# Participant Information Sheet

**Project Title**: Do people believe connection to their community is beneficial to their mental health and wellbeing?

**Researchers**: Dr. Ellie Muscat Barron, Dr. Ellie Moxey, Dr. Gabriela Discenza & Dr. Georgina Stuart-Mullin

**What is the project about?**

As part of a public health fellowship project, together with the Community Action Network (CAN), we are inviting members of the local community to participate in focus groups. These focus groups aim to highlight whether people believe connection to their community is beneficial to their mental health and wellbeing. Particular focus points will explore how individuals define wellbeing, mental health, and community. Additionally, it will help us understand if there are any common factors that contribute to or hinder someone's wellbeing. Our research is focused on the areas of Poole and North Dorset.

**What will be involved in taking part?**

If you would like to participate, you will form part of a focus group comprising of people from the local community. The interviewer will ask tailored questions to explore your views and experiences within your community, wellbeing, and mental health. The interviewer will go through the consent form with you and answer any questions you have. We will take an audio recording of the focus group discussion which will take a maximum of 1 hour.

The recorded information will be transcribed and anonymised so nothing you say will be identifiable as you. The researchers will then analyse what you (and other people in the focus group) say in detail to try and understand more about the benefits (if any) of connection to one's community and their mental health and wellbeing.

**When and where will the focus groups take place?**

30th January – 10am or 12pm at Digby Hall in Hound Street

**Are there any benefits in my taking part?**

There will not be any direct benefits to participating, other than being able to discuss your views and experiences with the interviewer. The information obtained from the focus group and previous surveys will help us work alongside CAN, to try and find specific ways to positively contribute to one's mental health and wellbeing.

**Are there any risks involved?**

There are minimal risks to participating in this focus group as it just involves a discussion. If the conversation raises issues that concern you, the interviewer can signpost you to sources of support locally.

**What data will be collected?**

The only data being collected for this project is what is said during the focus group discussion, as well as previously circulated, anonymous surveys.

**Will my participation be confidential?**

Your participation and the information we collect about you during the course of the project will be kept strictly confidential. Only members of the research team and responsible members of the Community Action Network may be given access to data about you for monitoring purposes.

**What happens if I change my mind?**

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. If you decide to withdraw, any data you have provided will be kept up to the point of withdrawal but will be deleted if you request this on withdrawal from the focus group.

**What will happen to the results?**

Your personal details will remain strictly confidential. Study/ project findings made available in any reports or publications will be completely anonymised so that you are not identifiable at all. The results of the research will be written up as a poster and report to be presented locally at the final public health fellowship presentation day in March 2023.

**Where can I get more information?**

If you have any questions about this project please contact: ellie.moxey@uhd.nhs.uk