

## Participant Information Sheet

**For further information about how Lancaster University processes personal data for research purposes and your data rights please visit our webpage:**  
<https://www.lancaster.ac.uk/research/data-protection>.

Hello I am Andy Harrod, a PhD student at Lancaster University and I would like to invite you to take part in a research study about outdoor group activity programmes and the impact of attending them on participants' long-term wellbeing.

Please take time to read the following information carefully before you decide whether or not you wish to take part.

### **What is the study about?**

I would really like to hear about experiences of outdoor group activity programmes and if attending them helped participants at the time and continues to help their wellbeing. I think hearing from facilitators about how these outdoor group activity programmes are delivered and how participants take part in them will be very helpful in understanding how long any benefits last and the reasons why they remain or not. I am interested in understanding: What is your role? What are the aims of the outdoor group activities? How are the outdoor group activities delivered? How do people become involved? What are the benefits to participants? What are the challenges participants face?

The outdoor group activity programmes I am interested include adventure, environmental conservation, exercise, farming, or gardening programmes.

I would really like to hear about your experiences and would be very grateful if you decide to take part.

### **What will I be asked to do if I take part?**

Taking part would involve an interview discussing your experiences of facilitating outdoor group activity programmes. The interview will be for 60-90 minutes, which you can do from home. The interview will be by video chat or phone and arranged at a time convenient to you. If video chat is preferred, guidance will be provided on accessing the software.

### **What are the possible benefits from taking part?**

Taking part in this study will allow you to share your experiences of facilitating outdoor group activity programmes and how these impact on participants' lives. By sharing your experiences, you will contribute to our understanding of which aspects of these activity programmes help to improve a participant's wellbeing, how long the benefits last for and if and how they become part of a person's life. I am aiming to highlight facilitators and participant's experiences and raise awareness of the impacts of attending outdoor group activity programmes wherever possible, but I cannot guarantee that the project will change policy or practices around outdoor group activity programmes. At the end of the project a summary of the results will be available to participants and you are welcome to receive a copy.

### **Do I have to take part?**

No. It is completely up to you to decide whether or not you take part. Your participation is voluntary and you are free to withdraw at any time during the activity and interview process and up to 2 weeks after your participation has finished, without giving any reason.

**What if I change my mind?**

You are free to withdraw at any time during the activity and interview process and up to 2 weeks after your participation has finished. If you decide to withdraw within 2 weeks of participating, I will not use any data that you have contributed to the study and delete any in my possession. Data means the information, views, ideas, etc. that you and other participants will have shared with me.

If it is more than 2 weeks after you have participated, your data will not necessarily be withdrawn as it may have already been anonymised or pooled together with other people's data or used in the analysis. However, I will not use any direct quotes from your data in my writing about the research.

**What are the possible disadvantages and risks of taking part?**

It is unlikely that there will be any major disadvantages to taking part. Though talking about your experiences may be emotive, if you experience any distress following participation you are encouraged to inform the researcher, Andy Harrod, and/or contact the resources provided at the end of this sheet.

**Will my data be identifiable?**

After your participation, only I, the researcher conducting this study and my two PhD supervisors will have access to the data you share with me.

I will keep all personal information about you (for example, your name and other information about you that can identify you) confidential. I will anonymise any audio recordings and hard copies of any data. This means that I will remove any personal information. I will record my reflections on the interviews, but no personal information will be noted. The pseudonym you have chosen will be used instead of your real name when writing about the research. However, for some participants, it is preferable for them that their real names are used instead of a pseudonym.

**How will my data be stored?**

Your data will be stored on Lancaster University's secure server, only I and my two PhD supervisors will be able to access the data. Only I will have access to personal information about you, which will be securely stored separately from non-personal information (e.g. your views on a specific topic).

In accordance with Lancaster University research data management policy, the data will be kept securely for a minimum of 10 years after the end of the project.

**How will I use the information you have shared with me and what will happen to the results of the research study?**

I will use the data you have shared with me for academic purposes. This will include my PhD thesis, journal articles and other publications, and conference presentations. Publicising the research generally may also involve the use of social media, for example, Twitter.

When writing up and discussing the findings from this study, I would like to reproduce some of the views and ideas you shared with me. This will involve sharing your experiences or extracts from it in the form of quotes. I may also use any images that you choose to share with me in the same way.

If anything, you tell me during the study suggests that you or somebody else might be at risk of harm, I will be obliged to share this information with my PhD supervisors. If possible, I will inform you of this breach of confidentiality.

**Who has reviewed the project?**

This study has been reviewed and approved by the Faculty of Science and Technology Research Ethics Committee at Lancaster University.

**What if I have a question or concern?**

To discuss taking part please contact **Andy Harrod** by email, [a.harrod1@lancaster.ac.uk](mailto:a.harrod1@lancaster.ac.uk), or call 01524 594710, please leave a message if I don't answer and I will call you back.

If you have any queries or are unhappy with anything that happens concerning your participation in the study, please contact **Andy Harrod**, [a.harrod1@lancaster.ac.uk](mailto:a.harrod1@lancaster.ac.uk), or call 01524 594710. Or you can contact my supervisor, **Dr Nadia von Benzon**, by email [n.r.vonbenzon@lancaster.ac.uk](mailto:n.r.vonbenzon@lancaster.ac.uk).

If you have any concerns or complaints that you wish to discuss with a person who is not directly involved in the research, you can also contact my head of department: **Prof Phillip Baker**, by email, [p.barker@lancaster.ac.uk](mailto:p.barker@lancaster.ac.uk), or call 01524 510262.

**Sources of support**

I hope that you if you choose to take part, that you will find it interesting and will not be upset by any of the topics discussed. However, if you find any part of this experience to be distressing you may consider contacting your GP for an appointment or contacting the NHS through their 111 service, by calling 111 or going online at <https://111.nhs.uk/>. The Samaritans provide a confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline). Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

**Thank you for considering to participate in this project.**