

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

Young Adult's Participant Information Leaflet

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Thank you for considering participating 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 to take part.

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 you may find your experience of participating in the research meaningful to you, 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 me?

If you decide to take part, you will be asked to participate in an individual interview. This will be a discussion between you and a researcher where the researcher will ask you questions about the support that you think would be helpful for young people after they have experienced a death by suicide. This includes some questions about what you think you needed following your loss, the supports you received following the loss, you're your experience of reaching out for support and any thoughts you have about improving services in the future. There will also be a small number of questions about your background (for example, age, gender, the relationship you had to the person who died, 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 what suits you.

Participating in this project is voluntary. There is no obligation to take part. If you decide to take part, you will be asked to sign a consent form that will confirm your decision. You can refuse to answer any specific questions, or you can decide to withdraw from the interview at any time. You do not have to provide a reason for withdrawing. You can withdraw your 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 you are engaged with, participating (or choosing not to participate) in this study is separate to the support you receive and will not impact upon your access to support.

Who can take part?

You can participate in this study as a young adult if you are aged 18-24 years and have been bereaved by suicide. It must be **at least 12 months** since you have been bereaved 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 I give?

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 you provide will be anonymised. This means that any information which could identify you will be removed from the transcribed document. As part of the data, we will not collect any information that would directly identify you 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 you provide will only be used for the purpose of this project. If you would like to access your information or if you would like your information to be deleted, you can contact the research team at the contact details below.

Is the information I provide confidential?

As described above, the information you provide via interview will be anonymised so that you cannot be identified. Your 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 you disclosed a risk of harm to yourself or others. Examples of a risk of harm to yourself would be if you tell the researcher that you plan to harm yourself or that you are a victim of ongoing abuse. An example of risk of harm to others would be if you tell the researcher that you 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 you, explaining that in the interest of your safety, it is necessary to communicate with another party regarding information you 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 you provide may contribute to reports, research publications or conference presentations. When the information is presented, all results will be summarised as a group so you 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 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 you to provide information about a challenging time of your life and so there may be a risk that participating could cause you distress or be emotionally challenging. As researchers, we will be paying attention to your experience and will offer a number of options to you. You can choose not to answer specific questions, or to take a break during the interview. You can also choose to withdraw from the interview at any time, without providing a reason. If you experience distress during this study, we will follow a protocol to ensure that you can access support.

Should you experience distress later as a result of participating in this study, you 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.

How do I take part?

If you are interested in taking part in this study, please contact the researchers at the details below. They will discuss the study with you to ensure you are happy to participate. You will then be asked to sign a 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 Wiggin (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

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

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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