



Information Leaflet

Project Title: PSYcHE - Improving Psychosocial Supports in Youth Mental Health

This Information Sheet will tell you about the purpose of the research, along with its potential risks and benefits. There will be a screening process to ensure that you are eligible and that it is safe for you to take part in the study. If there is anything that you are not clear about, we will be happy to explain it to you.

Description

This study is researching social cognition and social and occupational functioning in young people aged 16 to 35 living with psychosis.

Psychosis is a term used to describe symptoms that affect a person's beliefs, thoughts, feelings and behaviours.

Social Cognition refers to how we think in social situations i.e. how we interpret, process, store and apply information we are receiving when interacting with other people in social situations.

Social & Occupational functioning refers to how we function in our day to day lives i.e. performing daily tasks and solving problems that might occur.

What is involved in taking part?

1) You will be assigned to 1 of 2 interventions which will either involve weekly 1-hour therapy sessions with a trained therapist including 1:1 individual sessions and group sessions for approximately 10-12 weeks or an interactive online platform with a trained therapist and peer support workers who have similar mental health experiences. Both therapies help support you in coping with daily life and are designed to suit your needs.

2) Complete neuropsychological and clinical assessments with a member of the research team which will test things like memory and cover questions about your mental health and day to day life.

3) At the end of your participation in the study, you will be invited to take part in an interview to provide the research team with feedback on your experience of taking part in the study. This interview will explore your views on the acceptability of the intervention, your experience of participation, and perceived benefits and challenges.

Risks:

There are no risks associated with participating in this study. If at any time during the study you become unwell you can withdraw and we will let your treatment team know.

Benefits:

We cannot predict improvements in individual participants. You will have the opportunity to provide feedback on your experience of the intervention to assist with developing future interventions.

Conditions and Withdrawal:

If you decide to take part, you can withdraw from this study at any stage and it will not impact your current medical care.

Contact: Please contact psyche@nuigalway.ie if you are interested in taking part or have any further questions.