



Participant Information Sheet:

Research Project title:

Therapists experiences of delivering treatment to patients with co-morbid mental and physical health conditions within an IAPT service.

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Second Supervisor: Miles Thompson: Miles.Thompson@uwe.ac.uk

Ethical Approval Details:

You have been invited to participate in the above research project as you currently work as a therapist within the Somerset Foundation Trust Improving Access to Psychological Therapies Service.

The research project is looking to investigate therapists experiences of working with patients with long term health conditions within IAPT. There has been a recent focus on integrating mental health and physical health pathways due to the high co-morbidity rate between those physical and mental health conditions. Within these pathways the focus is on making sure that patients who are experiencing common mental health problems such as depression and anxiety, but who also suffer with a physical health condition are being offered the appropriate support due to help manage both their physical and mental health. Therapist experiences and views of delivering treatment through these pathways are important to gain a better understand of how this works in practice and help guide future developments.

Your participation in this study will be voluntary. You have the right to withdraw from the study up until the data has been anonymised.

The research will involve taking part in an interview which will be approx.. 30 minutes. The interview will be guided by an interview schedule. The interviews will be conducted via Microsoft Teams on Audio only.

There are no direct risks of participating in the study, however we recognise that due to the nature of interviews this may unintentionally evoke emotion or distress.

You have the right to decline to answer any of the questions and terminate the interview at any point.



Following completion of the research a report will be put together for the management/wider service. This report will feedback on the themes that have emerged from the data analysis and no direct quotes from participants will be used. The report will also feedback any recommendations/considerations for service development.

The research will help provide further insight into the role of IAPT in supporting people with long term health conditions and help future development of the service.

Interviews will be audio recorded via Microsoft Teams. Interviews will be electronically transcribed, stored on the researchers secure UWE One Drive and will anonymise personal details. When this has happened the interviews on Teams will be erased. The anonymised transcripts will be stored at UWE for 6 years.

The data will be analysed to look for key themes and quotes may be used from the interviews to support the themes identified. Quotes used within the thesis write up will be anonymised and no identifying information will be used.

The study will be part of a doctoral thesis

If you have any further questions of concerns then please use the contact details above. Thank you for your participation in this research project.

Please follow the link below to consent to participating in this study:

https://uwe.eu.qualtrics.com/jfe/form/SV_behG8IKIyZ7UUnk

Please find enclosed the Privacy Notice.