**INFORMATION SHEET FOR PARTICIPANTS**

REC Reference Number: HR-15/16-2540, approved by the Psychiatry, Nursing & Midwifery Research Ethics Subcommittee, King’s College London.

**YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET**



We would like to invite you to participate in this study which forms part of the research for a PhD project. You should only participate if you want to; choosing not to take part will not disadvantage you in any way. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask if there is anything that is not clear or if you would like more information.

**What is the purpose of the study?**

The aim of this study is to investigate reward-related brain activity – measured using electroencephalography (EEG) – and its relation to behaviour in people who have had a depressive episode and have now recovered, and those who have never had a depressive episode. Changes in the way we respond to rewards are common in depression. We would like to better understand these changes and the brain activity that is associated with them, as this knowledge may help develop better ways of diagnosing and treating people with depression. Currently not everyone with depression benefits from the treatments available, and this may be related to our limited understanding of the biological changes that occur in the brain in this disorder.

**Who have we invited to take part?**

We have asked two groups of people (all aged between 25-40) to take part in our study: people who have had an episode of depression but have now recovered, and people who have never had an episode of depression. Unfortunately, we can’t invite people to take part in the study if they have ever had a neurological disorder, if they are taking medication for a psychiatric disorder, or if they are currently consuming excessive amounts of alcohol or have used illicit drugs in the last two months.

**Do I have to take part?**

No, participation is voluntary. You do not have to take part. If you do agree to participate, you are also free to stop at any time during the study and to have research data/information relating to you withdrawn without giving any reason by contacting Laura Riddleston (contact details below). The latest date you can withdraw your data/information from the study is 28/02/2018, as we will be analysing the data after this date.

**What will I be asked to do if I take part?**

**Telephone screening:** If you decide you would like to take part in the study we will arrange a telephone call at a time that is convenient for you. This will be so that we can ask you some questions to find out if you meet the criteria needed to take part in the study, and should last about 15 minutes. We will ask you some questions about your mental and physical health, treatments, illicit substance use, about mental illness in your family and about you and your family’s education and income. Information regarding your medical history will not be stored; it is for screening purposes only and destroyed following the telephone call. If you are happy for us to do so we will record your contact details and whether you were eligible to take part or not in a password-protected file. We will also store information regarding your age, gender, and you and your family’s education and income in a separate password-protected file that does not contain your contact details or other personal information. If you are eligible to take part in the study, we will email you a link to some online questionnaires to fill in and arrange a time for you to visit our lab.

**Questionnaires:** These will ask you about symptoms related to depression, anxiety and elevated mood, alcohol and drug use, adverse experiences during childhood, emotions, self-esteem, you and your parents’ education and employment, and how you react to rewards. These should take about 30 minutes to complete, and we will ask you to fill them most of them in shortly before you visit the lab. There are no right or wrong answers to these questions and they are not a test.

**Interview:** When you arrive at our lab, we will go through the information about the study again and ask you to sign a consent form agreeing to take part in the study. We will then ask you some detailed questions using standard interviews to evaluate your mental health. This will take between 1 and 1½ hours. This is important because we need to confirm that you still meet the criteria to take part, and so that we have accurate information in order to interpret the results of the study correctly. However, you should be aware that the information we collect is purely for the purposes of the study and cannot be used to give you a diagnosis or provide clinical information about your health.

If you agree, the interview will be audio-recorded. This will only be listened to by another researcher or expert on the use of the assessment instruments we use, so that they can check the quality of the interviews. This will be strictly confidential. Recordings of data on audio-equipment will be deleted after the quality check has been completed. We do not have to do this if you do not agree to it. If the interview confirms that you are still eligible to take part, we will proceed with the study.

**Puzzles and language tasks:** We will ask you to complete some puzzles and language tasks, in pen and paper format, with the researcher. This will take about 15-20 minutes.

**EEG recording and computerised tasks:** During this part of the visit you will complete several computer-based tasks while we record your brain activity using a measurement called EEG. This will take around 1½ hours (approximately half an hour to set up the EEG and 1 hour for the computerised tasks), and you will be given regular breaks.

EEG measures the electrical activity of the brain very precisely so that we can identify the brain activity underlying your behaviour. The recording involves wearing a set of electrodes that is sensitive to the brain’s electrical activity. This is a simple and painless procedure. The electrodes are connected to a computer that records the activity of the brain while performing the tasks on a computer. In order to create a good connection between the electrodes and the scalp, ***we ask you to wash your hair the morning before the appointment***, and we will apply a small amount of gel at each electrode before the recording. The gel is safe and washable and hair washing facilities are provided for you to use afterwards.

In most of the computer-based tasks you will be asked to make simple responses, such as pressing a button, according to the instructions that we will give you at the start of each one.

**What are the possible benefits if you take part?**

There are no direct benefits for participants. However, we think that you will find taking part in the study an interesting experience, and by doing so you will be helping to improve our understanding of depression. As a sign of our appreciation of your time and effort you will receive reimbursement in cash for taking part. You will also have the opportunity to win up to an extra £10 depending on your performance on the computer tasks. We will also offer you a print-out of your EEG recording to take away with you if you wish.

**What are the possible risks if you take part?**

There are no known risks of EEG. There is a possibility that some people could find some parts of the study upsetting, particularly the questions we will ask you about your mental health, the questionnaires which will ask about how anxious or depressed you generally feel, and adverse experiences during childhood. You can stop the study any time if you want to without having to give a reason. You will not be penalised in any way if you decide to do this. In addition, if you become at all distressed during the study then we will advise you to contact your GP with the information contained in this sheet. We will also give you a list of advice and support resources that you may find helpful.

**How will we maintain confidentiality of your information?**

Your information will be regarded as strictly confidential. In order to anonymise your data you will be given an ID number at the start of the study and any information gained from you will be linked to this. The only exception to this is the consent form and whether you passed the telephone screening, which will contain identification information. Any information about you that is kept on paper forms will be stored in a securely locked cabinet. Any electronic data will be stored in password protected or encrypted files. Only researchers directly involved in the study will have access to this information.

Your responses remain completely confidential unless you tell us something to suggest that your health and safety is currently in danger (e.g. abuse or extreme distress). In this situation, only essential information would be communicated to the appropriate bodies.

**How are we funding the study?**

The project is being funded by Medical Research Council (http://www.mrc.ac.uk/). The study has been approved by the King’s College London Research Ethics Committee.

**What will happen to the results of the study?**

We plan to disseminate the research findings through publication and conferences within the UK, and if possible they will be reported in the media.

**Who should I contact for more information?**

If you have any questions or require more information about this study, please contact the RAPID team:

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| Email: rapid@kcl.ac.uk Tel: 020 7848 5401 | Laura Riddleston Room C3.16MRC SGDP Centre, IoPPN, P08016 De Crespigny ParkDenmark HillLondon SE5 8AF |

This research is led by Dr Gráinne McLoughlin. If this study has harmed you in any way or if you wish to make a complaint about the conduct of the study you can contact her using the details below for further advice and information:

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| Email: grainne.mcloughlin@kcl.ac.ukTel: 020 7848 0397 | Dr Gráinne McLoughlinMRC SGDP Centre, IoPPN, P08016 De Crespigny ParkDenmark HillLondon SE5 8AF |

**What should I do if I would like to take part?**

If you decide that you would like to take part in the study, please contact us using the contact details above. We will then arrange a convenient time to conduct the telephone screening with you.

**Thank you for reading this information sheet and for considering taking part in this research.**