



**Information Sheet Summary for Participants: Carer Interview
OSMOSIS (Co-producing Social and Community Support
Resources for Family Carers of People with Psychosis)**

Please read this information to learn what this project is about so that you can decide if you want to take part or not.

What is the study about?

Living with psychosis is often a challenging demand for the individual as well as everyone close to them, including family and friends (referred to as “carers”) who provide unpaid caring support and help navigating the complex health and social care systems. The OSMOSIS project aims to learn about the experiences of individuals who provide informal help to people with psychosis in order to inform the development of resources and actions to better support family members and close supporters.

Who are we inviting to participate?

You must:

- Provide unpaid caring support for a loved one with psychosis
- Be aged 18 or older.
- Live in Hackney, Tower Hamlets, or East Sussex
- Have sought out, tried to seek out, or received support for yourself as a carer e.g., support from community organisations, social services, advocacy or advice services, respite or short-break services, or wellbeing and social activities (not from your GP)

What will happen if you agree to take part in the study?

- Participants will complete a demographic survey and have an interview with a member of the research team lasting about 90 minutes.
- Interviews can be held online via Microsoft Teams, over the phone, or in person at a local community space depending on your preference.
- The interviewer will ask you questions about your experiences of accessing support and services, including barriers and facilitators encountered.
- You will receive a £20 voucher of your choice as a thank you for your time.

How will we use information about you?

- In this research study we will use information from you. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study.
- Everyone involved in this study will keep your data safe and secure. We will also follow all privacy rules.
- At the end of the study we will save some of the data in case we need to check it and/or for future research.
- We will make sure no-one can work out who you are from the reports we write.
- The information pack tells you more about this.

Questions?

Please read the detailed Participant Information Sheet that follows or contact Dr. Evelyn Callahan at: evelyn.callahan@citystgeorges.ac.uk