

**Invitation to skin camouflage users and practitioners to
take part in a research study**

**Developing self-help for use in skin camouflage services: Need,
acceptability, and usability of self-help targeting social anxiety.**

Dear all

I am a Trainee Clinical Psychologist at the University of Sheffield. For my thesis project I am conducting a study that aims to assess the value of adding psychological self-help management techniques to routine skin camouflage treatment. The self-help will be based on existing cognitive behavioural techniques used in the management of social anxiety, and social skills training used to support people in managing the reactions of others.

As part of the development of this self-help intervention we are seeking feedback about the need for this sort of support, and the usability and acceptability of the materials. This would be in the form of a telephone interview lasting no more than one hour.

I have attached a study information sheet which gives further information about what is involved in the study. If after reading it you would be willing to participate please reply to me on this email address (m.pasterfield@sheffield.ac.uk). Please include a postal address so that I can send you a consent form.

Thank you very much for your time and interest in the project.

Madeline Pasterfield

(Supervised on this project by Dr Andrew Thompson, Reader in Clinical Psychology, University of Sheffield, a.r.thompson@sheffield.ac.uk).



Information Sheet

1. Research Project Title:

Accessing the acceptability and usability of a self-help intervention.

This will involve collecting views on a new self-help leaflet that aims to improve confidence in social situations.

2. Invitation to take part:

You are being invited to take part in a research project. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.

If you do wish to take part, please see paragraph 16 on the final page for what to do next.

3. What is the project's purpose?

Research has shown that some people with a visible difference can experience distress such as social anxiety. We have developed a self-help intervention based on cognitive behavioural therapy techniques and we would like some feedback on the need for the self-help, its content, its usefulness, and how easy it is to use.

4. Why have I been chosen?

You have been invited to take part in this project as you are either a practitioner connected to the provision of skin camouflage or a skin camouflage service user, or both.

5. Do I have to take part?

It is up to you to decide whether or not to take part. If you do decide to take part you will be asked to sign a consent form but you can still withdraw at any time without giving a reason.

6. What does taking part involve?

If you decide to participate in this project you will be asked to take part in a telephone interview with the researcher that should last no longer than one hour.

Beforehand you will be sent a copy of the self-help leaflet either by post or by email. We ask that you do not look at the leaflet in detail until the time of your interview. You will be asked to look through the leaflet and speak aloud your initial thoughts about it. You will then be asked some more specific questions about how whether there is a need for

such interventions and how suitable and useful you think it might be for people with a visible skin condition or scarring. In addition, we are interested as to how easy you think it is to read and follow.

The researcher will record the interview and transcribe your feedback which will then be reviewed for patterns or themes. This information will be used to inform changes or alterations to the self-help leaflet in the future.

The audio recordings of your interview will be used only for analysis and for illustration in the research report, conference presentations and lectures. Your name will not be connected to your responses in these instances. No other use will be made of your feedback without your written permission, and no one outside the project will be allowed access to the original recordings.

7. What are the possible disadvantages and risks of taking part?

There are no foreseen risks to taking part in the research. It is possible that participating in the study may bring up some difficult feelings, so you may wish to consider this before agreeing to take part.

If you would like information on voluntary services available to you then these can be provided at the end of the interview.

8. What are the possible benefits of taking part?

Whilst there are no immediate benefits for those people participating in the project, it is hoped that this work will be used to develop a potentially beneficial self-help treatment for people who are experiencing distress in relation to a visible skin condition or scarring.

9. What happens if the research study stops earlier than expected?

If this was to occur, you would be informed as soon as possible.

10. What if something goes wrong?

If you have any complaints about this project please contact the researcher supervising the project in the first instance:

Dr Andrew Thompson (a.r.thompson@sheffield.ac.uk) – Clinical Psychology Unit, Psychology Department, University of Sheffield.

Following this, if you feel your complaint has not been handled to your satisfaction then you can contact the University's 'Registrar and Secretary'.

11. Will my taking part in this project be kept confidential?

All the information that we collect about you during the course of the research will be kept strictly confidential. Once we have received your consent form and demographics questions they will be stored separately and securely. Your interview recordings and transcripts will be stored anonymously and securely. You will not be able to be identified in any reports, presentations, or publications.

12. What will happen to the results of the research project?

The results of this study will be used to inform changes and alterations to the self-help intervention in the future. We are currently also running a feasibility trial in skin camouflage clinics with the aim of gaining some preliminary data on the effectiveness of the leaflet. The full study result will then be written up in a research report. We also aim to publish this report in an academic journal and at academic conferences so as to inform future research in this area as well as clinical practice.

It is possible that the data you provide will be used to inform similar research project in the future and for teaching purposes. In all cases, your comments/data will remain anonymous.

13. Who is organising and funding the research?

This research is being sponsored by the University of Sheffield, Clinical Psychology Department in collaboration with Sheffield Teaching Hospitals NHS trust.

14. Who has ethically reviewed the project?

This project has been ethically approved via the psychology department's ethics review procedure. The University's Research Ethics Committee monitors the application and delivery of the University's Ethics Review Procedure across the University.

The full study will also be approved by the NHS national research ethics service.

15. Contact for further information

If you would like any further information about this study before you consent to take part then please contact the researcher on

m.pasterfield@sheffield.ac.uk

16. If I want to take part, what next?

If you do wish to participate in this study, please reply to m.pasterfield@sheffield.ac.uk saying that you would like to participate. Please include a postal address so that you can be sent a consent form.

Once your consent form has been received by the researcher you will be contacted to arrange a convenient time to conduct the interview.

Thank you very much for your time.