

## **Trauma-informed community mental health care. Easy read information sheet for interview**

We are researchers from the University of Bristol.

We are inviting you to a study. It will involve talking to a researcher about trauma-informed work in Second Step or Somerset Foundation Trust.

It is up to you if you want to take part. Before deciding, please read this information.

### **Why have you asked me?**

You are aged over 18 and you have been receiving trauma-informed care in Second Step or Somerset Foundation Trust.

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

Lots of people have experienced accidents, violence, abuse, loss, disaster, war, or other experiences. These kinds of experiences can cause trauma. Our study is looking at how community mental health services are using 'trauma-informed care'.

Trauma-informed care is where the service understands trauma and how it can affect us. A trauma-informed service is one that feels safe, trustworthy, and sensitive to staff and patients' needs. It doesn't cause distress or re-trigger past trauma. We want to understand how community mental health services can become more trauma informed.

### **What do I have to do?**

A researcher will arrange a meeting with you. It will be around one hour or less. You can meet in person, by phone, or online. The researcher will ask for your consent before you start talking. They will ask you about and talk about your experiences of trauma-informed care. Your conversation will be audio recorded and typed up. We will give you a £20 shopping voucher as a thank you. We can also pay for some travel costs.

### **What are the good things about taking part?**

You might find it helpful to share your views. The study might help to make care better.

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

No. Taking part is your choice. You can stop at any time. You can also tell us you don't want us to use your information up to three months after our meeting. Your healthcare will not be affected.

### **What will happen to the information you have about me?**

We will ask for your name and contact details. Very few people will see your name or contact details. They will only see it if they really need it for this study. In the meeting notes, we will not mention your name or other personal information. Everyone involved in this study will keep your information safe and secure. We will follow all privacy rules. At the end of the study, we will save the notes for a safety check. We might use these notes for other research in the future. We will make sure no-one can work out who you are from the reports we write. On the consent form, you can tell us if you would like a summary of what we find.

### **What if something goes wrong or I want to complain?**

Please email [research-governance@bristol.ac.uk](mailto:research-governance@bristol.ac.uk)

### **Who is organising and funding this study?**

The University of Bristol is organising this study. The National Institute for Health and Care Research is funding it. They are part of the NHS.

### **Who has approved the study?**

An independent NHS London - Queen Square Research Ethics Committee has approved the study.

### **What should I do if I want to take part?**

You can email [trauma-informed-study@bristol.ac.uk](mailto:trauma-informed-study@bristol.ac.uk) or phone us on 0117 455 1988 or 0117 455 4514.