

The Solutions Trial

Solution Focused Brief Therapy with 10 to 17-year-olds presenting at police custody: A randomised control trial with an internal pilot

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1. Introduction

- ◆ We would like to ask you to take part in a research trial. We want you to decide if you want to help us.
- ◆ We can give you information about the research in a video to watch or an audio file to listen to on your computer if you want. Just ask us for it.
- ◆ You can talk to anyone about his leaflet.
- ◆ Ask questions if you do not understand.



2. What is the purpose of this research?

- ◆ The main purpose of this research is to try to figure out what might help children or young people who get into trouble with the police. Our research is about Solution Focused Brief Therapy. We also call this SFBT.
- ◆ We are studying SFBT to work out whether the therapy is helpful.

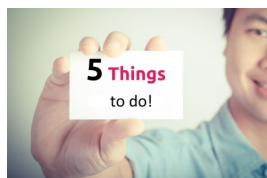
◆SFBT is a psychological therapy. This means that a therapist will work with you to help you make sense of your thoughts, feelings, and behaviour.



3. What are we asking you to do?

- ◆ We are asking you to get involved in our research study.
- ◆ We are interested in finding out if SFBT is helpful, and so to do this, we are going to offer SFBT to half the young people who want to be in the study, the other half will continue to get the support they would normally get. Who will be in each group will be chosen at random, so like flipping a coin. Your chance of receiving SFBT will be 50/50.
- ◆ If you are chosen to receive SFBT, you will receive 6 sessions delivered over 3 months. If you live outside the Lancashire and South Cumbria area, the sessions will be online. If you live within the Lancashire and South Cumbria area, the sessions can be in person or online.
- ◆ It's important to remember that if you don't get selected for SFBT, this is not because you have done anything wrong. It is purely by chance.
- ◆ If you say that you want to help us, we will ask you to sign a form to show that you said yes to taking part.

◆ You are under 16, and we will need to ask your parents or guardian to agree that you can take part, but the decision about taking part will be yours.



There are **five things** that we will ask you to do if you take part:

1. We'll ask you to do some questionnaires before you are chosen at random to receive SFBT or not.



2. The questionnaires will be done either on paper or online. There is a part that has to be completed with a member of staff, but you can complete the rest on your own if you wish, or with a family member. The questions will be about the things you have done/ still do, your feelings, your behaviour, your family, and your friends. We are asking these questions to try to help us figure out if SFBT is helpful.

3. You will be told if you have been selected at random to receive SFBT or carry on with whatever services you would normally get.

4. We will ask you to do some questionnaires about 6-months after you agree to be in the study, and again after 12-months. You will receive shopping vouchers for completed these.

5. Finally, We will ask some (not all) young people and parents or guardians to take part in an interview. We will ask families questions about things they liked and did not like about SFBT, things they thought worked well, or not so well.



4. Do I have to be involved?

- ◆ No. If you do not want to take part. That is ok. You can also choose to take part now and change your mind later. Just tell us, or ask your parent or guardians to tell us.
- ◆ If you do not want to take part you'll still get the same services as before.

Even if you stop the trial your data may still be used unless you ask for this to be destroyed (deleted). Sometimes, it will not be possible to destroy your data, for example, if it is already in a report. We will also need to keep any information we have about your safety.

5. What are some of the benefits of taking part?

- ◆ We don't know if SFBT is helpful to young people in your situation. Taking part will be helpful to us and may help others.

6. What are some of the disadvantages of taking part?

- ◆ We do not think there are any bad things that will happen because of this research. You will be asked to complete some questionnaires and you might receive SFBT.
- ◆ Some of the questions in the questionnaires, and some of the things you discuss during the therapy (if you receive it) will be about stuff that is private and might lead you to feel upset. If this happens, our staff are there to help.

7. How long do I have to be involved?

- ◆ You will be in the study for around 12

months. We will ask you to complete 3 questionnaires overall. Each time you do the questionnaires, this will take about 1 hour. If you also take part in an interview in the future, this will last about 1 hour.

- ◆ We are asking just over 280 young people to take part .

8. Who will know that I took part?

- ◆ Other than your parent or guardian, and your SFBT team (if you are randomly selected to receive SFBT), staff at the University of Warwick and Cardiff University will know that you and your family have taken part in this study.
- ◆ We would also like to let your GP know you are taking part if your parent or guardian agrees to this.
- ◆ **We will keep your information private. We will remove your name, and replace it with a number.** **CONFIDENTIAL**
- ◆ **We will tell the Department for Education that you have taken part and we are required to do this by the people who are paying for the research when the research is finished. This is so they can help work out whether treatments help young people.**



9. Will we ever tell anyone about you?

- ◆ We will have to tell someone else about you if we think you or someone you know (like another young person or an adult) might be in danger. This is to protect you and other people.



10. Long-term information collected about you.

- ◆ As well as asking you to complete questionnaires, we would also like to ask your permission to collect other information about you over the next year, and some information about you in the six months before the study started. **This information will be collected from the Police or the NHS and will be about your previous reprimands, arrests, cautions and convictions.**
- ◆ To get this information we will pass on your name, address, gender and date of birth.
- ◆ Any information that comes back to us will be combined with your trial information and the stored information will not identify you by name. **It will be treated as confidential and data will be securely stored.**

11. What will happen at the end of the study?

- ◆ We will tell others about the study by writing an article in a journal. This is like a magazine, but it is for research studies.
- ◆ We might also go to a conference and give a speech about what we find out.
- ◆ We will also write a report and give it to the Youth Endowment Fund. They are paying for this research. They will publish the report online.
- ◆ We'll also put our reports on the internet. You can see everything that we write and share.
- ◆ None of these (journal articles, speeches, written reports, or reports on the internet) will contain any personal information. Your name will not appear anywhere.



12. Payment

- ◆ We will give you a £20 shopping voucher for completing the first questionnaire, a £25 shopping voucher for completing the second, and a £30 shopping voucher for completing the third questionnaire.



13. Researchers must follow the rules

- ◆ How we work needs to be checked. Staff from the University of Warwick, the NHS, and other agencies will check the information we have about you. Your information will still be kept private. They will check to make sure we are following the rules.

14. Who has checked this study?

- ◆ All research in the NHS is looked at by an independent group of people called a research ethics committee. They check what we are doing to make sure it is safe.



15. Feedback

- ◆ If you would like to give feedback or make a complaint, we would like you to speak to your parent or guardian first.
- ◆ You can also speak to a member of the research team.
- ◆ If you want to speak to someone else, you can ask your parent or guardian to help you, or you can contact: Farah Lunat, Senior Research Facilitator, Lancashire and South Cumbria NHS Foundation Trust, Tel: 01772 773498, Email: farah.lunat@lscft.nhs.uk



16. Questions?

The Chief Investigator is in charge of this study. You can talk to them and they can answer your questions:

Professor Peter Langdon
Tel: 02476 522912
Email: solutions@warwick.ac.uk
Address: CIDD, New education Building, Westwood Campus, University of Warwick, Coventry, CV4 7AL

Or, you can contact the Study Manager:

Eleri Owen-Jones Solutions Trial Manager
Email: solutionstrial@cardiff.ac.uk
Address: Centre for Trials Research, Cardiff University, 7th Floor Neuadd Meirionnydd, Heath Park, Cardiff, CF14 4YS

You can find out about this study online by visiting:

www.solutionstrial.co.uk



Agreement Form

Your number: _____

Title of the project: Brief Solution Focused Therapy (BSFT) in 10–17-year-olds presenting at police custody: A Randomised Controlled Trial with internal pilot (Solutions Trial)

I have read and understood the information.	Yes <input type="checkbox"/> No <input type="checkbox"/>
I asked questions and they were answered.	Yes <input type="checkbox"/> No <input type="checkbox"/>
The researchers might ask me to take part in an interview in the future. This is ok with me.	Yes <input type="checkbox"/> No <input type="checkbox"/>
I know I can stop taking part in the study any time I want.	Yes <input type="checkbox"/> No <input type="checkbox"/>
I am happy for the researcher to access data about me from the Police National Computer and/or the NHS.	Yes <input type="checkbox"/> No <input type="checkbox"/>
I want to take part in the study.	Yes <input type="checkbox"/> No <input type="checkbox"/>

Print your name:

Your signature:

Date:

Name of the person taking
agreement:

Signature:

Date: