

THANK YOU for completing our health and wellbeing questionnaire. You previously indicated in the questionnaire that we could contact you again, so we would like to invite you to take part in another one of our studies. Here is some information about the study.

Who is carrying out the study?

The King's Centre for Military Health Research (KCMHR), King's College, London.

Who is funding the study?

The study is funded by the MoD. However, the research team is **fully independent** of the MoD.

What is the study about?

The study aims to find out more about mental health problems and why people do, and do not, seek help for problems. It will also look at people's experiences of health care services and the treatment received if they do seek help. This is a follow-on study to our long-term study investigating the health and wellbeing of military personnel.

What are the benefits of taking part?

Many people who have been interviewed have said that they valued the opportunity to talk about their experiences. If you are currently having any mental health related problems, the research team can provide appropriate signposting to other services that you might find useful.

By taking part you will help us to gain a greater understanding of the mental health, treatment needs, and barriers to care for serving and ex-serving members of the UK Armed Forces. The results of this study may inform future mental health services for serving and ex-serving personnel, and may also help to break down the barriers that prevent people from seeking the help that they need, which may help you, and others like you, in the future.

If I agree to take part, what will I be asked to do?

You will be asked to take part in a telephone interview with one of our researchers at a time convenient to you. This should take no longer than one hour. This interview will be recorded to make sure that the interviewer does not miss any of the information that you give. The recording will be securely destroyed at the end of data collection.

What will I be asked about in the interview?

We will ask you about your current mental health and wellbeing. In addition, we would like to know if you have sought help or treatment for any stress-related, emotional or alcohol problems, and if you have, what kind of experiences you had and whether you use any medication for these problems. We also would like to know what kinds of things might prevent you from seeking help if you did need it.

How to take part.....

- **Call the research team on 020 7848 5817**
- **We will call 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**

Do I have to take part?

No, participation is voluntary, and you are under no obligation to take part. However, for our results to be valid, it is important for us to hear from as many people as possible, and so your participation counts.

How do I withdraw from the research?

If you do not wish to take part in the interview study you can let us know by writing, emailing or phoning. You can also withdraw the information you gave in your interview after you have taken part up until the end of data collection for the study which will be April 2016. If you wish to withdraw, please contact us. Our contact details are given at the end of this leaflet. **Please help us by stating your full name and the reference number given in our letter/email.**

Are there any disadvantages to taking part?

It is unlikely that participation in this study will be harmful to you. However, if you are not comfortable answering any of the questions you can stop the interview or move on. If you are very distressed as a result of completing the interview, we will ask a mental health professional to call you to offer help and advice. Everyone who takes part will receive a Signposting Booklet which contains the contact details of organisations that can offer relevant help. This is available on our website. In addition, the independent medical officer will be available to give you advice. Please see the end of this leaflet for their contact details.

What happens if I suffer harm?

Although we think it is unlikely, in the event of you suffering any adverse effects as a consequence of your participation in this study, study participants will be eligible to apply for compensation under the MoD's 'No Fault Compensation Scheme'.

Has this study been reviewed?

The study protocol has been reviewed by the Ministry of Defence Research Ethics Committee (MoDREC) (Ref: 535/MODREC/14).

Who will get to see the information that I give in the interview and how will my information be stored?

All information will be kept strictly confidential. It will be stored securely, and will only be accessible to the research team. We will not share your personal information with anyone outside of the research

team. We will never release data which contains any information that would identify you. We will also not pass your contact details to any third parties.

The only exception is if you tell us something which makes us concerned about your safety or the safety of others, which we are legally obliged to do. However, we would discuss this with you before telling anyone else.

The overall findings and results of the study will be published, but individual responses will be **entirely confidential**. Records will be held for 20 years and you have the right of access to your records at any time.

I feel well. Would you still like me to take part?

Yes, we want to hear from people who feel well and those who have experienced, or are experiencing, stress and emotional problems.

I have left the military. Would you still like me to take part?

Yes, we want to know more about people's experiences when they leave the military.

How do I get my £25?

Once you have completed the telephone interview and returned your signed consent form to us in the pre-paid envelope provided, we will send you a **cheque for £25** to thank you for your time.

Will I get to see the results of this study?

Yes. We will send you newsletters letting you know about the progress and results. Providing us with up to date contact details will help us to ensure you receive them (previous newsletters can be viewed on our website). In addition, the research team will publish overall results in academic journals.

Independent Medical Officer:

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OUR CONTACT DETAILS



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KCMHR website

www.kcl.ac.uk/kcmhr

Study Members Page

www.kcl.ac.uk/kcmhr/participants/Interview-Study/index.aspx



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HELP SEEKING, HEALTH CARE EXPERIENCES, AND BARRIERS TO CARE IN SERVING AND EX-SERVING MEMBERS OF THE UK ARMED FORCES: AN INTERVIEW STUDY

MODREC REF: 535/MODREC/14

PARTICIPANT INFORMATION SHEET



University of London

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