

## **Plain language statement/Information Sheet**

**Research Title:** Exploring the attitudes and beliefs of psychotherapists towards physical exercise as a therapy intervention.

**Researchers:** Katie Collins and Dr Stephanie Finan, School of Nursing, Psychotherapy and Community Health

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

You are invited to participate in a study on 'Exploring attitudes and beliefs of psychotherapists towards physical exercise as a therapy intervention', you have been chosen because you responded to an advertisement on IACP/IAHIP website(s).

This study is being conducted in partial fulfilment of MSc Psychotherapy dissertation, under the DCU School of Nursing, Psychotherapy and Community Health. This study intends to explore psychotherapists' attitudes and beliefs about physical exercise as a mental health intervention. There are various manners in which physical exercise may be integrated into psychotherapeutic work or recommendations/psychoeducation provided. Sometimes it is not brought into the work at all. This research aims to gain insight into psychotherapists' attitudes and beliefs towards the role of physical exercise in the field of mental health and within the psychotherapeutic process. Current research yields findings pertaining to physical exercise being integrated into the therapy hour (walk and talk therapy), whilst other literature suggests that discussion or prescription of exercise as an intervention can be perceived as beyond the scope of psychotherapy or may vary on personal attitudes of therapists towards exercise. This research can help strengthen the understanding of how psychotherapists view and approach physical exercise as an intervention, knowledge base on supporting clients to promote positive outcomes.

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

Your participation will involve either a face-to-face interview or a zoom interview, both lasting approximately 60 minutes (whichever is most convenient), followed by a short debriefing. Face-to-face interviews can take place onsite at DCU, or the researcher can travel to your place of work. This interview will be recorded on a digital audio device for face-to-face interviews and audio cloud recording on zoom. Before the interview, you will be required to read and sign a consent form confirming your willingness to participate in the study. Those on zoom, can email a signed consent form to the researcher while online and before the interview

begins. The interview will contain several questions regarding your attitudes and beliefs towards physical exercise as an intervention.

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

All identifying information will be removed by the researcher and transcripts will be pseudo-anonymised and securely stored. DCU is the Data Controller for this study. Every effort will be made to protect your anonymity, however, due to the small number of interviews and the use of direct quotation when writing up the study, anonymity cannot be guaranteed, it is possible you may be identified. All data will be stored securely on the DCU G-drive, being deleted from the researcher's laptop immediately following transcription. All recordings of the interview will be deleted immediately upon transcription. Devices used to gather participants' data will have passphrase access control and duo-authentication. Any hard copy material will be scanned and saved to the DCU G-drive, with hard copy originals being shredded immediately.

### **Potential benefits/risks**

No direct benefits are anticipated, however, there is the opportunity for you to reflect on your own experiences of your attitudes and beliefs towards physical exercise as an intervention and how it may shape your practice. There may be a slight risk that you could become distressed when reflecting on these experiences. In this event, you will be encouraged to discuss this with the researcher during debrief face-to-face and online, and if further support is needed, the researcher will direct you to the appropriate resources.

### **Limits of confidentiality**

Confidentiality cannot be maintained in the event of a disclosure of information which involves a risk to you, another person or a child protection issue (Children First guidelines will be adhered to), or if professional malpractice is disclosed. 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?**

The following personal data will be collected for the purposes of describing the demographics of participants in study publications: age, professional years qualified, psychotherapy and supervision training and specialist areas of supervision. All data gathered will be pseudo-anonymised.

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

The choice to participate in this study is completely voluntary. Each participant has the right to withdraw their data, without consequence, up to one week post interview with no explanation required.

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

Interview data will be transcribed from the audio recordings in which the researcher hopes to identify key themes. Each interview will be transcribed at the researcher's earliest convenience following the interview, with recording being destroyed immediately upon transcription. Data collected will be stored for a period of one year following completion of the Masters programme. After this time, the researcher will securely dispose of all digital materials relevant to the interview, with academic supervisor ensuring this takes place. It is hoped that the completed research will be available at the DCU library. It is also anticipated that the findings will be submitted to an international psychotherapy journal for publication. Participants will be asked at interview whether they would like to receive a copy of the completed project.

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 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?**

You can inform the researcher by email if you would like to receive a copy of the completed project, this can be provided upon the project being passed by the DCU exam board. If you have any questions regarding the research, please contact the researcher: Katie Collins by email at [katie.collins23@mail.dcu.ie](mailto:katie.collins23@mail.dcu.ie) or alternatively the research supervisor: Dr Stephanie Finan at [stephanie.finan@dcu.ie](mailto:stephanie.finan@dcu.ie) or Tel: 01-700 7353.

If participants have any concerns about this study and wish to contact an independent person, please contact: Chairperson, Ethics Review Committee, School of Nursing, Psychotherapy & Community Health at [snphethicsreviewcommittee@dcu.ie](mailto:snphethicsreviewcommittee@dcu.ie)