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**Pathways to Change:  
 Exploring the views of South-Asian adults on mental health services in Surrey and North-East Hampshire since 2017**

**PARTICIPANT INFORMATION SHEET**

If you require assistance with the participant information sheet or in an alternative format, please contact the researchers.

**Researchers:**Salem Sabur [salems@smef.org.uk](mailto:salems@smef.org.uk) | 07915 926 753  
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**Community Researcher/s:**

Suzanne Akram [suzanneakram@smef.org.uk](mailto:suzanneakram@smef.org.uk)

Group Leader Name:

Contact details:

You are being invited to take part in a research project about South-Asian adults’ experiences with mental health services. To help you decide if you want to take part, it is important for you to understand why the research is being done and what it will involve. Please read the following information carefully and ask us if there is anything that is not clear or if you would like more information. Your decision about whether to participate in this project will no way affect any services you receive.

**What is the purpose of the project?**

The purpose of this study is to **explore the views of South-Asian adults on mental health services in Surrey and North-East Hampshire, focussing on cultural and religious needs, and language barriers.** This research project is being carried out by researchers from Surrey Coalition of Disabled People, in collaboration with Surrey Minority Ethnic Forum (SMEF). The findings will be shared as a report, presentations, and short films (which will be available online).

**Why I have been asked to take part?**

You are being asked to take part if you:

* have used mental health services, or have supported someone who has used mental health services since 2017
* are over 18 years old
* are based in Surrey
* identify as South-Asian (e.g. Nepalese inc. Gurkha, Bangladeshi, Indian and Pakistani)

Taking part in this research is entirely voluntary.

If you decide to take part, you will be given this information sheet to keep and you will be asked to sign a consent form. Please note that if you change your mind then you can withdraw from the study until 24th April 2023. You will not be asked to give a reason for doing so. To withdraw from the study please contact the researchers. Unfortunately, after this date the research will have been prepared for analysis and write-up, and we will not be able to extract your information from the study.

**What will happen to me if I take part?**

You will be asked to participate in a survey, and an optional follow up focus group or research conversation. The survey will take about 10 minutes of your time, with the follow-up focus group lasting around 45 minutes. The follow-up focus group/ research conversation will be held in-person or over Zoom/Microsoft Teams. Any travel expenses incurred will be reimbursed, and you will be offered a voucher as a thank you for your time.

**Will I be recorded, and how will the recorded media be used?**With your permission, the focus group/research conversation will be recorded and then transcribed. The transcripts will be anonymised. Once transcribed, the recordings will be destroyed. The transcripts and consent forms will be held securely, and not retained for longer than necessary.

**What happens immediately after I have completed my conversation?**

You will be debriefed and will have the opportunity to ask further questions regarding the study should you wish to do so.

**What are the possible disadvantages and risks of taking part?**

There are no foreseeable risks associated with this study and it is hoped that you enjoy taking part. However, if you become uncomfortable discussing your experiences, you can stop at any point, and you will be referred to an appropriate source of support.

**Will my taking part in this project be kept confidential?**

All personal information about you (e.g., name, contact details) will be kept confidential. Information held electronically will be held securely in Surrey Coalition of Disabled People’s IT system and paper documents, such as your consent form, will be stored securely in a lockable cabinet.

The data for this project will be in the form of anonymised quotes from surveys and research conversations. Participants who are quoted will be given a pseudonym, and any personal information about them such as their job will be anonymised so that they cannot be identified from the quote. Only the project’s community researchers and Salem Sabur, Immy Markwick, Alex Hird and Kirsty Smith, will have access to your personal details and data.

In accordance with the terms and conditions of funded research, it is possible that the research data (not personal contact details data) collected within this project may be required to be deposited in an approved data repository for archiving and sharing. All data will be fully anonymised before it is deposited, and no individual will be identified in the archived data.

Please note that in exceptional circumstances confidentiality may have to be breached in cases where a person is considered to be at risk or if required by law.

**Who has reviewed the project?**

This project has been reviewed by the Pathways to Change steering group which consists of South Asian adults who have experienced a mental health problem or supported someone for their mental health, and mental health professionals.

**Does the project conform to GDPR guidelines?**

This research is being conducted in accordance with the General Data Protection Regulation guidelines. The data controller for this project will be Surrey Coalition of Disabled People.

In the unlikely event that you have cause for complaint, please contact Nikki Roberts, CEO at Surrey Coalition of Disabled People on nikki.roberts@surreycoalition.org.uk.

If you remain dissatisfied with the response, you may wish to contact the Information Commissioner’s Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

For more information about this research project, please visit: <https://surreycoalition.org.uk/imhn/blogs/research-blogs>

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