

**Study Title:** Randomised Controlled Trial of The Rediscovery Process as an aid to Substance-Related and Addictive Disorders recovery

### **Information sheet**

You are being invited to take part in a research study. Before you decide to take part in this research study, 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 discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Thank you for reading this.

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

The purpose of this study is to a) to determine the efficacy of The Rediscovery Process (TRP) (see how useful or otherwise it is) in stopping your addictions and b) to see what differences it makes (if any) on how you can manage your habits, reactions to situations, thoughts and feelings better.

TRP is a training for people wishing to recover from addictions. It's based on the idea that when we become addicted we start making choices on auto-pilot that, later on, we wish we hadn't made. It also considers that successful recovery involves rediscovering how to make better and more interesting choices about our habits, reactions to situations and thoughts, and making those new ways of thinking and acting as automatic as the old ones. Many participants have found that TRP, and its sister programme for health issues the Lightning Process, can be helpful in making changes with problems that they have been stuck with for a long time.

This is a relatively new approach in the field of addiction and needs more research, such as this study, to find out how it compares to other approaches currently available for addiction.

#### **Why have I been chosen?**

You have been chosen because your key worker has discussed this programme with you and thinks you might get value from it and/or you have indicated an interest in taking part. The next step is for you and the keyworker/trainer to have a chat to discuss any questions you may have and work out together a plan for when you can start your training. It may be deemed after this meeting that the training is not appropriate for you at this time. If this happens then you will be sent a debriefing sheet which details other options to you.

#### **Do I have to take part?**

No, you do not have to take part in either the study or TRP if you do not want to. It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and you will be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time, without having to give a reason and this will not affect your future care.

You can also decide to take TRP course and not take part in the research from the start or at any point after, if you wish to. This will mean you won't have to fill in any further questionnaires and, if you wish us to, we will destroy any questionnaires you've already completed so your data won't be included in our analysis.

## **TRP-info**

If you decide not to take part in TRP you will be encouraged to seek advice and support from your key worker, if you have one, and will be provided with information on where to seek alternative help.

If you decide to take part in this research study and use TRP, you will be placed on a waiting list and provided with the treatment package when it is readily available. This can mean a wait of four to six weeks, although we will work to get you on the programme as soon as we can. You will also be assessed at the end of treatment and if you feel you have not benefited from using TRP you will be encouraged to seek advice and support from your keyworker, if you have one, and will be provided with information on where to seek alternative help.

### **Who can take part in the study?**

We are seeking to recruit 100 people aged 18-65 who are currently engaged with addiction services into this study. To **take part you must be able to attend all 3 days of the TRP course**. The program is only available in English at the moment so you will need to have a reasonable understanding of spoken English and be prepared to use the program for about 30 minutes a day for the six months that the trial lasts.

### **What's involved if I take the TRP?**

The Rediscovery Process course itself is run in small groups of about 6 people, over 3 consecutive days, with the training lasting about 3 hours, with breaks. Experience suggests that although this seems a longish time, the programme is designed to be engaging and entertaining enough to keep you interested for that long.

Everyone who participates will have a chat first with the trainer and/or key-worker to check suitability of the training for them. You will given a date for the course which will teach you all the skills of TRP, but after the course you will be expected to use the TRP for about 30 minutes throughout each day, for the six months of the study. Some people may use it a lot more than 30 minutes a day but this is the minimum that we expect participants to use the program. We will provide you with details of how to get help if you experience problems using the program.

During the TRP programme you will have support from your trainer delivered primarily in a group format in addition to any keywork sessions you may have.

### **How will you measure how well it works for me?**

When you enrol into the study you will be asked to complete a brief and simple to complete questionnaire.

We will also ask you to fill in further ones

- before the course (either once or twice)
- 1 month after the course
- 3 months after the course
- 6 months after the course

These can be filled in by phone or post.

These forms are very important to fill in as they will be used to work out the effect of TRP.

### **What do I have to do?**

If you are interested in taking part in this study, please complete and return the consent form accompanying this information sheet. Alternatively, you may contact

## **TRP-info**

Phil Parker, the researcher running the study, by email at: php0059@mylondonmet.ac.uk or by telephone on 020 73740233.

If you do agree (consent) to take part in this study we will contact you within two weeks to arrange a date for your training.

### **What are the possible disadvantages and risks of taking part?**

Taking a training programme to help addiction offers the possibility of a chance to make the changes you've wanted in your life for some time. Unfortunately as it is impossible to guarantee the results of any approach this means there is a chance that you might take the programme and be disappointed by not getting the results you hoped for. We would of course hope this is not the case, but if that were to happen we would assist you in gaining support from your trainer and from your keyworker to find ways to put the training tools into practice to get better results or to look for alternative solutions.

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

We hope that participants will find that using TRP helps them recover from their addictions and related problems but we cannot guarantee this.

### **What happens when the research study stops?**

When the study is finished and we have analysed all the information we will inform everyone who has taken part of what we have found.

### **What if something goes wrong?**

We think it is unlikely that anyone will be harmed by taking part in this study; however, if you are harmed by taking part in this project, there are no special compensation arrangements. If you are harmed due to someone's negligence, then you may have grounds for a legal action but you may have to pay for it. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of this study, the normal London Metropolitan University complaints mechanisms will be available to you. Please direct concerns to Dr Elizabeth Charman, Head of Psychology, London Metropolitan University, 166-220 Holloway Road, London N7 8DB

### **Will my taking part in this study be kept confidential?**

If you take decide to take part in the study the research team (Dr Esther Murray and Phil Parker) your key worker, if informed, and your trainer will know of your participation. All of these professionals are clinically qualified and have extensive experience in the clinical field. These staff will protect your confidentiality at all times and all data will be stored securely.

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

When the study is finished, we hope to publish the results in academic journals and in various psychological publications; the results will also be available to all participants. We also hope to present the findings of the study at conferences but we will ensure that no individual participants in the study can be identified.

### **Who is organising and funding the research?**

The research is being carried out by Dr Esther Murray and Phil Parker. Both have the responsibility for ensuring that this research study is conducted safely, ethically and according to best practice and have no financial interest in the programme.

### **Who has reviewed the study?**

This study has been reviewed by the London Metropolitan University ethics committee who have raised no objection to it on ethical grounds.

**Contact for Further Information**

If you are interested in taking part in the study please complete the consent form attached to this information sheet, and return it to your keyworker/trainer. If you have any questions please feel free to contact Dr Esther Murray and Phil Parker from London Metropolitan University, by telephone on 02071332574 or by email to [E.Murray@londonmet.ac.uk](mailto:E.Murray@londonmet.ac.uk) or [php0059@mylondonmet.ac.uk](mailto:php0059@mylondonmet.ac.uk) or by writing to us at School of Psychology, London Metropolitan University, 166-220 Holloway Road, London N7 8DB

Thank you for taking the time to read this information sheet which is yours to keep, if you take part in the study you will be given a copy of your consent form for you to keep.