

## An invitation to join a Research Group



Information Sheet (Phase 1a) – Version 1.0 – 18 March 2021

This leaflet is about some research called “Improving anxiety in people with mild to moderate intellectual disability: Developing and testing a novel, co-produced, mental imagery intervention.”



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## Why are we doing this research?

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We are doing some research to find new ways to help people with learning disabilities who feel very worried.

When people feel very worried, they might see a psychologist. Psychologists help people by talking to them.

Sometimes psychologists talk to people about the pictures in their heads. We want to do some research to see if people with learning disabilities have pictures in their heads.

We want to make sure we do our research well. We want it to be easy for people with learning disabilities to understand.

We need people with learning disabilities to help us do this.

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## Our Research Group

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Our Research Group will meet and talk about the research. We will find out more about the pictures in people's heads.

There are some treatments which help people to change the pictures in their heads. We will talk about if these might help people with learning disabilities, or if we need to change them.

Our Research Group will look at any posters or information sheets to make sure people with a learning disability can understand them.

The researchers will meet another group called the 'Stakeholder Group'. This will include family members, staff and professionals who are interested in helping people with learning disabilities.

There are six parts to our study:

1. Setting up our research group and the stakeholder group
2. Finding out if people with learning disabilities have pictures in their heads and what these are like
3. Talking about interventions that help people who are worried. Asking if we need to change these for people with a learning disability.
4. Trying out some interventions together to see if we understand them and like them.
5. Saying what it was like being in our Research Group
6. Making a film together about being in the Research Group, and telling people what we found out.



You don't have to be in all of the parts of the study unless you want to. You can choose which bits to take part in.

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## What are we asking you to do?

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We would like you to be in our Research Group. You are being asked to join because you have a learning disability.

You are not being asked to take part in research. We are asking you to help us check we are doing good research that people will understand.

If you want to join our Research Group, we will ask you to join a meeting every month for the next 3 years. The meetings might be in person or online. Each meeting may last a couple of hours, and we will have some breaks.

Our research group will be led by Olivia Hewitt. Rosie and Zsofia are also helping with the research. Everyone else will be someone with a learning disability. People can bring a support worker or carer with them too.

For each meeting, the research team will ask some questions about the research project. The group will talk about the research and give their ideas. Everyone will be able to say what they think.

Sometimes we might look at leaflets or posters to see if we can easily understand them.

The research team are very interested in what you think. We will make changes and bring work back to the next meeting to see if we have made things better.

Please ask us any questions.



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## Consent

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If you want to join our Research Group we need you to agree to being recorded. We can do this by recording our voices when we speak. Or we can record our faces and our voices on the computer. If you do not want your video recorded, you can turn off your camera for the meeting.

We want to record each session to make sure we don't forget anything you have said. At the end of the research we will delete all of the recordings.

When we record the session, we will record both the video and the audio.

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### How long do I have to be involved?

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If you join the Research Group we ask you to come to a meeting every month for three years. We know that everyone won't be able to come to every meeting as you might be ill or on holiday. That's OK. Come to as many as you can.

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### How long will the research last?

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The whole study will last 3 years.



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## What will you do with information about me?

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Olivia Hewitt is doing this research with Warwick University. They make sure we look after your private information and keep it safe.

If you join the Research Group we will need some information about you. We will need to know your name, your phone number, and where you live. This is so we can invite you to meetings and send you information about the research. If we have meetings online we will need your email address.

We will keep all of your information safe and not share it with anyone else.

We will need to know who to contact if there is an emergency. If we are worried that you or someone else is being hurt then we will need to tell someone about this.

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## Payments

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This research is paid for by the National Institute for Health.

We will pay you for the time you spend in the Research Group. We may be able to pay your travel costs to come to the group.

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## Sharing what we find out

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When we have finished our research we will tell people what we have found.

We will write some papers for a journal so other people can read about our research.

We will go to a conference and tell other people what we found

We will make a film so other people with learning disabilities can hear about our research group.

You can choose which bits you want to be involved with.

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## Complaints

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If you are unhappy please tell Olivia Hewitt or one of the research team.

If you do not want to speak to one of the research team, you can talk to Olivia's supervisor:

Professor Peter Langdon

Tel: 02476 522912

Email: [Peter.Langdon@warwick.ac.uk](mailto:Peter.Langdon@warwick.ac.uk)

Centre for Educational Development, Appraisal

and Research, University of Warwick

Coventry CV4 7AL

**RSVP Slip – Invitation to join our Intervention  
Adaptation Group**

(Version 1.0 – 18 March 2021)

**Title of the project:** “Improving anxiety in people with mild to moderate intellectual disability: Developing and testing a novel, co-produced, mental imagery intervention.”

**IAG Member Identification Number**

**Please initial  
in the box**

I would like to join the Research Group.

I understand that some meetings will be online, and they will be recorded. I agree to this.

If I do not want my video recorded, I know I can keep my camera off.

I understand that the researchers want to put my name on the papers and conference talks. If I do not want my name on these then I will tell Olivia and she will take it off.

**Your details**

Print your  
name:

Signature:

Date:

Address:

Email:

Tel:

**You can send this form to:**

**Dr Olivia Hewitt  
Centre for Educational Development, Appraisal  
and Research, University of Warwick  
Coventry CV4 7AL**

**You fill this form in and email to: [Olivia.Hewitt@warwick.ac.uk](mailto:Olivia.Hewitt@warwick.ac.uk)**

***Or you can just email or ring us and let us know that you want to  
take part.***

**If you want to find out more, have any questions, just get in touch.**