

## 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 your experiences of taking part in outdoor group activity programmes and the impact of attending on your 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 taking part in an outdoor group activity programme and if attending it helped at the time and continues to help. I think hearing about these experiences will be very helpful in understanding how long any benefits last and the reasons why they remain or not. I am interested in understanding: How you found being part of a group? What was it like being outdoors? What activities did you take part in? Why did you attend? What helped (or didn't help) you during the activities? What has been the impact of attending on your life? What has helped you keep positive changes? What difficulties has there been in keeping positive changes?

I would really like to hear from you if you attended:

- during the ages of 16-29,
- at least 5 years ago or if still attending started at least 5 years ago,
- an adventure, environmental conservation, exercise, farming, or gardening programme.

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 sharing your experiences of the outdoor group activity programme and the impact of attending on your life, through two interviews and two activities. The activities involve visually representing specific experiences over your life and taking photos of a place you go to for your wellbeing.

The activities will take around 15-45 minutes each and the interviews will be between 1-2 hours, all of which you can do from home. Both interviews will be by video chat or phone and arranged at a time convenient to you. Guidance on the activities and using the video chat software will be provided.

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

Taking part in this study will allow you to share your experiences of attending outdoor group activity programmes and how this has impacted on your life. By sharing your experiences, you will contribute to our understanding of which aspects of these activity programmes help people, how long benefits last for and if and how they become part of a person's life. I am aiming to highlight 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 past experiences and wellbeing 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/>. There are also a number of organisations listed below that you can contact.

- **Samaritans**, 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)

### **Addiction**

- Alcoholics Anonymous. Phone: 0800 917 7650 (24-hour helpline). Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)
- National Gambling Helpline. Phone: 0808 8020 133 (daily, 8am to midnight). Website: [www.begambleaware.org](http://www.begambleaware.org)
- Narcotics Anonymous. Phone: 0300 999 1212 (daily, 10am to midnight). Website: [www.ukna.org](http://www.ukna.org)

### **Bereavement**

- Cruse Bereavement Care. Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm). Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **Domestic violence**

- Refuge. Phone: 0808 2000 247 (24-hour helpline). Website: [www.refuge.org.uk](http://www.refuge.org.uk)

### **Eating disorders**

- Beat. Phone: 0808 801 0677 (adults). Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **Mental Health**

- SANE. Phone: 07984 967 708. Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

### **Relationships**

- Relate. Website: [www.relate.org.uk](http://www.relate.org.uk)

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