



## Participant Information Sheet

### Identifying things that help or hinder seeking treatment for over-the-counter/non-prescription medicine addiction

A research team at the University of Aberdeen is currently carrying out a research study. The purpose of the study is to identify the things that help or hinder seeking treatment for over-the-counter/non-prescription medicine addiction. These are medicines which can be obtained **without** a prescription, e.g. painkillers which contain codeine and paracetamol/ibuprofen, cough and cold remedies, etc.

We would like to invite you to take part in a research study if:

- You are aged **18 years or older**,
- You **live in the UK**, and
- You have **ever been addicted** to an over-the-counter/non-prescription medicine. By addiction, we mean the repeated use of a medicine in which a person has a need or desire to use the medicine and has difficulty in voluntarily stopping or altering their use.

Before you decide whether or not to take part we would like you to understand why the research is being done and what it would involve for you. Please take a few moments to read the following information carefully and take time to decide whether or not you wish to take part. If you would like more information or have any questions, please contact the research team.

#### What is the purpose of the study?

The purpose of the study is to identify the things that help or hinder seeking treatment for addiction to over-the-counter/non-prescription medicines. Your experiences will help us to identify any changes that need to be made so that seeking treatment for over-the-counter/non-prescription medicine addiction is easier.

#### Do I have to take part?

No, taking part is voluntary. If you would prefer not to take part you do not have to give a reason. If you decide to take part we will ask you to provide verbal consent prior to taking part. You are free to withdraw at any time, without giving a reason.

#### What will taking part involve?

If you want to take part, please [email Ms Niamh Fingleton \(n.fingleton@abdn.ac.uk\)](mailto:n.fingleton@abdn.ac.uk). She will then contact you to arrange a convenient time and date for an interview. The interview will be a one-to-one conversation in English with a member of the research team and will be about your experiences and views of what helps and hinders seeking treatment for addiction to over-the-counter/non-prescription medicines. The interview will be carried out by telephone.

The interview will last between 30 and 60 minutes and will be audio-recorded. You will be asked questions about your addiction to over-the-counter/non-prescription medicines, and the things that help or hinder seeking treatment.

**Will you pay my expenses?**

Unfortunately we are unable to pay you for your time. If you wish to be interviewed by telephone, we can telephone you so that you are not charged for the call.

**What are the possible risks and benefits from taking part?**

We cannot promise that taking part will benefit you directly. By taking part you will help us to understand what helps and hinders seeking treatment. The results may be used in the future to improve treatment services.

We do not plan to cover any sensitive or embarrassing issues. However, if you feel uncomfortable during the interview, the interviewer will pause for a break, after which you can choose to end the interview or carry on.

**Will my taking part in this study be kept confidential?**

Yes. The identity of people taking part in the study will only be known to the research team at the University of Aberdeen.

**Will the information I provide remain confidential?**

Yes. Any information you provide will remain confidential with the research team from the University of Aberdeen. Your information will be securely stored by the research team according to university policy in a way that means you cannot be identified from the information you give us.

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

The results of the study will provide information about the things that help or hinder seeking treatment for people who are addicted to these medicines. The findings may be published in a scientific journal or presented at a conference. However your identity will remain anonymous in all publications and presentations of the findings.

**Who is organising and funding the research?**

The study is organised and carried out by a research team at the University of Aberdeen as part of a PhD research project. The PhD research project is funded by The Society for the Study of Addiction.

**Who has reviewed the study?**

This research has been looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This study has been reviewed and approved by NRES Committees – North of Scotland (2).

**Where can I get more information?**

If you require further information about the study you can contact a member of the university research team. They are:

Name	Position	Telephone	Email
Ms Niamh Fingleton	PhD student	01224 437206 07707 090712	<a href="mailto:n.fingleton@abdn.ac.uk">n.fingleton@abdn.ac.uk</a>
Dr Catriona Matheson	Senior Research Fellow	01224 437202	<a href="mailto:c.i.math@abdn.ac.uk">c.i.math@abdn.ac.uk</a>
Dr Margaret Watson	Senior Research Fellow	01224 437258	<a href="mailto:m.c.watson@abdn.ac.uk">m.c.watson@abdn.ac.uk</a>

Please contact Dr Catriona Matheson if you have any complaints about this research.

You can get independent advice about taking part in research from the follow website:

People in Research: <http://www.peopleinresearch.org/>

**Thank you for taking time to read this information sheet.**