

OPTIMISING CULTURAL EXPERIENCES FOR MENTAL HEALTH IN UNDER-REPRESENTED YOUNG PEOPLE ONLINE

A GUIDE TO PARTICIPATING IN THE ORIGIN STUDY WORK PACKAGE 1.



1) FINDING OUT ABOUT THE STUDY

It's important that you understand what ORIGIN is about. The **Participant Information Sheet (PIS)** will provide details of the research. If you have any further questions or concerns, please get in touch via origin@psych.ox.ac.uk.

2) CONSENT FORM



If you decide that you would like to participate, you will be asked to confirm that you are eligible and provide informed consent online (by reading the PIS) and completing a consent form.

3) QUESTIONNAIRE

After consenting to participate, you will be directed to fill in a secure online form about you (eg.: your age, ethnicity, current mental health, and other background information). We want to hear from people of different backgrounds. This should take approximately 10 minutes and we can help with filling out the form over the phone or via video call.



4) IF SELECTED FOR INTERVIEW



If selected to take part in the interview, a researcher will contact you on the number or email address you provided and will invite you to an interview so you can tell us your experiences of mental health and ideas about what might help best.

5) ORGANISING AN INTERVIEW

The interviews will take place at a time and in a way (online, by phone, or in person) that suits you. We will discuss what works best for you to ensure that you are comfortable and have the time and space to share your story as you choose.



6) THE INTERVIEW

The interview will be individual and will follow your preference as to how you would like to tell us about your experiences. This can be done as a longer conversation (generally no longer than an hour) or a few shorter conversations. We can meet multiple times.

Members of the research team will include young people aged 16-24 with lived experience of mental health problems (peer-researchers), as well as academic researchers (people who have followed a professional career in research). Those interviewing you will introduce themselves and their involvement in the research clearly each time.

We would like to audio record the discussion as it can be difficult to capture all the information you share with us in written notes. If this would stop you from participating, we would be happy to discuss an alternative with you.

7) AFTER THE INTERVIEW

Those who are interviewed will be offered £40.00 for their time, in the form of a Love2Shop voucher. If preferred we will facilitate a bank transfer instead.

What you share with us will be kept confidential and your data will be kept safe.

Sharing your story might help us improve future mental health support and has the potential to have a positive impact on many other 16-24-year-olds' mental health.

Findings from the research might be written up for publications.



FOR MORE INFORMATION:

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