**INFORMATION SHEET FOR PARTICIPANTS [YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET]** *Ethical Clearance Reference Number:* HR-19/20-2048  


**Title of project**

**Mental Health and Wellbeing of Black University Students in the UK**

**Invitation Paragraph**

Hello, my name is Nkasi Stoll and I am a PhD student at King’s College London. I would like to invite you to participate in this research project which forms part of my PhD research. Before you decide whether you want to take part, it is important for you to understand why the research is being done and what your participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask me if there is anything that is not clear or if you would like more information.

**What is the purpose of the project?**

The purpose of this project is to explore the life events and experiences Black (Caribbean, African, and mixed heritage with Black) university students report as important to their mental health and wellbeing.

**Who are the research team?**

Nkasi Stoll (Lead researcher), Professor Stephani Hatch (Primary supervisor), Dr Heidi Lempp (Secondary supervisor), and Dr Nicola Byrom (Third supervisor).

**Why have I been invited to take part?**

You are being invited to participate in this project because you:

* self-identify as Black (Caribbean, African, and mixed heritage with Black)
* are currently studying at, within a year of graduating from, or are within a year of dropping out of a university course at King’s College London, London Metropolitan University, Loughborough University, Queen's University Belfast, University of East London, University of Glasgow, University of Surrey, University of Warwick, Ulster University, and University of Bedfordshire
* are happy to talk to me about your mental health and/or mental wellbeing experiences whilst studying at university
* are aged 18 or over

Unfortunately, you will be unable to take part in this project if you:

* have never been enrolled on a course at a UK university
* are enrolled at a university outside of the UK
* do not identify as Black (Caribbean, African, and mixed heritage with Black)
* graduated or dropped out of university over a year ago
* are aged 17 or younger

**What will happen if I take part?**

If you choose to take part, you will be asked to complete an expression of interest form online. I will contact you via email within 5 days to confirm your participation and ask you to complete a consent form. You will then be asked to take part in an unstructured interview with me about your life experiences, wellbeing, and mental health. The interview will take up to 2 hours on Microsoft Teams at a time which is convenient for you; and will be video and/or audio recorded with your permission.

**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 anyway. Once you have read the information sheet, please contact Nkasi Stoll on [nkasi.1.stoll@kcl.ac.uk](mailto:nkasi.1.stoll@kcl.ac.uk) if you have any questions that will help you make a decision about taking part. If you decide to take part I will ask you to sign a consent form and you will be given a copy of this consent form to keep.

**Incentives**

If you choose to participate in this study I will send you a code for a £20 Love-to-shop e-voucher after the interview as a thank you.

**What are the possible risks of taking part?**

I am inviting participants to talk to me about their mental health and wellbeing experiences. Any potential risks of participating would come as a result of a participant disclosing a historical or current distressing experience in their lives. Sometimes students can find talking about their wellbeing or mental health sensitive or uncomfortable. If this is the case, you are free to take a break at any time. Only talk about what you want to talk about. If you want to stop taking part, you can do so at any time throughout the interview without giving me a reason by speaking to me. You will receive information about some support services who can provide some support.

**What are the possible benefits of taking part?**

If you chose to participate you will help me and the research team understand what and how particular experiences at university may impact on the wellbeing and mental health of Black students. Your story will also help us to understand what and how we can improve the experiences and wellbeing of Black students at university.

Students sometimes find it helpful to talk about their story to researchers, however it is important to know that research is not the same thing as counselling. I will provide everyone with a list of useful contacts, which can be used to receive appropriate help if needed.

You can also receive a copy of our final report describing the main findings from this study. However ,this is optional, and you do not have to be sent any additional information regarding this study in the future if you do not want to.

**Data handling and confidentiality**

**The research team and I take confidentiality very seriously.**  Your data will be processed in accordance with the General Data Protection Regulation 2016 (GDPR). If you would like more information about how your data will be managed 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>

All personal identifiable information about you is regarded as strictly confidential and it will be stored separately to the information you provide as part of the interview. All participants will remain anonymous and will be given an anonymous code number which will be used as an identifier throughout the research study. Only the research team directly involved in the study will be able to trace the information you have given to your personal details.

I will label the interview recording with a code number. The file will be password protected and stored electronically in a secure, encrypted folder on King’s College London’s Sharepoint which will only be identifiable by the code number. I will refer to this file when transcribing the recording, which will also be password protected and saved using the same code number and stored in the same folder. The audio recording and/or video recording will be destroyed after I have transcribed the recordings.

Information provided during the interview will be completely confidential. Confidentiality might be breached only when your life is considered to be at risk, for example in cases where suicidal thought and plans are disclosed. If this is to happen, our aim will be to make sure you get information on the help and support you may need.

Pseudonyms will be assigned to every participant, names of others will be anonymised, and locations will be changed to conceal identities and thereby maintain the confidentiality of the data you provide.

University staff, such as personal tutors and counsellors, will not be able to access any of your information provide during the interview.

Research data will be retained for 10 years after the completion of this 3 year research project according to King’s College London’s Records and Data Retention Schedule: <https://www.kcl.ac.uk/aboutkings/orgstructure/ps/audit/records/retention>

**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. You are able to withdraw your data from the project a month after the date of your interview, and no later than 26th March 2021,after which withdrawal of your data will no longer be possible as I will have already begun analysis and will not be able to identify your particular responses.

If you choose to withdraw from the project 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.

**How is the project being funded?**

This project is being funded by the Economic Social Research Council London Interdisciplinary Social Science DTP (LISS DTP) studentship.

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

The results of the project will be summarised in my PhD thesis, scientific publications and conference/workshops. Results may also be used to inform university policies regarding student wellbeing.  It will not be possible to identify you from any publications or presentation of the results.

**Who should I contact for further information?**

If you have any questions or require more information about this project, please contact me using the following contact details: Nkasi Stoll, [nkasi.1.stoll@kcl.ac.uk](mailto:nkasi.1.stoll@kcl.ac.uk),Department of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London, 16 De Crespigny Park, London SE5 8AF

**What if I have further questions, or 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:

* Professor Stephani Hatch, [stephani.hatch@kcl.ac.uk](mailto:stephani.hatch@kcl.ac.uk), Department of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London, 16 De Crespigny Park, PO Box 84, London SE5 8AF
* For any complaints please refer to: Mr Chris Webb, Psychiatry, Nursing & Midwifery Research Ethics [rec@kcl.ac.uk](mailto:rec@kcl.ac.uk). KCL Ethics Ref: HR-19/20-20489.

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