

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

Adolescent Parent/Guardian Participant Information Leaflet

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Thank you for considering your child's participation in this research study. The purpose of this document is to explain to you what the work is about and what is involved, to enable you decide if you want your child to take part. We encourage you to discuss this research with your child and the other parents/guardians of your child.

What is this study about?

The aim of this study is to explore the needs of young people who have been bereaved by suicide, and to identify barriers and facilitators to accessing appropriate supports and services. In this study, 'young people bereaved by suicide' includes anyone under age 25 who has experienced the death of a close one through suicide (for example, a family member, carer, or friend). As part of the study, we want to hear from adolescents and young adults bereaved by suicide; 2) parents/guardians supporting children who have been bereaved by suicide; and 3) professionals involved in supporting young people and delivering youth suicide bereavement supports.

This is an independent research study, being conducted by researchers at the National Suicide Research Foundation and School of Public Health, University College Cork. The study is funded by the Health Service Executive National Office for Suicide Prevention.

Why take part in this study?

This research will provide valuable information on how to improve access to evidence-based specialised services for young people bereaved by suicide. While your child may find the experience of participating in the research meaningful, the main benefits of this research will be for the future development of services for young people bereaved by suicide.

What would taking part in the project mean for my child?

Should your child to take part in this research, they will be asked to participate in an individual interview. The interviewer will ask them questions about the support that they think would be helpful for young people after they have experienced a death by suicide. This includes questions about their main support needs following the loss, the supports they received following the loss, and their experience of accessing support and any recommendations for future services. There will also be a small number of questions about their background (for example, age, gender, relationship to the deceased, 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 you/your child's preference and availability.

Participating in this project is voluntary. There is no obligation to take part. If you decide that your child will take part, you will be asked to sign a consent/agreement form that will confirm your decision. Your child can refuse to answer any specific questions, or can decide to withdraw from the interview at any time. You or your child do not have to provide a reason for withdrawing. You can withdraw your child's data from the study up to two weeks after the interview by contacting the researchers at the details below.

While you may have heard about this study through a service or support that your child is engaged with, participating (or choosing not to participate) in this study is separate to the support your child receives and will not impact upon their access to support.

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Who can take part?

Your child can participate if they are aged between 15-17 years and have been bereaved by suicide. It must be **at least six months** since your child experienced loss through death by suicide. Participating in research like this may be challenging for those who have been recently bereaved (for example, within the last few months).

What will happen to the information my child gives?

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 transcription is complete. The information your child provides will be anonymised. This means that any information which could identify your child will be removed from the transcribed document. As part of the data, we will not collect any information that would directly identify your child such as your name, contact details, or address.

The anonymous data will be stored electronically on a secure server located in the National Suicide Research Foundation in University College Cork. Access to this data will be strictly limited to the members of the research team. All anonymised data will only be accessed using encrypted laptops. The National Suicide Research Foundation is compliant with the General Data Protection Regulation (GDPR) and is registered with the Data Protection Agency. The data collected in the study will be kept for a period of 10 years after the end of the study.

Any information which your child provides will only be used for the purpose of this project. If you would like your child's information to be deleted, you can contact the research team at the contact details below.

Is the information my child provides confidential?

As described above, the information your child provides via interview will be anonymised so that your child cannot be identified. You/your child's contact details will be kept in a password-protected electronic file which will be stored on the servers of the National Suicide Research Foundation. Only members of the research team will have access to these documents.

The only reason the researcher would break confidentiality is if your child disclosed a risk of harm to themselves or others, during the interview. Examples of a risk of harm to themselves would be if your child states that they plan to harm themselves or are a victim of ongoing abuse. An example of risk of harm to others would be if your child indicates that they have plans to cause physical harm to another person. In this situation, the researcher would be obliged to contact a third party. Before contacting a third party, the researcher will first speak with your child, explaining that in the interest of your safety, it is necessary to communicate with another party regarding information they have given.

What will happen to the results of the project?

The data files will not be shared with anyone beyond the research team. The information your child provides may contribute to reports, research publications or conference presentations. When the information is presented, all results will be summarised as a group so they will not be personally identifiable in these publications or presentations. Results of the study will also be provided to the Clinical Research Ethics Committee of the Cork Teaching Hospitals (CREC) in compliance with national and international regulations on clinical studies.

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The final results of this research can also be shared with you or your child if you wish. You can receive a copy of the results by contacting the researchers through the details below.

Are there any risks to taking part?

We have tried to minimise any risks of taking part in this study. However, we are asking your child to provide information about a challenging time of their life and so there may be a risk that participating could cause them distress or be emotionally challenging. As researchers, we will be paying attention to your child's experience and will offer a number of options to them. They can choose not to answer specific questions, or to take a break during the interview. They can also choose to withdraw from the interview at any time, without providing a reason. If they experience distress during this study, we will follow a protocol to ensure that they can access support.

Should your child experience distress later as a result of participating in this study, you or your child can contact the researchers to identify appropriate supports or consult the list of supports provided at the [end of this leaflet](#).

This study has received ethical approval from the Clinical Research Ethics Committee of the Cork Teaching Hospitals.

What should I do now?

Please discuss the study with your child after they have read the information leaflet designed for them. Please contact the researchers if you have any questions about the research. If you and your child are happy for them to participate in the research, please contact the researchers using the details below. The researchers will speak directly with your child to ensure they are comfortable to participate in the study at this time. Following this you will be asked to sign the consent form and return it to the researchers via email or stamped addressed envelope.

Further information

If you have any queries about this research, or would like any information on accessing appropriate services, you can contact 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 Wiggan (National Suicide Research Foundation and School of Public Health, University College Cork).

Support resources and services

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.

Samaritans provide a 24-hour listening service, free of charge. Phone 116 123 or email jo@samaritans.ie

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

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To access individual counselling services, visit the Psychological Society of Ireland webpage 'Find a Psychologist' www.psychologicalsociety.ie

You are not alone: Support for people who have been bereaved by suicide is a guide which provides information on suicide bereavement and the supports available in Ireland. Access here: [national-suicide-bereavement-support-guide](#).

For children or young people

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

Barnados provide support to children and young people who have been bereaved. Find further information on www.barnados.ie

Rainbows Ireland support children who are bereaved, providing peer support groups. www.rainbowsireland.ie

The **Irish Childhood Bereavement Network** provides information on grief in children, adolescents and families. www.childhoodbereavement.ie