

Participant Information Sheet

Research Title: Psychotherapists experiences of working with perinatal mental health in Ireland.

Researchers:

Mary Maguire
Trainee Psychotherapist,
School of Nursing, Psychotherapy
and Community Health
Dublin City University,
Glasnevin Campus, Dublin 9

Dr. Gemma Kiernan
Associate Professor in Psychotherapy,
School of Nursing, Psychotherapy
and Community Health
Dublin City University,
Glasnevin Campus, Dublin 9

What is this research about?

The aim of this research is to gain understanding into how accredited psychotherapists practicing in Ireland are engaging with women who are experiencing perinatal mental health problems (PMHP). These include a variety of mental health issues that arise for women during pregnancy and the first year after birth and are suitable for psychotherapeutic treatment. This research hopes to explore how women with PMHP present in the therapy room, the types of approaches or interventions used or recommended by psychotherapists and any barriers and supports experienced by this client group as reported by their psychotherapists.

Why is this research being conducted?

Specific to psychotherapy, there is limited evidence and guidance internationally on approaches to take or interventions to use that may be most appropriate for this client group and a lack of qualitative research on what is actually occurring in the therapeutic space with these clients. This research hopes to add to the qualitative research available on how women experiencing PMHP engage with therapy from the psychotherapist's perspective.

Why have you been invited to take part?

As an accredited psychotherapist working in Ireland with women experiencing PMHP over the previous ten years, you are invited to share your professional experience in working with this client group.

What will happen if you decide to take part in this research study?

Upon consent, you will be invited to participate in a 1:1 interview with the researcher, either online, over the phone or face to face, that will last approximately 1 hour, followed by a short debriefing. Interviews will be recorded and subsequently transcribed and anonymized by the researcher.

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You will be asked questions pertaining to how these clients present to you, how you work therapeutically with them, and any supports or barriers you perceive this client group in particular face when seeking or engaging in psychotherapy.

How will your data be used?

As personal data will be collected and processed as part of this research, please be assured that all Data Protection GDPR requirements have been assessed for this research.

Personal data is any information about a living person, where that person is either identified or could be identified, from the data itself or when it is combined with other data.

The joint data controllers and processors are the named researchers above. Their contact details can be found at the end of this information sheet.

The personal data held for this research will include initially the names of the participants along with demographic information including their accreditation body, geographical location of work (county only) and length of experience working with this client group. This data will be held in a secure location for a limited time for the purposes of this research project only.

Once data analysis begins, the participants data will be anonymized and information on their accreditation body, location of work and length of experience working with this client group will be aggregated for demographic purposes and presentation only.

Data will only be accessed by the named researchers and will not be accessible by any other person within DCU or an external third party. There is no intention to transfer the data to any other location beyond Ireland. Additionally, there is no intention to use the data in the future beyond the scope of this research project.

The data will be held for up to two years beyond the submission of the researcher's thesis which is anticipated to occur in April 2025. Once this timeline has expired, any personal data will be deleted and expunged from any records by Dr. Gemma Kiernan.

All participants have the right to access their personal data while available within this timeframe and can do so by contacting:

Mr. Martin Ward,
Deputy COO & Data Protection Officer
Email: Data.protection@dcu.ie
Phone: 01 7005118 / 01 7008257

Or alternatively submitting a data access request at <https://www.dcu.ie/data-protection-unit/general-information>

If you have any data protection concerns, please contact either the named researchers or

Mr. Martin Ward,
Deputy COO & Data Protection Officer
Email: Data.protection@dcu.ie
Phone: 01 7005118 / 01 7008257

Additionally, you are free to lodge a complaint concerning the use of personal data with the Irish Data Protection Commission, www.dataprotection.ie

How will your privacy be protected (including any legal limits to confidentiality)?

Given that professional accounts of working with clients will be discussed, confidentiality within legal limits and anonymity will be afforded to the participants.

Please note however that confidentiality of information can only be protected within the limitations of the law i.e., it is possible for data to be subject to subpoena, freedom of information claim or mandated reporting by some professions.

What are the benefits of taking part in this research study?

Potential benefits to participants include an opportunity to reflect on their own professional practice and sharing how they practice and provide any considerations or concerns they may have regarding working with this client group to a wider audience.

No direct incentives will be provided to participate.

What are the risks of taking part in this study?

There is a low risk of distress occurring with participants given the discussion is on their professional experience with a particular client group. If, however distress does arise, the participants will be offered additional debriefing with the researcher and encouraged to avail of any therapeutic support or resources available to them such as supervision.

Can you change your mind at any stage and withdraw from this study?

The choice to participate in this study is completely voluntary. You are free to withdraw your consent to participate from the study at any time during data collection. If you withdraw your data can be removed up to the point of final analysis publication. Once publication has occurred, it will be no longer possible to extract and remove your data. If you would like any further information or wish to withdraw, please contact the researcher Mary Maguire at mary.maguire52@mail.dcu.ie.

How will you find out what happens with this project?

All participants will be emailed a summary of the findings and outcomes of the research upon completion for their information.

The completed research will be made available as a published thesis and potentially presented at psychotherapy conferences. Participants will be further informed when the research becomes publicly available.

Contact details for further information:

If you have any questions regarding this research, please contact the researcher Mary Maguire by email at mary.maguire52@mail.dcu.ie or alternatively the research supervisor Dr. Gemma Kiernan at gemma.kiernan@dcu.ie.

If participants have any concerns about this study and wish to contact an independent person, please contact: The Secretary, Dublin City University Research Ethics Committee, c/o Research and Innovation Support, Dublin City University.

Tel: 01 7008000
Email: rec@dcu.ie