

Information for participants

We want to ask you if you are willing to participate in an exploratory study titled *“Exploratory study of Identity oriented psychotrauma therapy (IoPT) – meaning and experiences of IoPT”*. This document provides you with information about the study and what a potential participation would mean for you.

Information about the project and reasons to participate

The aim of the current study is to explore the meaning and experiences of IoPT as a therapeutic method. Potential participants in the study can have one or multiple roles, e.g. as a (future) therapist, a client, a representative in others’ constellations, and/or as an observer.

Franz Ruppert and Marta Thorsheim are helping us to spread information through their networks about the study to potential participants, which is why you receive the current information. *As the study’s aim is to get an understanding of the meaning and experiences of IoPT as a therapeutic method for the participants,* your experiences are valuable for us to hear about.

Criteria for participation are:

* to have experience of IoPT as a therapeutic method, whether as a (future) therapist, client, representative in constellations, and/or observer (participants can have one or several of these roles);
* to be over 18 years old (no upper limitation);
* to speak and understand English or Swedish (it’s okay to speak another Nordic language as long as the interviewer who speaks Swedish/English and the participant can understand each other).

Observe that you shall not suffer from an ongoing serious mental illness at the time of participation.

How does it work?

If you agree to participate in the current study, you need to sign an informed consent form and forward your contact details, including some background information to sigrid.stjernsward@med.lu.se (see appendixes 1 and 2).

You will then be contacted by the researcher (Sigrid Stjernswärd) for an individual interview (or focus group), which will be carried out face-to-face at a convenient time and location or by phone/skype. The location needs to be free of disturbances and noise, as the interview will be recorded for transcription and analysis. The interview is estimated to take approximately 1-2 hours.

Participation is voluntary and can be disrupted at any time, without having to explain why and without any consequences for the participant. Participation is free of costs. No remuneration will be given to the participants.

Potential risks and benefits with your participation

Participation in the study requires that you set off time for the interview. To minimize this potential inconvenience, a suitable time and place for the interview will be chosen in cooperation between the participant and the researcher. Talking about topics that may be experienced as sensitive may be emotionally unsettling, however the participant is free to choose what to talk about or not to talk about. Our experience with interviews shows that the opportunity to talk about subjects of personal interest can be appreciated by the participants.

If you, as a participant in the study, happen to feel that the interview stirs up feelings that you need professional help to handle, the contact person will recommend you to turn towards a suitable provider for professional support.

In a wider perspective, a clearer understanding of the meaning and experiences of IoPT as a therapeutic method can provide a deeper insight into the value and significance of this method, as seen by the participants. The present explorative study may also lay the foundations for further studies in the area.

Handling and presentation of data

Collected data, that is the recorded interviews and transcripts, including some background information, will be handled confidentially. Personal information that can potentially reveal the participants’ identity will be removed from the transcripts. Potential quotes will be de-identified. Collected data will be stored in a secure location, only accessible to the researchers.

The results of this exploratory study will be presented (as a report/scientific paper) on a group level so as not to reveal the identity of individual participants.

Lund University is responsible for collected personal data. According to the EU data protection regulation, you have the right to, free of costs, receive information about own personal data that is handled in the study and to have potential mistakes corrected if needed. You can also request that information about you is deleted and that the handling of personal data is restricted. If you want information about collected personal data, contact Sigrid Stjernswärd (see contact details below). The data protection representative can be reached through dataskyddsombud@lu.se, tel. +46 (0)46 2220000. If you are dissatisfied with the handling of your personal data, you can complain through the Data Inspection Board, which is the supervisory authority.

The study has been approved by the regional ethical committee in Lund, Sweden.

Contact person

Sigrid Stjernswärd is responsible for the current study. She is a registered nurse with a specialization in psychiatric nursing, and is currently working as an assistant professor and senior lecturer at the Department of Health Sciences, Lund University, Sweden.

Contact information: Sigrid.stjernsward@med.lu.se, phone +46 (0)46 222 1904.

Postal address: Sigrid Stjernswärd, Department of Health Sciences, Lund University, Box 157, 221 00 Lund, Sweden



Appendix 1: Informed consent form

**Project title**: “Exploratory study of Identity oriented psychotrauma therapy (IoPT) – meaning and experiences of IoPT as a therapeutic method”.

**Project leader**: Sigrid Stjernswärd

I understand the information about the study and I am willing to participate in the study. I have also been informed about the fact that participation is voluntary and that I can interrupt my participation in the study at any time without having to provide an explanation.

Tick the square below if you agree to participate:

 I agree.

Contact information:

Name and surname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Postal number, city and country: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email (please check that it is correctly and clearly spelt): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number (including country code): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Skype identity (if you have one and are willing to use it for interview): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place and date Signature

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**Send the signed informed consent form (appendix 1) and background information (appendix 2) by email or regular mail to:**

Email: sigrid.stjernsward@med.lu.se

Postal address: Sigrid Stjernswärd, Department of Health Sciences, Lund University, Box 157, 221 00 Lund, Sweden

Appendix 2: Background information

1. Age:
2. Gender:
3. Country of origin/nationality:
4. Country you live in:
5. Professional training/education:
6. Current occupation:
7. Role/roles within IoPT (you can tick one or several roles depending on what matches best):
8. current therapist
9. future therapist
10. client
11. representative
12. observer

**Thank you!**

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