

INFORMATION SHEET FOR PARTICIPANTS

Ethical Clearance Reference Number: **HR-19/20-18157**



Repeated Assessment of Mental Health in Pandemics (**RAMP**) Study

Invitation Paragraph

We would like to invite you to participate in the Repeated Assessment of Mental Health in Pandemics (RAMP) study, assessing the impact of the novel coronavirus (Covid-19) pandemic on mental health and wellbeing. Please read the following information before deciding to take part, and contact the research team on rampstudy@kcl.ac.uk if you have any questions.

What is the purpose of the project?

The purpose of the project is to investigate associations between the outbreak of the novel coronavirus pandemic and mental health and wellbeing. Previous research has shown that viral pandemics can cause significant distress and bring about or worsen existing mental health symptoms. We are interested in how different factors associated with the pandemic are affecting the population. Completing this research may help us to identify behaviours that occur and policies that are introduced during global pandemics, which may help to better inform potential similar outbreaks in the future.

Why have I been invited to take part?

You are being invited to participate in this project because we would like to recruit a wide variety of participants from all across the UK, to provide information on their physical and psychological health, both before and during the Covid-19 pandemic. You are eligible to take part if you are above 16 years old and currently a resident of the United Kingdom (England, Scotland, Wales or Northern Ireland), and have access to the internet.

What will happen if I take part?

If you choose to take part, you will be asked to complete a series of online questionnaires about your life, your mental and physical health, and your wellbeing, which will last approximately 30 mins. These surveys will be sent to you every two weeks during the pandemic and with reduced frequency (once a month) once the situation becomes more stable. Questionnaires will be sent for up to six months after the lifting of social distancing restrictions.

We will ask for consent to collect and store your data in accordance with GDPR within the survey. You can find more information on GDPR and your data storage at our website www.rampstudy.co.uk. You can download a copy of this information sheet from

the same website. When you register to complete the questionnaire, you will need to provide your email address.

What if I don't feel comfortable answering some or all of the questions?

Simply leave it blank and move on to the next one. You may complete the questionnaire in your own time. You may end your participation at any time, for any reason, and we will not ask you why. You can opt out of re-contact at any point. You can also skip a questionnaire and continue to participate in later surveys. These decisions are entirely yours and we respect your wishes.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in any way.

What are the possible risks of taking part?

We do not foresee any risks occurring from your participation. If at any point in the study you feel distressed, there are links to support pages on the questionnaire. We take your safety and wellbeing very seriously, and should you have any questions or concerns, please contact the research team on rampstudy@kcl.ac.uk

What are the possible benefits of taking part?

Although there are no immediate individual benefits to taking part, you will have the unique opportunity to contribute to some innovative and valuable research which may later be used across the world. Individuals may also find it helpful to reflect on the current situation and anonymously express their feelings concerning a stressful and unprecedented global event.

Data handling and confidentiality

Your data will be processed in accordance with the General Data Protection Regulation 2018 (GDPR).

Your data will be anonymous and will not be able to be linked back to you. We will assign you a unique ID, that is only linked to your email address, in order to invite you to complete questionnaires over the course of the study. Only members of the research team will have access to this information and it will be stored in an encrypted file. All of

your answers to the questionnaires will be stored anonymously on our server. Published data will be anonymised, and no email addresses will ever be published.

We will retain your data for the duration of the study, and for as long as the topic is scientifically relevant, to allow for data analysis and dissemination of our results to the wider scientific community. We may share anonymised data with our trusted research partners, via official request for authorisation. This data will not be able to be traced back to you. Any data sharing and transfer arrangements are compliant with GDPR and KCL policies.

Your data will be processed in accordance with the General Data Protection Regulation 2018 (GDPR). If you would like more information about how your data will be processed in accordance with GDPR please visit the link below:

<https://www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research>

What if I change my mind about taking part?

You are free to withdraw at any point of the project, without having to give a reason. Withdrawing from the project will not affect you in any way. Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the project, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

What will happen to the results of the project?

The results of the project will be summarised in academic research papers. Due to the nature of the topic, it is likely that our research will be used to inform government policies, both nationally and internationally. We anticipate that published results will be available for general viewing in scientific journals both in print and online. We will inform participants if this occurs.

Who should I contact for further information?

If you have any questions or require more information about this project, please contact study personnel at the following address: ramp@kcl.ac.uk

The research is led by Dr Katherine Young, Social, Genetic and Developmental Psychiatry Centre, King's College London

Email: katherine.s.young@kcl.ac.uk

Phone: (+44) 020 7848 0865

Address: Social, Genetic and Developmental Psychiatry Centre,
Institute of Psychiatry, Psychology and Neuroscience – PO80,
De Crespigny Park,
Denmark Hill, London,
United Kingdom, SE5 8AF

What if I have further questions, or if something goes wrong?

The Chair, Psychiatry, Nursing and Midwifery Research Ethics Subcommittee,
Research Ethics Office, Room 4.16/ 4.16A Waterloo Bridge Wing, Franklin Wilkins
Building, Waterloo Road, London, SE1 9NH pnm@kcl.ac.uk

Can I access my data?

You have the right to access information held about you. Your right of access can be exercised in accordance with the General Data Protection Regulation. You also have other rights including rights of correction, erasure, objection, and data portability. Questions, comments and requests about your personal data can also be sent to the King's College London Data Protection Officer Mr Albert Chan info-compliance@kcl.ac.uk. If you wish to lodge a complaint with the Information Commissioner's Office, please visit www.ico.org.uk.

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