**Physical health of young people in inpatient mental health services: a 6-month prospective study**

**Participant Information Booklet**



**We would like to invite you to take part in our new study.**

 **This information booklet explains why we are doing this study and what would happen if you decide to take part.**

**Take as much time as you need to read this, and feel free to ask us any questions. You do not need to make up your mind straight away, and you can talk to others about this study if you like.**

**What is the study about?**

We know that it is sometimes difficult to live a healthy lifestyle, especially when you are staying on an inpatient ward. One of the main aims of our study is to make it easier for young people like yourself to be more active and to eat healthily. We are particularly interested in learning about changes in your physical health and lifestyle from the beginning of your stay on an inpatient ward up until the time you leave and afterwards. This is because we know that living a healthy lifestyle and looking after our physical health is good for mental health too. We want to understand your experiences and how you feel about your physical health so that we can think of ways to make it easier for you to be healthy and active. Then we can make sure that when young people stay on inpatient wards, their physical health, as well as their mental health, is being looked after.

**Who will conduct the research?**

This research is being led by Dr Rebekah Carney of Greater Manchester Mental Health NHS Foundation Trust (GMMH NHS FT). GMMH NHS FT and Dr Carney will be working in collaboration with Leeds and York Partnership NHS Foundation Trust, Humber Teaching NHS Foundation Trust and Pennine Care NHS Foundation Trust, along with researchers from the University of Manchester.

**Why are we doing our research?**

We hope that the results from our study will:

* help us improve the physical health care of young people on inpatient wards
* help young people make healthier lifestyle choices that could prevent physical health problems in the future.

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

**** You have been invited because you are a young person aged 14-18 and you have been staying on an adolescent inpatient ward for less than six weeks.

**Do I have to take part?**

No, you do not have to take part. It is up to you. It is OK to say no, and you do not have to say why. The care you receive will not be affected in any way. Feel free to speak with your family and care team before deciding.

If you do want to take part, we will give you this information booklet to keep, and ask you to sign a form, or provide your consent verbally/via email. You can change your mind at any time and you do not have to give a reason.

**What measures are included in the study?**

We are going to be looking at physical health measures which are usually collected from you in hospital (e.g. BMI, Blood pressure, waist circumference, routine blood tests). You may have already done these so you won’t need to do them again and we can get them from your notes. We will also ask you to fill in some questionnaires with us to look at your diet, how active you are, your substance/alcohol use, your wellbeing and your mental health. Lastly, we will do a quick fitness questionnaire with you.

**If I take part, what will happen?**

A researcher will meet with you to discuss the study and check if it is right for you, either in person or over the phone/videocall. If you would like to take part, you will be asked to sign a consent form or provide verbal consent. Then the researcher will do some physical, mental health and fitness assessments with you (e.g. questionnaires). If you agree, the researcher will collect information of your physical health check that you have already had done at the service, and may do some additional checks if they have not already been done. All these results will be shared with your care co-ordinator or clinician and added to your medical records, if you are happy for the researcher to share them.

You will be contacted by a researcher, who will ask you some simple questions. This can either be by phone, text or email, and at a time to suit you. At this point you can ask any questions you might have about the study. You do not have to take part unless you feel completely happy to do so.

The researcher will ask if they can arrange two more visits to see you again, in 3 months and 6 months. During these two visits, you will be asked to complete the same questionnaires and assessments so that we can find out if anything has changed over time. The researcher will also arrange for you to give a blood sample on each of these visits like you will have done on admission. This will either happen at the unit or if you have been discharged, the researcher may arrange for this to be done at your GP surgery or community centre.

We may also invite you to take part in an in-depth interview with a researcher to tell us about your experiences and beliefs about your physical health, but only if you say this is something that you would be interested in. This interview will be audio recorded and more information can be found in the Interview Participant Information Booklet which will be provided if you are interested.

**How long will the study take?**

The main study will take 6 months. Each assessment will last no longer than 90 minutes and you can take a break or stop at any time.

**Where will the study take place?**

All the assessments will take place in a private room or health assessment room either on the inpatient ward, or if you have been discharged in a private room at a community centre or local NHS Primary Care service. The assessments may also take place via a phone call or video call (such as MS Teams or Zoom) if you do not want to meet in person.

**How will you use information about me?**

We will need to use information from you, your medical records and your care team for this research project. This information will include:

* Name
* Address/Contact Details
* Date of Birth
* NHS Number
* Name/Address of GP

People will use this information to do the research or to check your records to make sure that the research is being done properly. We will need to add to your clinical notes that you are taking part in the study, so that there is a record of your participation in research activities.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

**What are my choices about how my information is used?**

You can stop being part of the study at any time, without giving a reason but we will keep information about you that we already have. We need to manage your records in specific ways for the research to be reliable. This means that we won’t be able to let you see or change the data we hold about you.

**Where can I find out more about how my information is used?**

You can find out more about how we use your information:

* At [www.hra.nhs.uk/information-about-patients](http://www.hra.nhs.uk/information-about-patients)
* Our leaflet available from [**www.hra.nhs.uk/patientdataandresearch**](http://www.hra.nhs.uk/patientdataandresearch)
* By asking one of the research team
* By sending us an email to researchoffice@gmmh.nhs.uk
* By ringing us on 0161 271 0084

**Frequently Asked Questions**

Here are some common questions asked about studies.

**What are the benefits/risks of taking part?**

****Taking part might not help you directly, although some young people find it helpful tracking and having a summary of their physical health and discussing this with someone. You will be helping many others in the future by taking part, as the results will help us improve physical health care on adolescent wards. You will also be contributing to new research that will benefit young people.

****We do not expect that there will be any risks in taking part. Most of the physical assessments used are a usual part of the routine health checks people have at the start of their stay on an inpatient ward and the mental health questionnaires are commonly used with young people. Some people might feel embarrassed about their physical health, diet or exercise; but the researchers have been trained to ask you about this information in a sensitive and non-judgmental way. You do not need to answer anything you do not want to and can stop at any time.

**Will my information be kept confidential?**

We will let your care team and GP know you have taken part but not what you said. Anything you say will be kept confidential unless we think you or someone else is at risk and then we would need to pass on this information, but we would discuss this with you first.

We may share some of your clinical data with your care team and GP and add this to your medical notes, but only if you agree to this.

**Will I get anything for taking part?**

As a thank you for your time and effort, we will give you a £10 gift voucher for a high street store after each assessment you complete. We will also be able to cover travel expenses to appointments.

**What will happen to the results of the study?**

We will use the results to improve the physical health care on adolescent mental health wards and make it easier for you to be healthy in hospital. When the study is completed, the results will be written up and published in professional health journals and may be presented at meetings with researchers and professionals. No personal information will be included in any publication. We will also send everyone who has been involved in the study a summary of the findings if they would like one.

**Who is organising and funding the study?**

This study has been organised by Greater Manchester Mental Health NHS Foundation Trust and the University of Manchester and is insured by Greater Manchester Mental Health NHS Foundation Trust.

**Who has reviewed the study?**

This study has been reviewed by the research and innovation department at Greater Manchester Mental Health Trust, by each of the participating sites and by Yorkshire & The Humber – South Yorkshire Research Ethics Committee established by the Health Research Authority.

**What if there is a problem?**

If you are not happy or have any issues, then please contact the study lead Dr Rebekah Carney who will do her best to help you.

If she is unable to sort out the problem or you want to make a formal complaint regarding the study, please contact the Greater Manchester Mental Health NHS Trust Customer Care Team Manager on:

🕾 (0161) 358 0600 **OR** (0800) 587 4793

**Who do I contact if I have questions?**

You can contact the researcher who works on the study:

Olivia Harrison (Research Assistant)

🖳 Olivia.harrison@gmmh.nhs.uk

🖃 Olivia Harrison
Youth Mental Health Research Unit, Greater Manchester Mental Health NHS Foundation Trust, Rico House, Manchester, M25 3BL

Or you can contact the study lead – Rebekah Carney:

🕾 (0161) 358 0830

🖳 rebekah.carney@gmmh.nhs.uk

🖃 Dr Rebekah Carney
Youth Mental Health Research Unit, Greater Manchester Mental Health NHS Foundation Trust, Rico House, Manchester, M25 3BL



**Thank you for taking the time to read this information!**