

INFORMATION SHEET FOR PARTICIPANTS

(REC Reference Number: HR-17/18-5229)

Response-inhibition training for compulsive acquiring in hoarding disorder

Invitation Paragraph

We would like to invite you to take part in a study that is being conducted as part of the research component of the Doctorate in Clinical Psychology programme. Before you decide if you would like to participate, it will be useful for you to understand more about it. We would be grateful if you could read the below information carefully. If there is anything that isn't clear, please do not hesitate to contact us on the details found at the end of this document. Thank you for taking the time to read this information.

What is the purpose of the study?

The aim of this study is to test out a training programme for adults with hoarding disorder who struggle with compulsive acquisition (collecting, buying) of objects. Once the study is complete, we will ask for feedback on how people found it and we hope to use this feedback to help improve and develop the training programme further.

Why have I been invited to take part?

We are specifically looking for participants that a) are over 18 years old; b) meet diagnostic criteria for hoarding disorder; c) experience excessive acquisition; and d) have access to a computer and the internet. You will hopefully be reading this leaflet because you have expressed an interest in taking part in this study by sending the research team an email or speaking to a member of the research team.

Do I have to take part?

No, you do not have to take part. It is up to you to decide whether you are interested in taking part. After reading this information sheet, you will be given the opportunity to ask questions. Following this, if you decide that you would like to get involved, we will ask you to sign a consent form confirming your decision to take part. However, even after signing this consent form, you are free to withdraw from the study at any time and are not obligated to provide us with a reason for your withdrawal.

What will happen to me if I take part?

▪ Telephone assessment:

If you decide to take part, you will be contacted by a member of the research team. They will arrange a telephone call with you to ask you questions about your experience of hoarding, and your mood. This will help us to check your eligibility criteria to participate in this study. If you meet criteria, we will also show you images of objects and ask you to rate them for likeability. This will help us to tailor the training programme to your specific presentation. After this, you will be asked to wait either 4, 8, or 12 days before starting the programme. To help us decide on the interval between when you start the programme, we will follow a similar format to drawing names out of a hat.

▪ Where does the study take place?

Apart from the initial telephone call and an optional feedback call at the end of the study, the study is completed online via a desktop computer or laptop. You can access the programme wherever you wish, using your own Internet at home, or in any area convenient to you that has computer facilities and Internet access, for example a library or internet café. However, we do recommend a quiet place where you can concentrate.

▪ Training part 1

In part 1 of the training, you will be asked to log in and complete the programme for approximately *10 minutes every day for four days*, as well as the daily ratings mentioned above. Following this you will be asked to wait a further 4, 8 or 12 days, before starting the second part of the training.

▪ **Training part 2**

In part 2 of the training you will again be asked to log in and complete the programme for approximately *10 minutes every day for four days*, as well as the daily ratings mentioned above.

▪ **What else do I have to do?**

Throughout all parts of the study we will ask you to complete *daily* ratings of your mood, and your thoughts about acquiring objects, which will take *5 minutes each day*. We will send you daily text reminders to help with this. We will ask you to complete a set of questionnaires at four time-points: before the study begins, at the start of part 1, at the start of part 2, and one month after the study is completed. These will all be completed online, and links to these will be sent to you via email.

▪ **How long will I be taking part for?**

Depending on the length of time you wait to start the programme and between part 1 and 2, the longest amount of time you will be actively involved in this study will be 32 days, while the minimum will be 16 days.

What are the possible benefits and risks of taking part?

▪ **Risks**

We do not foresee any major risks from taking part in this study. However, the study requires a time commitment and may be tiring and/or inconvenient at times. Consequently, we will try to ensure that assessments are as brief as possible, and you are welcome to take rest breaks whenever it suits and to engage with the training at times when it fits in with your own needs and schedule. The training may also feel uncomfortable at times as we will be showing you images of objects you like to collect and encouraging you to modify your existing behaviours about collecting items. If you become concerned about how you are feeling during the training programme and require additional support, we will provide you with details of support services available to you.

▪ **Benefits**

While we cannot make any promises that this study will directly benefit you, previous research has shown that programmes using response inhibition training have helped people with similar difficulties with other compulsive behaviours.

What will happen if I don't want to carry on with the study?

You are free to withdraw your participation from the study any time, without giving us a reason and without the care and support that you may receive elsewhere being in any way affected. Any identifiable data collected will be destroyed, if that is your wish. If you wish your data to be withdrawn from the study, you have until September 2018 to do so (when data collection will be finished). Data that are not identifiable may still be used, unless you specify that you do not agree to this. We will ask you for your feedback on the study, but your response is voluntary.

Will my taking part be kept confidential?

Information and data collected in this study is regarded as strictly confidential. All collected data will be immediately anonymised. All spreadsheets will be password protected, saved on an encrypted device, and kept in a locked cabinet within King's College London. No data will be accessed by anyone other the research team. At all times, there will be no possibility of you as an individual being linked with your data. This is in line with the UK Data Protection Act 1998.

How is the project being funded?

The project is being funded by the Doctorate in Clinical Psychology programme at King's College London. The study has been approved by the King's College London Research Ethics Committee.

What will happen to the results of the study?

The results from this study will be used to modify the programme. Further research will then be conducted with other groups of people with similar difficulties. Depending on your preference, a final report summarising the main findings will be sent to you. These research findings will also be disseminated through publication in a peer reviewed scientific journal and at academic conferences. You will not be identifiable in any report or publication arising from this research.

Who should I contact for further information?

If you have any questions or require more information about this study, please contact me using the following contact details:

Lucinda Gledhill

- Address: Department of Psychology | Institute of Psychiatry, Psychology & Neuroscience | King's College London | Addiction Sciences Building | 4 Windsor Walk | London | SE5 8AF | Email: lucinda.gledhill@kcl.ac.uk

What if something goes wrong?

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 King's College London using the details below for further advice and information:

Dr Juliana Onwumere

- Address: Department of Psychology | Institute of Psychiatry Psychology & Neuroscience | King's College London | De Crespigny Park | London | SE5 8AF | Email: juliana.1.onwumere@kcl.ac.uk | Tel: 0207 848 0097

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