

UNIVERSITY OF LEEDS RESEARCH ETHICS COMMITTEE APPLICATION FORM <sup>1</sup>



UNIVERSITY OF LEEDS

Please read each question carefully, taking note of instructions and completing all parts. If a question is not applicable please indicate so. The superscripted numbers refer to sections of the [guidance notes](#), available at [www.leeds.ac.uk/ethics](http://www.leeds.ac.uk/ethics). Where a question asks for information which you have previously provided in answer to another question, please just refer to your earlier answer rather than repeating information.

Research ethics training courses: <http://www.sddu.leeds.ac.uk/sddu-research-ethics-courses.html>

To help us process your application enter the following reference numbers, if known and if applicable:

Ethics reference number:	
Grant reference and/ or student number:	200594298

**PART A: Summary**

**A.1 Which [Faculty Research Ethics Committee](#) would you like to consider this application?<sup>2</sup>**

- Arts and PVAC (PVAR)
- Biological Sciences (BIOSCI)
- ESSL/ Environment/ LUBS (AREA)
- MaPS and Engineering (MEEC)
- Medicine and Health (Please specify a subcommittee):
  - Leeds Dental Institute (DREC)
  - Health Sciences/ LIGHT/ L IMM
  - School of Healthcare (SHREC)
  - Medical and Dental Educational Research (EdREC)
  - Institute of Psychological Sciences (IPSREC)

**A.2 Title of the research<sup>3</sup>**

How do men on low income negotiate and construct positive health practices?

**A.3 Principal investigator's contact details<sup>4</sup>**

Name ( <i>Title, first name, surname</i> )	Mr Mike Jestico
Position	Postgraduate research student
Department/ School/ Institute	Institute of Psychological Sciences
Faculty	Medicine and Health
Work address ( <i>including postcode</i> )	n/a
Telephone number	x44924
University of Leeds email address	<a href="mailto:psmpj@leeds.ac.uk">psmpj@leeds.ac.uk</a>

**A.4 Purpose of the research:**<sup>5</sup> (Tick as appropriate)

- Research
- Educational qualification: ***Please specify: Ph.D***
- Educational Research & Evaluation<sup>6</sup>
- Medical Audit or Health Service Evaluation<sup>7</sup>
- Other

**A.5 Select from the list below to describe your research:** (You may select more than one)

- Research on or with human participants
- Research with has potential significant environmental impact.<sup>8</sup> If yes, please give details:  
\_\_\_\_\_
- Research working with data of human participants
  - New data collected by questionnaires/interviews
  - New data collected by qualitative methods
  - New data collected from observing individuals or populations
  - Research working with aggregated or population data
  - Research using already published data or data in the public domain
- Research working with human tissue samples<sup>9</sup>

**A.6 Will the research involve any of the following:**<sup>10</sup> (You may select more than one)

***If your research involves any of the following an application must be made to the National Research Ethics Service (NRES) via IRAS [www.myresearchproject.org.uk](http://www.myresearchproject.org.uk) as NHS ethical approval will be required. There is no need to complete any more of this form. Contact [governance-ethics@leeds.ac.uk](mailto:governance-ethics@leeds.ac.uk) for advice.***

- Patients and users of the NHS (including NHS patients treated in the private sector)<sup>11</sup>
- Individuals identified as potential participants because of their status as relatives or carers of patients and users of the NHS
- Research involving adults in Scotland, Wales or England who lack the capacity to consent for themselves<sup>12</sup>
- A prison or a young offender institution in England and Wales (and is health related)<sup>14</sup>
- Clinical trial of a medicinal product or medical device<sup>15</sup>
- Access to data, organs or other bodily material of past and present NHS patients<sup>9</sup>
- Use of human tissue (including non-NHS sources) where the collection is not covered by a Human Tissue Authority licence<sup>9</sup>
- Foetal material and IVF involving NHS patients
- The recently deceased under NHS care
- None of the above

**You must inform the Research Ethics Administrator of your NRES number and approval date once approval has been obtained.**

*If the University of Leeds is not the Lead Institution, or approval has been granted elsewhere (e.g. NHS) then you should contact the local Research Ethics Committee for guidance. The UoL Ethics Committee need to be assured that any relevant local ethical issues have been addressed.*

**A.7 Will the research involve NHS staff recruited as potential research participants (by virtue of their professional role) or NHS premises/ facilities?**

- Yes     No

*If yes, ethical approval must be sought from the University of Leeds. Please note that NHS R&D approval is needed in addition, and can be applied for concurrently: [www.myresearchproject.org.uk](http://www.myresearchproject.org.uk). Contact [governance-ethics@leeds.ac.uk](mailto:governance-ethics@leeds.ac.uk) for advice.*

**A.8 Will the participants be from any of the following groups? (Tick as appropriate)**

- Children under 16<sup>16</sup>
- Adults with learning disabilities<sup>12</sup>
- Adults with other forms of mental incapacity or mental illness
- Adults in emergency situations
- Prisoners or young offenders<sup>14</sup>
- Those who could be considered to have a particularly dependent relationship with the investigator, eg members of staff, students<sup>17</sup>
- Other vulnerable groups
- No participants from any of the above groups

**Please justify the inclusion of the above groups, explaining why the research cannot be conducted on non vulnerable groups.**

A Criminal Record Bureau (CRB) check will be needed for researchers working with children or vulnerable adults (see [www.crb.gov.uk](http://www.crb.gov.uk) and [http://store.leeds.ac.uk/browse/extra\\_info.asp?modid=1&prodid=2162&deptid=34&compid=1&prodvarid=0&catid=243](http://store.leeds.ac.uk/browse/extra_info.asp?modid=1&prodid=2162&deptid=34&compid=1&prodvarid=0&catid=243))

**A.9 Give a short summary of the research<sup>18</sup>**

*This section must be completed in **language comprehensible to the lay person**. Do not simply reproduce or refer to the protocol, although the protocol can also be submitted to provide any technical information that you think the ethics committee may require. This section should cover the main parts of the proposal.*

Men on high incomes will on average live seven years longer than men on low incomes. The UK government has tried to target men on low incomes with health interventions for many years with little or no success. There is a wealth of literature documenting this crisis in men's health, which has tended to focus on the deficits in men's health behaviour to account for this shorter lifespan and a lower number of years of good health. The proposed study aims to identify and understand the health practices, particularly those that are positive, in the lives of men on low incomes. There will be two strands to the research. 1. Men will be asked to photograph health and well-being aspects of their lives and the researcher will then interview them about the photographs. The interviews will be transcribed and analysed using qualitative techniques. 2. Groups of men will be interviewed in social settings about health and well-being with a focus on their positive health behaviours. These interviews will also be transcribed and analysed using qualitative techniques.

**A.10 What are the main ethical issues with the research and how will these be addressed?<sup>19</sup>**

*Indicate any issues on which you would welcome advice from the ethics committee.*

1. Safety of the participants. The participants will be provided with details of the study including lead supervisor's email address should they have any questions, concerns or complaints about the study. Individual participants will be asked for their signed informed consent prior to starting the study. Data collection will be carried out in a mutually negotiated appropriate place, which, in the case of individual interviews, will usually be the participant's own home. They will be able to withdraw from the research at any point with no explanation up to the point that material has been accepted for publication. Group participants will be asked for their verbal informed consent prior to the study. Group interviews will be carried out in an appropriate social space.
2. Safety of the researcher. The researcher will be cognizant of his own safety at all times. The interviews will be conducted in the homes of participants or in an appropriate social space and the researcher will not agree to a location unless it feels safe and low risk and where possible interviews will be completed during daylight hours. The researcher will inform another responsible person of the location of the interview and how long the interview is likely to take and will make contact with that person as soon after the interview as possible to confirm the start of his journey home.

3. Recordings and transcriptions of audio recordings will be held securely in two locations. On the Leeds University M: drive which is password protected and on a laptop owned by the researcher which never leaves the researcher's house. This laptop is password protected.
4. Photographs. Participants will be asked to avoid taking photos of children and to try to obtain the verbal consent of adults before taking their photograph. The photographs will remain the property of the participant and they will keep the initially printed hard copies of these. These will be printed in the presence of the participant before interviewing commences and given to the participant to keep. Consent will be requested to use the photographs within reports, presentations, and publications on the understanding that the identity of central figures in photographs will be obscured as will other details which might potentially identify the participant (such place names) in any public use of the photos. A disk copy of these photographs will be stored with the rest of the secure data.

**PART B: About the research team**

**B.1 To be completed by students only<sup>20</sup>**

Qualification working towards (eg Masters, PhD)	PhD
Supervisor's name (Title, first name, surname)	Dr. Anna Madill
Department/ School/ Institute	Institute of Psychological Sciences
Faculty	Medicine and Health
Work address (including postcode)	LS2 9JT
Supervisor's telephone number	
Supervisor's email address	a.l.madill@leeds.ac.uk
Module name and number (if applicable)	

**B.2 Other members of the research team (eg co-investigators, co-supervisors)<sup>21</sup>**

Name ( <i>Title, first name, surname</i> )	Dr. Siobhan Hugh-Jones
Position	Co-supervisor
Department/ School/ Institute	Institute of Psychological Sciences
Faculty	Medicine and Health
Work address ( <i>including postcode</i> )	LS2 9JT
Telephone number	0113 343 5744
Email address	s.hugh-jones@leeds.ac.uk

## Part C: The research

### C.1 What are the aims of the study?<sup>22</sup> (Must be in language comprehensible to a lay person.)

The aim of the study is to understand the experience and manifestation of (subjective) health and well being of the lives of men of low income with particular focus on positive health behaviours. This study aims to understand how and why men from low income groups construct their own health practices. If the focus is on these positive aspects, then these practices and attitudes may inform health campaigns aiming to promote men's involvement in health.

### C.2 Describe the design of the research. Qualitative methods as well as quantitative methods should be included. (Must be in language comprehensible to a lay person.)

*It is important that the study can provide information about the aims that it intends to address. If a study cannot answer the questions/ add to the knowledge base that it intends to, due to the way that it is designed, then wasting participants' time could be an ethical issue.*

There are two parts to this research. They are both qualitative studies aiming to understand the experiences and accounts of health.

The first study will have two meetings, the first meeting to explain the photography task and provide the camera. The second meeting where each participant will be interviewed about these photographs in a way that is participant led while focused on the aims the research. Photography is becoming an increasingly common methodology in psychology. The benefits to the participant are that they decide the direction of the interview and are not pushed along the path of the researcher's choosing. This method also enables the researcher to gain more depth and detail from a participant group that traditionally is reticent to engage in interviews.

The second study will be group interviews which will take place in a social space such as a working men's or social club that the men belong to. This will allow the men to feel 'safe' in their own space and talk with men they know about social aspects of men's health and well being. All data will be transcribed and analysed using qualitative analysis.

### C.3 What will participants be asked to do in the study?<sup>23</sup> (e.g. number of visits, time, travel required, interviews)

In study one, individual participants will be asked to photograph objects and places that help to convey something about the role of health in their lives – what it means to them and what helps or hinders their engagement in health practices. This allows them to focus on what is important to them. After about one week, the researcher will visit with a portable printer to print the photographs. They will be interviewed about these photographs in a way that is participant led.

In study two, group participants will be asked to discuss aspects of men's health and well being with their peers in a social setting. The discussion will be facilitated by the interviewer and allowed to take whatever course it wishes within the realms of the research aims.

### C.4 Does the research involve an international collaborator or research conducted overseas:<sup>24</sup>

(Tick as appropriate)

Yes  No

**If yes, describe any ethical review procedures that you will need to comply with in that country:**

**Describe the measures you have taken to comply with these:**

Include copies of any ethical approval letters/ certificates with your application.

### **C.5 Proposed study dates and duration**

Research start date (DD/MM/YY): 01/10/2012 Research end date (DD/MM/YY): 30/09/2017

Fieldwork start date (DD/MM/YY): 01/02/2013 Fieldwork end date (DD/MM/YY): 30/09/2017

### **C.6. Where will the research be undertaken? (i.e. in the street, on UoL premises, in schools)<sup>25</sup>**

Study one.

In the participants home or another suitable public location of their choice for individual interviews.

Study two.

A social space known to the interviewees where the researcher will meet them for the group interviews.

## **RECRUITMENT & CONSENT PROCESSES**

*How participants are recruited is important to ensure that they are not induced or coerced into participation. The way participants are identified may have a bearing on whether the results can be generalised. Explain each point and give details for subgroups separately if appropriate.*

### **C.7 How will potential participants in the study be: (i) identified?**

For both studies.

Through their home location and income. There are databases of the socioeconomic status (SES) of areas within towns and cities and a participant must come from one of the areas, this will be made clear on the study information booklet. The study information letter will also explain that participants must be on a low income, individual participants will be asked to confirm if their income falls within bracketed income figures at the first meeting. This will prohibit disclosure of exact income but will ascertain whether the participant is eligible from this criterion. The participants can be any age over the age of 18 and must have white majority British nationals.

For study two.

The group interviews will be undertaken within a low SES area with the men interviewed members of local working men's and social clubs.

### **(ii) approached?**

For both studies.

In person at meetings at sports/social clubs, community centres and religious groups with poster adverts of the study displayed within the club or centre. The researcher will make contact with the venue organiser and agree recruitment parameters used for all contact with potential participants. If there is a pre arranged meeting at a venue, the researcher will ask the organisers if the researcher can present the studies to the meeting and be available afterwards if anyone wishes to take part.

For study one.

By the third party when friends of friends are potential participants (snowballing).

### **(iii) recruited?<sup>26</sup>**

Potential participants will be given an information booklet outlining the studies and/or a presentation. They will have at least 24 hours and usually as much time as they need (within the bounds of the study) to make up their minds and to ask any questions they wish.

Study one.

The researcher will meet with potential participants to initiate the study. At this meeting, the researcher will explain the written consent form and what each section means for the participant. There will be an opportunity for more

questions and more time if the participant needs it. Written informed consent will be obtained from the participant prior to the study commencing.

Study two.

The researcher will meet the group of participants for the interview. Prior to the interview, the researcher will explain about consent and what it means for the participant from a pro forma. There will be an opportunity for more questions and more time if the participants need it. On the recording of the group interview, the researcher will read the consent details for the participants and anyone unable to agree to the conditions of consent will be able to leave the interview situation before it begins.

**C.8 Will you be excluding any groups of people, and if so what is the rationale for that?<sup>27</sup>**

*Excluding certain groups of people, intentionally or unintentionally may be unethical in some circumstances. It may be wholly appropriate to exclude groups of people in other cases*

The study will only include adult, white, British men on low incomes. This is because this group is in the majority and the one most at risk of a shorter life and a greater prevalence of ill health. There are unique attitudes to and concerns about health among different cultural groups and mixing these groups may dilute the message that the one group most at risk will present. All participants will be over the age of 18 as the usual age at which individuals are considered adults. The study will not include anyone with obvious mental health problems or obvious learning difficulties as possibly too vulnerable for this kind of study, particularly in terms of known ability to give truly informed consent. The researcher will use his judgement and will take the research no further if he is of the opinion that a potential participant is too vulnerable in these ways. This will be facilitated by the fact that he will be meeting face to face with most, if not all, participants prior to arranging the interview session.

**C.9 How many participants will be recruited and how was the number decided upon?<sup>28</sup>**

*It is important to ensure that enough participants are recruited to be able to answer the aims of the research.*

For both studies, the interviews will take place in different towns/cities to provide a variety of views on the same topics.

Study one.

The data will be very rich and therefore between 12 and 15 individual participants will be required to provide enough variation on themes and also to not produce too much data that reduces the focus of the study.

Study two.

There will be between 2 and 5 group interviews for a similar reason. It is anticipated that groups will consist of around 3-7 individuals.

If you have a formal power calculation please replicate it here.

*Remember to include all advertising material (posters, emails etc) as part of your application*

**C10 Will the research involve any element of deception?<sup>29</sup>**

If yes, please describe why this is necessary and whether participants will be informed at the end of the study.

No

**C.11 Will informed consent be obtained from the research participants?<sup>30</sup>**

Yes  No

***If yes, give details of how it will be done. Give details of any particular steps to provide information (in addition to a written information sheet) e.g. videos, interactive material. If you are not going to be obtaining informed consent you will need to justify this.***

For both studies, the procedure will be explained in detail to all participants prior to seeing the informed consent form. Participants will not be put under any pressure to take part in the study. The participants will be given as much time as they wish to make up their minds about the study, within the bounds of the research period, and the time frame for data collection will be made explicit when they are recruited.

Study one.

Signed informed consent will be obtained from participants before they take part in the individual interview strand of the research.

Study two.

Group participants' informed consent will be verbal and audio-recorded before the interview commences. The verbal consent will be taken to allow the participants to be as anonymous as possible. This is so they can feel at ease when discussing issues about their health which may include sensitive topics.

**If participants are to be recruited from any of potentially vulnerable groups, give details of extra steps taken to assure their protection. Describe any arrangements to be made for obtaining consent from a legal representative.**

**Copies of any written consent form, written information and all other explanatory material should accompany this application.** The information sheet should make explicit that participants can withdraw from the research at any time, if the research design permits.

Sample information sheets and consent forms are available from the University ethical review webpage at [http://researchsupport.leeds.ac.uk/index.php/academic\\_staff/good\\_practice/planning\\_your\\_research\\_project-1/approaching\\_and\\_recruiting\\_participants-1](http://researchsupport.leeds.ac.uk/index.php/academic_staff/good_practice/planning_your_research_project-1/approaching_and_recruiting_participants-1).

**C.12 Describe whether participants will be able to withdraw from the study, and up to what point (eg if data is to be anonymised). If withdrawal is not possible, explain why not.**

Participants will be allowed to choose their own pseudonym under which their research will be named. Participants will have the researchers contact details to allow them to withdraw from the study at any point. It will be impossible to withdraw material if included in reports already made public or accepted for publication.

**C.13 How long will the participant have to decide whether to take part in the research?<sup>31</sup>**

*It may be appropriate to recruit participants on the spot for low risk research; however consideration is usually necessary for riskier projects.*

As long as they wish prior to the researcher recruiting enough participants within the timeframe of the research.

**C.14 What arrangements have been made for participants who might not adequately understand verbal explanations or written information, or who have special communication needs?<sup>32</sup> (e.g. translation, use of interpreters etc. It is important that groups of people are not excluded due to language barriers or disabilities, where assistance can be given.)**

n/a lack of resources mean that this cannot be done

**C.15 Will individual or group interviews/ questionnaires discuss any topics or issues that might be sensitive, embarrassing or upsetting, or is it possible that criminal or other disclosures requiring action could take place during the study (e.g. during interviews or group discussions)?<sup>33</sup> The [information sheet](#) should explain under what circumstances action may be taken.**

Yes  No *If yes, give details of procedures in place to deal with these issues.*

All this is highlighted in the information leaflet: "If you tell me something during the project, or take a picture of something, that makes me think that you are at risk of harm, or may harm someone else, then I will have to tell someone else. If this happens then I will talk to you about it first." And "If you do decide to take part then we will be asking for some of your time, but it will be quick between beginning and end of the research. There is the possibility that during the interviews we may talk about some things that you find difficult or upsetting, but you will never be forced to talk about anything you do not want to. If you do decide to take part you will always have the option of withdrawing at any time you want to."

**C.16 Will individual research participants receive any payments, fees, reimbursement of expenses or any other incentives or benefits for taking part in this research?<sup>34</sup>**

Yes  No

**If Yes, please describe the amount, number and size of incentives and on what basis this was decided.**

Participants will receive a £20 supermarket voucher to thank them for their time.

**RISKS OF THE STUDY**

**C.17 What are the potential benefits and/ or risks for research participants?<sup>35</sup>**

The benefits for individual research participants are free photos; all participants will receive a £20 supermarket voucher for their time; and we hope that all will find it interesting research in which to participate.

For study 2, the research will be taking place in a social club of some kind. As the host, the researcher will purchase one refreshment for each participant and himself. This might include an alcoholic refreshment normative to that setting for the participants and a soft drink for the researcher. If any participant is inebriated or unable to make an informed decision, the interview will be stopped and the participant excluded.

We foresee little or no risk to participants in taking part. The interview may raise some emotional topics, but this is under the control of the participant and the interviewer will respect any reticence to discuss a particular topic. Moreover, the focus of the research is positive health practices although it is likely that illness and difficulties are also covered at the discretion of the participant. However, we believe topics covered will not be out of the ordinary.

**C.18 Does the research involve any risks to the researchers themselves, or people not directly involved in the research? *Eg lone working*<sup>36</sup>**

Yes  No

**If yes, please describe:** Visiting participants in their home environment alone. This will be reduced because contact with participants will usually be made through a third party organisation or person. Moreover, a responsible other person will be informed of the interview location and when the researcher is due to finish. The researcher will telephone this person when he has left the interview venue to confirm that he is on his way home. The research will agree to locations for interview only if he feels that it is low risk. He will try to complete interviews in daylight hours where possible.

**Is a risk assessment necessary for this research?**

**NB: Risk assessments are a University requirement for all fieldwork taking place off campus. For guidance contact your Faculty Health and Safety Manager or visit <http://www.leeds.ac.uk/safety/fieldwork/index.htm>.**

Yes  No If yes, please include a copy of your risk assessment form with your application.

**DATA ISSUES**

**C.19 Will the research involve any of the following activities at any stage (including identification of potential research participants)? (Tick as appropriate)**

- Examination of personal records by those who would not normally have access
- Access to research data on individuals by people from outside the research team
- Electronic transfer of data
- Sharing data with other organisations
- Exporting data outside the European Union
- Use of personal addresses, postcodes, faxes, e-mails or telephone numbers
- Publication of direct quotations from respondents

- Publication of data that might allow identification of individuals to be identified
  - Use of audio/visual recording devices
  - FLASH memory or other portable storage devices
- Storage of personal data on or including any of the following:
- Manual files
  - Home or other personal computers
  - Private company computers
  - Laptop computers

**C.20. How will the research team ensure confidentiality and security of personal data? E.g. anonymisation procedures, secure storage and coding of data.**<sup>37</sup> You may wish to refer to the [data protection and research webpage](#).

Participants will choose their own pseudonym for transcription and analysis identification. There will be a written link between participants data and their identity stored on the university M:drive and researchers personal laptop. This link will be destroyed once the data has been transcribed. All data will be securely stored in these two locations prior to publication of the thesis and for up to about 10 years after final publications from the research.

**C.21 For how long will data from the study be stored? Please explain why this length of time has been chosen.**<sup>38</sup>

[RCUK guidance](#) states that data should normally be preserved and accessible for ten years, but for some projects it may be 20 years or longer.

**Students:** It would be reasonable to retain data for at least 2 years after publication or three years after the end of data collection, whichever is longer.

Up to 10 years after final publication.

## CONFLICTS OF INTEREST

**C.22 Will any of the researchers or their institutions receive any other benefits or incentives for taking part in this research over and above normal salary or the costs of undertaking the research?**<sup>39</sup>

- Yes  No

If yes, indicate how much and on what basis this has been decided

**C.23 Is there scope for any other conflict of interest?**<sup>40</sup> For example will the research funder have control of publication of research findings?

- Yes  No **If yes, please explain** \_\_\_\_\_

**C.24 Does the research involve external funding?** (Tick as appropriate)

- Yes  No **If yes, what is the source of this funding?**

Minor financial support of the researcher from Leeds Trinity University

**PART D: Declarations**

**Declaration by Chief Investigators**

1. The information in this form is accurate to the best of my knowledge and belief and I take full responsibility for it.
2. I undertake to abide by the University's ethical and health & safety guidelines, and the ethical principles underlying good practice guidelines appropriate to my discipline.
3. If the research is approved I undertake to adhere to the study protocol, the terms of this application and any conditions set out by the Research Ethics Committee.
4. I undertake to seek an ethical opinion from the REC before implementing substantial amendments to the protocol.
5. I undertake to submit progress reports if required.
6. I am aware of my responsibility to be up to date and comply with the requirements of the law and relevant guidelines relating to security and confidentiality of patient or other personal data, including the need to register when necessary with the appropriate Data Protection Officer.
7. I understand that research records/ data may be subject to inspection for audit purposes if required in future.
8. I understand that personal data about me as a researcher in this application will be held by the relevant RECs and that this will be managed according to the principles established in the Data Protection Act.
9. I understand that the Ethics Committee may choose to audit this project at any point after approval.

**Sharing information for training purposes:** Optional – please tick as appropriate:

- I would be content for members of other Research Ethics Committees to have access to the information in the application in confidence for training purposes. All personal identifiers and references to researchers, funders and research units would be removed.

**Principal Investigator**

Signature of Principal Investigator: .....Mike Jestico..... (This needs to be an actual signature rather than just typed. Electronic signatures are acceptable)

Print name: .....Mike Jestico..... Date: (dd/mm/yyyy): .....06/02/2013.....

**Supervisor of student research: I have read, edited and agree with the form above.**

Supervisor's signature: ....Anna Madill.... (This needs to be an actual signature rather than just typed. Electronic signatures are acceptable)

Print name: ..Anna Madill..... Date: (dd/mm/yyyy): .....20/12/12.....

Please submit your form **by email** to [J.M.Blaikie@leeds.ac.uk](mailto:J.M.Blaikie@leeds.ac.uk) or if you are in the Faculty of Medicine and Health [FMHUniEthics@leeds.ac.uk](mailto:FMHUniEthics@leeds.ac.uk). **Remember to include any supporting material** such as your participant information sheet, consent form, interview questions and recruitment material with your application.

## Individual interview schedule

### Health and well-being

The initial part of the interview will be around the photos that the participant took.

The questions will be around the reasons for the particular photo, what it means for the health of the participant. The interviewer will be looking for positive indicators of health constructions and will focus on drawing those out from the photos.

The questions below would ideally be asked while the photos are being discussed but if there is not the opportunity to do so, and then these will be asked in a more formal way after the photo discussion.

To support the discussion around the life history of health, participants will be asked to construct a timeline of their own and their family's health with major points indicated which can then be discussed.

### Food

So, what did you have for dinner last night?

- What kind of food do you regularly eat at home?

Who cooks at home?

- How much cooking do you do?
  - o How do you/other person decides what to cook each night?

Who does the food shopping?

- Where do 'they' shop?
  - o Why do 'they' shop there?
  - o What things influence what 'they' choose to buy?

How often do you get takeaways?

- What takeaways do you get?
  - o What is your favourite?
  - o Why is it your favourite?

Where do you go when you eat out?

- Why do you choose to go there?
  - o What do you order when you eat out?
  - o Why do you choose that?

What kind of food did you eat when you were growing up?

- Do you enjoy that kind of food now?

Do you think about eating healthily when you are shopping or cooking?

- What things do you cook that are healthy?
  - o Why do you choose those?
- What things do you buy that are healthy?
  - o Why do you choose these?
- Do you diet or watch your weight?
  - o Why do you do this?
- What do you think about healthy eating messages?
  - o What ones do you agree with?
  - o Why?
  - o What ones do you disagree with?
  - o Why?

### Drink

Do you drink alcohol?

- What do you like to drink?
  - o Where do you normally go?
  - o What makes you choose to go there?
  - o How often do you go out?
  - o Do you ever drink too much?
  - o What is too much?
  - o How do you feel when you have had too much?
- Do you drink at home?

<https://projectresilience.co.uk/projects/go-sisyphus/>

- What do you drink?
- Is it different to when you go out to drink?
- What is different?

Has your drinking changed with age?

- Has anything else changed your drinking habits?

### Exercise

How do you feel about your fitness levels?

What exercise do you do?

- Why do you do that?
  - How often do you go?
  - How often do you want to go?
  - What influences how often you go?
  - What would be an ideal amount of exercise for you?
- What sports centres or fitness places are there near here?
  - How easy is it to access them?
- What green spaces are the near here? Parks and places like that?
  - What are they like?
  - How often do you go and what do you do there?

How do feel about the way you look physically?

- Would you change the way you look?
  - How would you go about it?

### Smoke

Do you smoke?

- How many a day?
  - How do you feel about smoking?
  - How much does that cost?
  - Does it affect your health?
  - Do you want to stop or cut down?
  - What prevents you from doing so?

### Health Problems

Can you tell me what your health is like in general?

- When was the last time you were unwell
  - (What did you do to help you feel better?)
- When did you last visit the doctor?
  - Can you tell me about this visit?
  - What was the reason?
  - What did the doctor say?
  - Did you follow the doctor's recommendations?
  - How did your health improve?
  - How do you feel about visiting the doctor?
- What health problems do you take to the doctor and what health problems do you decide not to take to the doctor?
  - What is the difference between them?
- What kind of work have you done over your life
  - How has this affected your health?
  - How often have you been off sick?
  - How do you feel when this happens?
- Has your health changed as you have older?
  - What differences have you noticed?
  - Do you do anything differently now because of your health?

Any of the following 4 topics will be followed up if introduced but not mentioned otherwise.

Tattoos/piercings

Gangs or violence

Mental health

Sexual health

### Group Interview Schedule

Hello, thank you for coming along and taking part in this group interview. The research I am doing is looking at men's health. What men do and what they think about health. The questions I will be asking will be open to everyone to answer and I hope you are all able to share your views with the rest of the group.

#### Informed Consent process

So, to start us off, I'd like to go round the table and can everyone say what they had for dinner last night.

- What their favourite foods are and why?
- What do you normally eat at home?
- What do you normally drink at home?

Who does the cooking at home?

- How you/they decide what to cook?

Who does the food shopping?

- Why do they shop there?

What's your favourite takeaway?

- How often do you get takeaways?

Where do you eat out?

- Why there?
- What do you order when you eat out and why?

What kind of food did you eat when you were growing up?

- Do you enjoy that kind of food now?

Do you think about eating healthily when you are shopping?

- What things do you cook that are healthy?
- Why do you choose those?

Do you diet or watch your weight?

- Why do you do this?

What do you think about healthy eating messages?

- What ones do you agree with?
- Why?
- What ones do you disagree with?
- Why?

#### Drink

How often do you drink alcohol?

- What do you normally drink?
- What is a good night out?
- Do you ever drink too much?
- What is too much?
- How do you feel when you've had too much?

Do you drink at home?

- Is it different to when you go out?

Has your drinking changed with age?

- Has anything else changed your drinking habits?

#### Exercise

How do you feel about your fitness levels?

What exercise do you do?

- Why?
- How often?
- How often do you want to go?

What sports and fitness places are there near where you live?

- How easy it is to use them?

What green spaces like parks are there near where you live?

- What are they like?
- How often do you go?

How do you feel about the way you look physically?

- Would you change the way you look?
- How would you go about it?

### Smoke

Does anyone smoke?

- How many a day?
- How much does that cost?
- Does it affect your health?
- Do you want to stop or cut down?
- What prevents you from doing so?

### Health Problems

When was the last time you were unwell?

- What did you do to make yourself feel better?

When do you go to the doctor?

- Do you follow their advice?
- How do you feel about visiting the doctor?

What kind of your have you done over your life?

- Does it affect your health?
- How often have you been off sick?
- How do you feel when this happens?

Has your health changed as you have got older?

- What differences have you noticed?
- What do you do differently now because of this?

### Interview Consent Form

**Study title: Men's health and well-being**

The purpose of this form is to make sure that you are happy to take part in the research and that you know what is involved.

Please confirm each statement by putting your initials in the associated box.

I have read the participant information	
I have had the opportunity to ask questions and to discuss the study	
I have received satisfactory answers to all of my questions	
I have received enough information about the study	
I understand that I am free to withdraw from the study up until the data has been submitted as a thesis or acceptance of a report for publication without having to give a reason	
I understand that I must try to gain verbal consent from any adults before taking their photograph	
I understand that I am not to photograph children but can photograph something to represent a child, such as a toy	
I understand that personally identifying details in photographs used in this study will be blurred to preserve anonymity	
I give my consent for anonymised photographs to be used in reports of the research	
I understand that I am free to end the research interview at any time and without having to give a reason	
I understand that I am free to choose not to answer a question without having to give a reason	
I agree to the interview being audio-recorded	
I grant permission for extracts from the interview to be used in reports of the research on the understanding that my anonymity will be maintained	
I agree to take part in this study	

Participant signature
Date

Name of participant
Researcher signature
Date
Name of researcher

Thank you for agreeing to take part in this study.

### Group Consent Form

#### **Study title: Men's health and well-being**

The purpose of this part is to make sure that you are happy to take part in the research and that you know what is involved.

I will read out a list of statements. If you are happy to continue, please say yes in turn when I finish reading the list of statements. If you do not wish to continue, you are free to walk away at any time without giving a reason.

I have read the participant information sheet
I have had the opportunity to ask questions and to discuss the study
I have received satisfactory answers to all of my questions
I have received enough information about the study
I understand that I will be taking part in a group discussion in which I will be discussing men's health.
I understand that I am free to withdraw from the study up until the data has been submitted as a thesis or acceptance of a report for publication without having to give a reason
I understand that I am free to leave the research discussion at any time and without having to give a reason
I understand that I am free to choose not to answer a question without having to give a reason
I understand that I am being asked not to discuss what was said in the research interview after the interview is finished
I agree to the interview being audio-recorded
I grant permission for extracts from the discussion to be used in reports of the research on the understanding that my anonymity will be maintained
I agree to take part in this study

Thank you for agreeing to take part in this study.

### Instructions for photos

The purpose of this research is to understand how you think about your own health and well-being and what you do that affects it. To help with this I would like you to take some photos over the course of a week that I will then print with you on a portable printer. We will then talk about the photos so I can understand why you took them and what they mean to you.

1. Please take photos of anything in your life that reflects your feelings of health and well-being in a positive or negative way.
2. If you take more than one photo of the same thing, choose which one you would like to talk about.
3. I am not going to guide you as to which things that might reflect your feelings of health and well-being. I would like you to choose your own.
4. Please don't take photos of children as I will not be able to print them or ask you about them. If you wish to talk about children, please take a photo of something that reminds you of them, such as a toy or clothing.
5. Please try to gain verbal consent from any adults before taking their photograph
6. If you take photos of anyone a specific location that could be identified, these images will be pixelated before being used in research. This will ensure that anonymity is preserved for you and those around you.

If you have any questions, please ask me now. If you have any questions over the course of the week, please email me at [psmpj@leeds.ac.uk](mailto:psmpj@leeds.ac.uk) or call or text me on xxx.

Thanks,

<https://projectresilience.co.uk/projects/go-sisyphus/>

Mike