



## Default Question Block

### Participant Information Sheet

#### **CBT therapists and PWP professionals' views on gaps in LGBTQ+ understanding and training in IAPT**

You are being invited to take part in a research study. Before you decide whether to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and to consider whether you wish to take part. Should you have any questions, please do not hesitate to contact us (contact details below)

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

Research has consistently highlighted differences in mental health outcomes within IAPT services for sexual minority individuals (i.e. individuals identifying as lesbian, gay, bisexual or queer; LGBTQ+) compared to heterosexual individuals. A recent study that investigated the experiences of LGBTQ+ service users in accessing IAPT services found a large percentage of LGBTQ+ participants agreed that more training on LGBTQ+ issues for therapists is required (Foy et al., 2019). Presently, training on sexual orientation and LGBTQ+ issues are mandatory as part of the diversity module on IAPT training courses. Practitioners may also receive additional training from their IAPT services on LGBTQ+ issues upon completion of their training courses as part of continuing professional development (CPD). However, the amount of training and the quality of training that practitioners receive may vary between universities and IAPT services. Thus, the inconsistency in training on LGBTQ+ issues provided may contribute to differences in competency among practitioners in supporting LGBTQ+ service users, and differences in mental health outcomes for LGBTQ+ service users in IAPT.

Therefore, the study aims to examine IAPT practitioners' views on the gaps in LGBTQ+ understanding and training.

**Why have I been invited to participate?**

You have been invited to participate because you are working for an IAPT service as a Psychological Wellbeing Practitioner or CBT Therapist.

**Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part, you will be asked to complete a consent form in the survey. You can withdraw from this study by closing your browser. However, once you click on "Submit" your data will be submitted anonymously and therefore it will no longer be possible to withdraw from the study".

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

After reading the information sheet and if you are willing to participate, you will be asked to provide consent. You will then be taken to three surveys. The first will capture your demographic information, the second survey will ask you to answer questionnaires that examine skills and knowledge of working with LGBQ+ service users, and the third survey will ask you to provide further information on the training you have received on LGBQ+ issues and what would be helpful for you pre, and post-qualifying to support you in working with LGBQ+ service users. Taken together, the questionnaire will take approximately 30 minutes to complete. At the end of the surveys, you will need to press 'Submit' to submit your answers. After this, there will be a debrief information sheet with signposting. The signposting information is also included here for reference in case you don't complete the survey.

If you develop, any distress during your time of participation, kindly feel free to contact [www.mind.org.uk](http://www.mind.org.uk) or [www.samaritans.org](http://www.samaritans.org) for further support and guidance.

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

Your participation will help us identify the current gaps in training on LGBQ+ issues. Understanding the gaps in training will allow us to start identifying the steps that needs to be taken to ensure that training courses and IAPT services are providing sufficient training for practitioners on LGBQ+ issues.

**Will the data collected in this study be kept confidential?**

Your data will be collected anonymously and will be transferred from the survey onto an electronic spreadsheet. The information will not be identifiable. All information received from you will be handled in a confidential manner. Electronic data will be held on a password-protected server. Your consent form you provide will be held until five years after the results have been published.

Anonymous data from the study may be held securely for an indefinite period in electronic format and may be lodged with a data repository service so other interested parties can examine it.

### What will happen to the results of the research study?

The results will be written up as part of a research paper, with the aim for the paper to be published in a peer-reviewed journal. If any individual data are presented, the data will be totally anonymous, without any means of identifying the individuals involved.

### Who is organising and funding the research?

Jason Ho will be conducting the research with the support from Professor Patrick Callaghan and Marie Chellingworth at London South Bank University. The project will also receive secondary input from Dr Allán Laville at the University of Reading.

### Who has reviewed the study?

The research project has been approved by the School of Applied Sciences Research Ethics Committee, London South Bank University.

### Contact for Further Information

For further information, you may contact the researcher Jason Ho, ([jason.ho15@nhs.net](mailto:jason.ho15@nhs.net), 07446971769). The lead investigator for this project is Professor Patrick Callaghan, ([callagp3@lsbu.ac.uk](mailto:callagp3@lsbu.ac.uk), 02078157603). Finally, if you remain unhappy and wish to complain formally, you can contact the Chair of the School of Applied Sciences Ethics Panel ([sasethics@lsbu.ac.uk](mailto:sasethics@lsbu.ac.uk)).

Thank you for reading the participation information sheet. Please read the following statements and tick the yes/no boxes.

### Taking part

	Please tick the box that applies	
	Yes	No
I confirm that I have read and understood the information sheet. I have had the opportunity to ask questions via email.	<input type="radio"/>	<input type="radio"/>
I understand that my participation is voluntary and that I am free to withdraw (by closing the browser window) as explained in the information sheet, without providing a reason.	<input type="radio"/>	<input type="radio"/>
I agree to take part in the above study.	<input type="radio"/>	<input type="radio"/>

### Use of my information

	Please tick the box that applies	
	Yes	No
I understand my personal details such as phone number and address will not be collected.	<input type="radio"/>	<input type="radio"/>
I agree to the use of anonymised quotes in potential publications, presentations, and training materials	<input type="radio"/>	<input type="radio"/>
I understand that the data (including consent) will be kept for 5 years in electronic format under double lock after the results have been published. Anonymous data from the study may be held securely for an indefinite period in electronic format and may be lodged with a data repository service so other interested parties can examine it.	<input type="radio"/>	<input type="radio"/>

## Demographic Information

What is your age?

- 20-24 years old
- 25-29 years old
- 30-34 years old
- 35-39 years old
- 40-44 years old
- 45-49 years old
- 50+ years old

How would you describe your racial or ethnic identity?

- Asian or Asian British
- Black or Black British
- Mixed
- White
- Other

Which of the following best describes your sexual orientation?

- Heterosexual
- Bisexual
- Lesbian/Gay Woman
- Gay Man

- Prefer not to say
- Other

What gender do you identify as?

- Man
- Woman
- Non-binary
- Prefer not to say
- Prefer to self-describe below

What is your current role?

- Psychological Wellbeing Practitioner (PWP)
- High Intensity CBT Therapist
- Other (please specify)

How many years of experience do you have practising as a qualified PWP and/or High Intensity CBT Therapist?

- Less than one year
- 1 year
- 2 years
- 3 years
- 4 years
- 5 years
- 6+ years

What IAPT service(s) do you practice in?

- NHS commissioned service
- Private company
- Online provider
- Other

## Forced choice scales

The following questionnaire looks at clinicians' skills of working with LGBQ+ service users within an IAPT setting. Please read the following statements and rate the truth of the statements from 1 (Not true at all) to 7 (Totally true)

	Not at all True		Somewhat True			Totally True	
	1	2	3	4	5	6	7
I think that the current IAPT curriculum has adequately prepared me to support LGBQ+ service users	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At this point of my career as a PWP or CBT therapist, I feel competent, skilled, and qualified to assess and treat LGBQ+ clients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During my training, I have done roleplays as either the client or PWP/CBT therapist involving an LGBQ+ issue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My IAPT service has provided me with opportunities to participate in CPD on LGBQ+ issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My supervisor has the appropriate knowledge and training in LGBQ+ issues to support me in case management/clinical skills supervision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following questionnaire looks at clinicians' knowledge of LGBQ+ psychosocial issues in the context of IAPT. Please read the following statements and rate the truth of the statements from 1 (Not true at all) to 7 (Totally true)

	Not at all True		Somewhat True			Totally True	
	1	2	3	4	5	6	7
LGBQ+ service users have poorer treatment outcomes compared to heterosexual service users.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of research that identified unique stressors that LGBQ+ individuals are subject to that contribute to poorer mental health compared to heterosexuals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are different psychological issues impacting gay men versus lesbian women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are different social issues impacting gay men versus lesbian women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bisexuals are subject to different psychological issues than homosexuals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bisexuals are subject to different social issues than homosexuals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of institutional barriers that may prevent LGBQ+ individuals from accessing IAPT services.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Open Ended Questions

The following questions will provide you with an opportunity to further expand on your experience of LGBQ+ training pre- and post- qualifying as a PWP and/or a CBT therapist.

During your training year, what training did you receive on LGBQ+ issues?

Please comment whether there is anything that would have been helpful for courses to include to help you prepare for working with LGBQ+ service users?

After qualifying, what training have you received on LGBQ+ issues that is different to the training you received during the course?



Please comment whether there is anything that would have been helpful for your IAPT services to provide to help you further your confidence in working with LGBTQ+ service users?



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