



## **Plain Language Statement**

**Research Title:** Psychotherapists' perspectives of the effects on the adult child of parental problematic alcohol use.

**Researcher:** Nichola Fannin, MSc Psychotherapy Student - Dublin City University

**Research Supervisor:** Dr Gerard Moore - Dublin City University

### **Purpose and rationale of study**

You have been asked to participate in a research project that is being undertaken as part of MSc research project at Dublin City University. The aim of this study is to gain insight into psychotherapists' perspectives on the effects on the client of parental problematic alcohol use. Parental alcohol use can have significant consequences for their children directly or the family as a whole. Family members often carry the primary responsibility of supporting and advocating for the person with problematic alcohol use. Many terms are associated with problematic alcohol use; including, addiction, alcohol use disorder, alcohol dependence, binge drinking, and episodic drinking. A misconception in Irish society is that the individual with addiction is most affected; however, the family may also be affected by a person's problematic alcohol use. Thus, the research aims to explore psychotherapists' perspectives of the effects on the adult child who has grown up in the shadow of their parent's problematic alcohol use. Traditionally, much research has focused on treating only the individual with the active disease of addiction; however, there is growing international concern regarding the children and other members of families who are indirectly affected by problematic alcohol use in their everyday lives. This research may contribute to the field of psychotherapy by identifying areas in which more support is required to enable family members affected to prevent and cope with the individual with problematic alcohol use.

### **What does participation involve?**

Participation will involve attending either a face-to-face or zoom, recorded interview, approximately one hour in length. The face-to-face interviews will take place in either DCU or your place of work, whichever is more convenient for you. The interview will be followed by a short debriefing. The interview will be recorded on a digital audio device for face-to-face interviews and audio cloud recording on zoom. You will need to read and sign a consent form confirming your desire to take part in the study before the interview. Before the interview starts, those using Zoom can email a completed consent form to the researcher while online. During

the interview, you will be asked a number of questions about your past experience working with the adult child who has grown up in the shadow of their parent's problematic alcohol use.

### **How is your privacy protected?**

The researcher will strip all identifying information from the transcripts, which will then be anonymised. Even though every attempt will be made to maintain your anonymity, due to the limited number of interviews and the study's use of direct quote, anonymity cannot be ensured and it is possible that you could be identified.

### **Potential benefits/risks**

There are no anticipated benefits, but you will have the chance to consider and reflect upon your own practice working with adult children who have grown up in the shadow of their parent's alcohol misuse. There is a small chance that as you think back on these experiences, you might become distressed. In this case, you will be urged to discuss this with the researcher both in person and online during debrief. If additional support is required, the researcher will point you in the direction of the right resources.

### **Limits of confidentiality**

If material is divulged that poses a risk to you, another person, or children's safety (Children First guidelines shall be followed), or if professional malpractice is revealed, confidentiality cannot be preserved. Data can also be subjected to subpoena and a freedom of information claim. If any of these issues should arise the researcher and her supervisor will discuss its management with you.

### **What type of personal data will be collected about me?**

For the aim of summarising the participants' demographics in study publications, the following personal information will be gathered: name, professional years of experience and psychotherapy training.

### **Do I have the right to withdraw from this study?**

Participation in this study is completely voluntary. You are free to withdraw from the study up to the point of the data being anonymised which will be two weeks after the interview is completed, then at this point the original data cannot be isolated and the participant will be unable to exercise their right to withdraw from the study. To withdraw contact Nichola Fannin by email at [nichola.fannin4@mail.dcu.ie](mailto:nichola.fannin4@mail.dcu.ie) or alternatively the research supervisor: Dr Gerard Moore at [gerry.moore@dcu.ie](mailto:gerry.moore@dcu.ie).

### **How will my data be used and disposed of?**

The researcher will transcribe the interview data from the audio recordings in an effort to identify key themes. All data will be kept safely on the DCU google drive. Any hard copy material will be stored in a locked filing cabinet at the principal investigators DCU office. All

the data collected will be stored until the research study has been awarded a final grade in the summer of 2024. After this time, the researcher and principal investigator will securely dispose of all digital and/or hard-copy materials. It is hoped that the completed research will be available at the DCU library after submission and grading. This study will be conducted in compliance with the General Data Protection Regulation (GDPR).

DCU is the data controller in this study. This study will be conducted in compliance with the General Data Protection Regulation (GDPR), and if you have any concerns regarding how your data in this study has been handled, you can contact: DCU Data Protection Officer, Mr. Martin Ward – ([data.protection@dcu.ie](mailto:data.protection@dcu.ie) Tel: 01-7005118/01- 7008257) who will handle any data protection concerns arising from this research. An individual also has the right to report a complaint concerning the use of personal data to the Irish Data Protection Commission: Data Protection Commissioner.

### **How will I find out what happens with the project?**

If you have any questions regarding the research, please contact the researcher: Nichola Fannin by email at [nichola.fannin4@mail.dcu.ie](mailto:nichola.fannin4@mail.dcu.ie) or alternatively the research supervisor: Dr Gerard Moore at [gerry.moore@dcu.ie](mailto:gerry.moore@dcu.ie). If you have any concerns about this study and wish to contact an independent person, please contact: Chairperson, Ethics Review Committee, School of Nursing, Psychotherapy and; Community Health at [snphethicsreviewcommittee@dcu.ie](mailto:snphethicsreviewcommittee@dcu.ie).



### **Research Participants Invited**

I am currently seeking Psychotherapists with a minimum of five years' experience working with clients who have grown up in the shadow of their parent's problematic alcohol use, to take part in a study that will identify the effects on the client of parental problematic alcohol use.

If you are interested in taking part, you will be asked to participate in an interview. The face-to-face or zoom interview will take place in either DCU or at your place of work, whichever is more convenient for you at a time that suits you and will last for approximately 1 hour.

The study is completely voluntary and confidential. Participants can withdraw their participation at any time without explanation.

For more information, please contact Nichola:

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