

## ***Pilot Randomised Study of Multidimensional Family Therapy***

We are carrying out a study of young people who use substances and are referred to Barnardo's in England and Wales. The study is to try to find out whether a new approach might help young people in the future. The study is being run by The University of Kent and is funded by the Youth Endowment Fund.

### ***What is this study about?***

The study explores a new way of helping young people who use substances in England and Wales. The study will help us know if the new approach is better at helping young people reduce or stop their substance use.

This leaflet is for you to keep. Please read it carefully. Please ask if there is anything that you do not understand, or you would like more information about, we can be contacted at [mdftproject@kent.ac.uk](mailto:mdftproject@kent.ac.uk).

### ***What will happen if I take part?***

If you agree to take part, you will be asked to provide agreement in the form of a written consent. A computer will decide at random whether you receive the care as usual or the MDFT intervention.

## ***MDFT Intervention***

The new approach involves staff who have been specifically trained to offer therapy and support to young people and their families.

### ***All young people taking part in the study will be asked to fill questionnaires at the start of the study and again 6- and 12-months later.***

When you complete the questionnaires at 6- or 12-months you can have a trusted family member, carer or worker from another service with you. When the researcher calls to make the appointment let them know if you require any additional help and they will arrange it. As a thank you we will give you a £25 voucher at each stage you complete questionnaires, one £25 after completing the questionnaire at the start, another £25 after completing the questionnaire at 6 months and another for completing the questionnaire at 12 months. The questionnaires explore substance use, behaviour and mental health. To get a clear understanding of what young people think about the new approach we might ask you to take part in an interview with a researcher, but before we do, we will ask for permission, and you can say no if you want to.

### ***Do I have to take part in the study?***

No. It is up to you to decide.

We will describe the study, go through this information sheet with you and answer your

questions. If you decide to take part in the study, you will be asked to sign a consent form.

We know that people come from different backgrounds and may have different ideas about therapy or research. Some young people and families may have had difficult experiences with services before. If that is true for you, we want you to know that this study is designed to be fair and respectful for everyone. You can ask any questions about how things work, and you do not have to take part if you do not want to.

**You can change your mind at any time before we delete any information that could identify you from the data, usually 12-months after you join the study. You do not have to give a reason. If you decide not to take part in the study or want to withdraw your participation, it will not affect the support you receive from substance use services or referrals to any other services.**

### ***Who will have access to my information?***

All information collected about you during this research will be kept confidential. The only people who will be able to look at it will be the research team.

All information will be stored on a password protected computer. After we have done the 12-month questionnaire we will remove any information that might identify you from our records. The data will be stored at the

University of Kent for 5 years (for written information) or 10 years (for electronic data). At the end of the study, this data, without anything that could identify you, will be archived by the organisation who is funding the study, the Youth Endowment Fund.

All staff and organisations involved in the research work to the same rules of confidentiality as doctors and nurses which can only be broken, without your consent, in very exceptional circumstances. **Usually this is if the researcher sees or is told something which raises serious concern for your or someone else's personal safety.**

### ***Could I be at risk by taking part?***

The research staff and organisations involved in this research have a lot of experience and we do not think that you will experience any harm because of taking part in this research study. Any suggestions or complaints about the study or how you were treated will be dealt with by the chief investigator Professor Simon Coulton whose contact details can be found at the end of this leaflet.

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

The study is funded by the Youth Endowment Fund and conducted by the **University of Kent**. The interventions are delivered by experienced, trained staff. Before we started the study, we

asked an independent body to look at what we planned to do to ensure what we are doing is ethical and good practice.

### ***What happens to the results of the study?***

We are keen to ensure that all young people involved in the study get an opportunity to help discuss and understand the results of the study. We will let you know of any opportunities to do this as they arise throughout the study period. We are happy to send you a summary of the research at the end of the project. If you would like to receive this, please email us using the details at the end of this leaflet. The study results will help us understand new ways to help young people in the future. No one will be identified in any of the information or reports written about the study.

### ***Will the research help me?***

At this stage we cannot promise that this study will help you directly. However, the study will provide information about how we work with young people in the future.

### ***Thank you...***

For taking the time to read this leaflet. Please ask any questions or raise any concerns you may have about the project. If you decide to take part, please keep this leaflet for future reference.

### ***Project staff***

Rosa Vass, trial manager, University of Kent, 01227 827912, [r.m.vass@kent.ac.uk](mailto:r.m.vass@kent.ac.uk)

Professor Simon Coulton, Chief Investigator, University of Kent, 01227 824535, [S.Coulton@kent.ac.uk](mailto:S.Coulton@kent.ac.uk)

If you have any complaints or concerns about the research project do not hesitate to contact:

Research Ethics and Governance, [lssjethics@kent.ac.uk](mailto:lssjethics@kent.ac.uk)

<https://media.www.kent.ac.uk/se/40432/ResearchParticipantUniversityLevelPrivacyNotice.pdf>

Research Information Leaflet: Child

