



MEN MINDS

better mental health for young men

Participant Information Sheet

Hello. We are a group of young men who have been working with the Men Minds Project since September 2023.

Men Minds also involves people from different Universities and organisations called Nina, Leyla, Daniela, Julie and Matt.

What is Men Minds about?

Men Minds wants to improve mental health research for young men. Men Minds has been working closely with us to learn what it is like to be a young man today and about what we think about mental health and mental health research. We have also been learning about becoming peer researchers. This means we are doing some research with other young men who might have experienced similar things to us or who might be like us in some ways. You can read more about Men Minds on the website www.menminds.org

We now want to have lots of different conversations with young men to find out what they think and feel about being a young man and mental health. We also want to understand what things might encourage or put young men off taking part in mental health research.

Who can take part?

People aged 16-24 who identify as a young man and identify with one (or more) of these groups:

- young men who have been arrested or had contact with the justice system
- young men who are LGBTQI+
- young men who have moved to Scotland from outside of the UK





What will I be asked to do in the project?

Young men who take part will have a conversation with one of the young men researchers and one of the project researchers. This conversation would last about 60-90 minutes and could take place in a few different ways. You can decide which:

- Just you and the two researchers in person. This would take place at a suitable and safe location like a private room in an organisation in your local community, your school, your home, or Strathclyde University. You can also choose to go for a walk with the researchers to talk if you want.
- Just you and the two researchers online (on Zoom or MS Teams).
- In person in a group with about 5 other young men who identify with the same group(s) as you. This would be in a safe, suitable space, like a private room in a community organisation, or at Strathclyde University.
- Online in a group with about 5 other young men who identify with the same groups as you (on Zoom or MS Teams)

If you prefer to take part anonymously and watch a short video about the project and answer some questions online or by WhatsApp you can also do that. Because it is anonymous you can't get a voucher by taking part that way.

Do I have to take part?

No you do not have to take part unless you want to. If you do decide to take part you can choose to stop taking part at any time and without having to give a reason. If you do decide to take part you will receive a £20 One4All voucher (unless you take part anonymously).

Are there any risks in taking part?

The topic of mental health might make you think about things that are upsetting. Other people in groups might get upset. We will make sure that people have the chance to take breaks, or to not answer questions they don't want to. We will make sure that groups understand the rules about how to treat each other in the group, such as respect and confidentiality. We also have a list of organisations you can contact for support if you need it.

What information is being collected in the project?

We will collect lots of different information in the project. This includes the notes we take from our conversations, the things we create together in the activities, and we will ask for feedback from you at the end of the conversation about what you thought about taking part. If you say it's OK, we will record the sound of in-person conversations, and we will video record online conversations. All sound and video recordings will be deleted as soon as they have been typed up.

Who will have access to the information?

The information will only be stored on secure computers that the project researchers use in their organisations. The peer researchers (us young men) do not keep any of your data, we give it to the project researchers straight away to keep secure. We will write some reports on what we have learned in the research but we will not include your name in any reports and we will make sure that you cannot be identified at all in the report. The reports will be published on the website www.menminds.org and also in some academic journals.

The Medical Research Council, who funded this project, do expect the project to keep completely anonymised data from the project in a special safe place called the UK Data Service where it can only be accessed by UK researchers with special permission. There is no way that you can be identified from this information, and we will also ask your permission to share this anonymous information. If you do not consent we will not share your information.

The only time we might need to share your information is if you tell us that you, or someone else, is at a risk of serious harm because we need to keep people in the project safe. Examples might be if someone was being abused or trying to kill themselves. We would try and talk to you first before sharing this information.

Thank you for reading this information – please ask any questions if you are unsure about what is written here.

The law tells us what we need to do to keep your data safe and we will follow this law at all times. This [Privacy Notice for Research Participants](#) has more information about what your rights are.

What happens next?

If you are interested in taking part please email us on men-minds@strath.ac.uk or phone us on 0141 444 8622 or SMS/WhatsApp on 07974 045 049 (all contact details are only answered during working hours).

Chief Investigator details:

Nina Vaswani. Email: nina.vaswani@strath.ac.uk Phone: 07772 479 124

This research was approved by the University of Strathclyde Ethics Committee. If you have any questions/concerns that can't be sorted out by the researchers, please contact the Ethics Committee using the details below.

University Ethics Committee, University of Strathclyde, Graham Hills Building, 50 George Street Glasgow G1 1QE. Telephone: 0141 548 3707 Email: ethics@strath.ac.uk



Participant Consent Form

- I have read the Participant Information Sheet for the Men Minds project, or someone has read it to me. I understand what it says and the researcher has answered any questions I have.
- I have read the Privacy Notice, or someone has read it to me, and I understand how my personal information will be used
- I understand that it is my choice to take part and I can change my mind at any time and stop taking part in the Men Minds Project at any point, without having to give a reason and without any consequences.
- I understand that researchers will ask my consent at the start and end of the conversation to check I am happy for my data from that session to be included in the project.
- I understand that I can ask for my data to be deleted from the project and that the researchers will do this as best as they can. This includes the following data:
 - Any sound recordings of conversations that identify me
 - Any video recordings of online conversations that identify me
- I understand that I can withdraw my data from the project only until it is anonymised.
- I understand that anonymised data (i.e. data which can't be identified as me) cannot be deleted once they have been included in the study.
- I understand that any information recorded in the research will remain confidential and no information that identifies me will be included in any reports
- I consent to taking part in the project.

Write Name

Sign Name

Date

I consent to any completely anonymised information being stored with the UK Data Service YES NO

Sign Name

Date