

Participant information (Version 1.0, 18/02/2022)

Self and Identity in Adults Survivors of Child Sexual Abuse

Researcher; Cristina Tabacu

Research supervisors: Dr Anke Karl

Dr Cordet Smart

Welcome to part one of the "Self and Identity in Adult Survivors of Child Sexual Abuse "Study

My name is Cristina Tabacu. I am a trainee clinical psychologist and would like to invite you to this research project that I am conducting for my doctoral dissertation. My research aims to better understand factors related to recovery in adults who experienced child sexual abuse.

Before you decide whether you would like to participate, you need to understand why the research is being done and what is involved in participating. Please take the time to read the information carefully. If you have any questions or the information you are reading is not clear to you, please contact me for more information at the e-mail address provided below. Before you participate in the project, you will be asked to sign our online consent form. Please take time to decide whether you would like to take part.

What is the purpose of the study?

This study aims to explore the relationship between self, identity and posttraumatic stress in survivors of child sexual abuse. With our current understanding of the high incidence and significant impact of child sexual abuse, greater research and awareness are still needed to support male victims in their efforts towards recovery. It is hoped that this study will add to the growing body of research into the mechanisms that put male child sexual abuse survivors at a disadvantage in terms of recovery.

Why have I been invited?

You have been invited to take part in this study because you are someone who has disclosed and sought support following your experiences of child sexual abuse.

Do I have to take part?

The study aims to seek out survivors of child sexual abuse worldwide, and participation is voluntary. If you decide to take part in the study, you will be free to withdraw at any time and without giving a reason. A decision to withdraw at any time, or a decision not to take part, will have no bearing on your current or future contact with the service you are currently receiving support from, as the study and researcher are independent of the service used for recruitment.

What does participation involve?

If you decide to take part in this study, you will be invited to complete an online survey which will be advertised on the survivor's websites.

In the first part of the study, you will be directed to a page where we will ask for your consent to use your data for the study, and you will be asked to complete a short questionnaire to assess your mood and demographic information. If your mood is currently stable and you agree to participate in the study, you will be invited to complete the next stage of the study, comprising self-report measures and open-ended questions. This study consists of different types of questions. Some of them will ask you about your responses and thoughts following your experience of child sexual abuse or unwanted sexual contact prior to the age of 18. To protect your anonymity, it is better to omit personal details from descriptions of experiences. Some of the questions will focus on your experiences of seeking support or will look to explore your current mood, attitudes or beliefs.

Once the questionnaire has been completed, you will be guided onto a debrief page, and then you will be able to close the study. All participants who complete the first part of the study will be given a chance to enter their e-mail address for the prize draw by following a separate survey link.

At the end of the survey, you will have the opportunity to request a copy of the final outcomes of the research.

What are the benefits?

Whilst there are no specific personal benefits from taking part in the study, this is an exciting opportunity to contribute towards research into the mechanisms that put male child sexual abuse survivors at a disadvantage in terms of recovery. As a thank you and reimbursement for your time we are offering, respondents are able to enter into a prize draw of four £100 Amazon vouchers.

What are the disadvantages of taking part in this study?

The questionnaires might upset you temporarily as they might bring back memories of your experiences or elicit some feelings in you, which may be distressing. **We, therefore, advise that you do not take part in the study if you currently experience very high levels of low mood.** The questionnaire has been routinely used in survivors of child abuse, and in the unlikely event that you experience very high levels of distress after completing the survey, we advise that you contact your GP/family doctor or healthcare professional. In addition, you can also find support information about support groups in your area and helpful contact numbers in case you decide to seek additional help. If you are concerned at any point, it might be helpful to see your GP.

What will happen with the results of the research study?

The University of Exeter processes personal data for the purposes of carrying out research in the public interest. The University will endeavour to be transparent about its processing of your personal data, and this information sheet should provide a clear explanation of this. If you do have any queries about the University's

processing of your personal data that cannot be resolved by the research team, further information may be obtained from the University's Data Protection Officer by e-mailing mailing@governance@exeter.ac.uk or at <http://www.exeter.ac.uk/ig>.

This study will be conducted as part of the requirement for a Doctorate in Clinical Psychology, in accordance with the ethical procedures of the British Psychological Society (BPS, 2009). The study will be written up to appear in one of the scientific journals, with the hope to inform other clinicians and scientists who are working to support people affected by traumatic experiences and their families.

In any written report or publication, all identifiable information will be removed, and participants' identity will remain confidential to the research team.

All information will be stored on the university secure server (OneDrive) on a password protected laptop, in accordance with the Data Protection Act (2018). Any identifying information will be replaced with codes and not shared with others outside this research study.

Data, including the e-mail addresses provided for the prize draw and the participants IDs will be only accessible for the main researcher (Cristina Tabacu, ct653@exeter.ac.uk) with the supervisor (Dr Anke Karl) only having access to the anonymised data. All data will be deleted in September 2023 and only the final report will be kept with no identifiable information. Every effort will be made to ensure that participants will not be identifiable from the final write-up or any publications.

The confidentiality may be broken if participants disclose risk to themselves or others. This may result in the researcher informing relevant services and/or the University of Exeter.

You can request that a copy of the findings be sent to you when it becomes available.

Who is organising and funding the research?

This research is being conducted as part of the Doctorate in Clinical Psychology training. The research sponsor is the University of Exeter. No additional funding has been obtained for this research. The researchers will not obtain any payment for conducting this research.

Who has reviewed the study?

This project has received approval from the Ethics Committee at the University of Exeter and will be reviewed by the University of Exeter's School of Psychology. The project is being supervised by Dr Anke Karl, Associate Professor of Clinical Psychology and Affective Neuroscience. and Cordet Smart, Research Lead for the Doctorate in Clinical Psychology at the University of Exeter.

Contact for further information

If you are unhappy with any aspect of the project and wish to complain, please contact Nick Moberly, Chair of the University of Exeter Ethics Committee at n.j.moberly@exeter.ac.uk. You can also contact Gail Seymour, Research and Ethics Governance Manager at the University of Exeter. Gail can be contacted at the following address:

Research Ethics and Governance Office

University of Exeter

E-mail: g.m.seymour@exeter.ac.uk

Telephone: 01392 726621

Cristina Tabacu

Trainee Clinical Psychologist

University of Exeter

School of Psychology

Washington Singer

Exeter EX4 4QG

Ct653@exeter.ac.uk