signed consent form in the pre-paid envelope to the research team**
 - **Take part in the phone interview**
 - **We will send you a **cheque for £25** as a thank you for your time**

What is the Purpose of the Research?

Military life can be stressful for service personnel, their partners and families leading to relationship problems. Some stresses are unique to the military and some are not. Additional stresses can arise after service personnel leave the military. Sometimes these stresses can lead to problems in relationships such as arguments, and breakdown in communication, controlling behaviour, verbal aggression and in some cases physical violence. The UK Armed Forces are trying to provide more support to partners and families. In order to do this, a better understanding of the impact of military life on relationships is needed.

We are seeking a better understanding of:

- the impact that military service has on relationships
- the problems that can arise

- the perspective of military personnel on the supports available, and
- attitudes to help-seeking for problems within relationships.

We would like to interview personnel in the UK Armed forces from all three service branches, ex-service personnel, males and females.

Who is Doing This Research?

The King's Centre for Military Health Research (KCMHR) is an academic research team at King's College London. KCMHR has been conducting research into issues relevant to current and former members of the UK Armed Forces and their families since 1996. KCMHR is independent of the Ministry of Defence.

Why Have I Been Invited to Take Part?

We are inviting the following people to take part:

Potential participants for this study are personnel who participated in the KCMHR cohort study of the health and well-being of UK Armed Forces members and who reported being in a relationship within the last year and who also consented to being followed up.

Do I Have to Take Part?

No. Taking part in this study is completely voluntary. If you agree to take part, we will then ask you to sign a consent form. You are free to withdraw at any time, without giving a reason. If you wish, you can let other people know you are taking part.

What Will I Be Asked to Do?

We will arrange a time for a telephone interview with you. The interview time will vary depending on how much participants have to say, but it should take no longer than 45 minutes. Interviews will take place from January 2018 on. You do not have to answer any questions you do not wish to. You may take a break or terminate the interview at any time. Your responses to our interview questions will remain confidential, unless you tell us something which suggests that you or someone else may be at risk of harm. In such cases it may be necessary, following consultation with you, to inform others.

Some of your answers may be particularly interesting and the interviewer may want to quote them in the final report; if you do not agree to this, please tell the interviewer or tick the 'No' box on the consent form. Results will be reported anonymously, meaning that you or your family will not be identifiable from your responses.

What are the Benefits of Taking Part?

You may find it helpful to have the opportunity to talk about problems in relationships during or after military service. You will be provided with information on a range of services and resources for help and support. The information you provide will help inform the improvement of support services for military personnel both within the military and after they leave.

What are the Possible Disadvantages and Risks of Taking Part?

Some of the questions may bring up distressing thoughts or feelings. You can take your time answering and can choose not to answer questions, have a break, or terminate the interview at any time. If we need to we can arrange to continue the interview another time. We can provide details of sources of support which you may find helpful and you can speak to our clinician too if that would be helpful. At the beginning of the interview we will ask you if there is anyone you would like us to contact for support for you if you become distressed. Your wellbeing will always be our priority. We will talk to you about safe ways to contact you, and about whether it is safe for you to keep information about the study in your home.

Can I Withdraw from the Research and What Will Happen If I Withdraw?

Yes, at any time and without giving a reason and with no effect on your career if you are still serving. You can change your mind about taking part, without giving a reason, at any time before, during, or after, the interview, up until 2 weeks after the interview. If you do change your mind or have any questions after the interview, please contact the researcher. Data provided up to the point of withdrawal will be disposed of.

Are There Any Expenses and Payments Which I Will Get?

As a thank you, we offer a payment of £25 per interview. Once you have completed the telephone interview, we will arrange payment.

Will My Taking Part or Not Taking Part Affect My Service Career?

No. Taking part is entirely voluntary and will in no way affect your service career. If you do decide to participate, we will follow ethical and legal practice and all information you provide in the interviews will be strictly confidential and stored securely.

Whom Do I Contact If I Have Any Questions?

If you have a concern/question about any aspect of this study, you should speak to the researchers who will do their best to answer your questions. Please refer to the contact details at the bottom of the participant information sheet.

Whom Do I Contact If I Have a Complaint?

If this study has harmed you in any way, you can contact King's College London using the details below for further advice and information:

Research Ethics Office:

Chair of the PNM RESC

Franklin Wilkins Building, Waterloo Bridge Wing, Waterloo Road, London SE1 9NH

Tel: 020 7848 4077

Email: pnm@kcl.ac.uk

What Happens If I Suffer Any Harm?

If you suffer any harm as a direct result of taking part in this study, you can apply for compensation under the MoD's 'No-Fault Compensation Scheme.

Will My Information Be Kept Confidential?

If you do decide to participate, we will follow ethical and legal practice and all information you provide in the interviews will be strictly confidential and stored securely. The only exception to this is if you tell us information leading to concern during the interview which suggests a risk of death (including suicide) or serious harm to yourself or to others. This includes if you tell us information which suggests a risk of harm to children. If this happens, we may have to breach your confidentiality and inform the service most appropriate in the circumstances.

All audio recordings of interviews will be destroyed after they have been transcribed and checked for accuracy. Only the research team will have access to your data and it will not be shared with anyone else. Any reports arising from this study will be anonymised and will not include your name or details that could lead to you (or your family) being identified.

Who is Organising and Funding the Research?

The research is organised by King's College London and funded by the National Institute for Health Research (NIHR).

Who Has Reviewed the Study?

This study has been reviewed and given favourable opinion by the Ministry of Defence Research Ethics Committee (MoDREC).

Further Information and Contact Details

For further information and any enquiries relating to the study, please contact:

Dr Deirdre MacManus (Consultant Forensic Psychiatrist and Senior Clinical Lecturer), Filipa Alves-Costa (Research Associate) and/or Anna Taylor (Research Assistant)



Email Address: dvaresearch@kcl.ac.uk



Telephone: 020 7848 0225

Compliance with the Declaration of Helsinki

This study complies, and at all times will comply, with the Declaration of Helsinki ¹ as adopted at the 64th WMA General Assembly at Fortaleza, Brazil in October 2013.

¹ World Medical Association Declaration of Helsinki [revised October 2013]. Recommendations Guiding Medical Doctors in Biomedical Research Involving Human Subjects. 64th WMA General Assembly, Fortaleza (Brazil).