

APPENDIX B: PHOTOVOICE STUDY INFORMATION LETTER (version 1)



Can you help us? Would you like to take part in an important study led by a UK university, MIND India and NIRMAAN?

Do you have a story to tell about avoiding problem use of substances like drugs or alcohol? Or do you have a story to tell about getting over problems around using substances?



**Then we'd love to hear from you.
Read all about our study here.**

Hi

My name is Raginie. I live in Assam and I am a researcher with the University of Leeds in the UK. Our creative and exciting study is explained here. There are lots of ways you can get in touch to ask questions. We are recruiting young people for this study from January 2019.



This study is to understand what it is like for young people who are:

Aged between **15-18**
and
are managing **NOT** to get into
problem use of substances like
drugs and alcohol even though
the risk is, or was, high

Aged between **19-24**
and
have successfully recovered
from problem use of drugs
and/or alcohol



The study aims to understand more about:



What it is like for young people around
drugs and alcohol

How it might be easy to get caught up in
problem use of drugs and alcohol

How some young people manage to not get
into problem use of drugs and alcohol

What it is like for young people trying to
overcome problem use of drugs and alcohol

What helped or made it harder to
overcome problem use of drugs and alcohol

How the future looks now



We want to do this to understand what it is like for young people AND to improve the support they get.

Why have I been given this study letter?

Because we think you might be someone we would like to hear from. We need people who are:





What does the study involve?

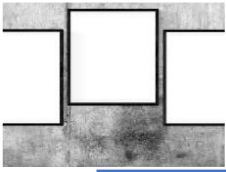
It has two parts.

Part 1 involves some photography or image collection by you and an interview with me. Using images is a great way to tell me about your life.

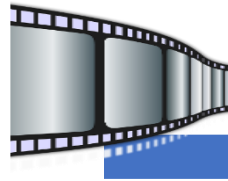
I will ask you to collect 7-10 images. These should tell me something about how things are for you around drugs and alcohol. They could also be about how you doing now. The images can be new or old photos. Or images from magazines or the internet. You can take photos of images too to save you having to print anything out.

You could take photos on your phone or with a disposable camera I will give you if you need one. You don't have to be a great photographer or worry about being creative. I will give you guidance. I will then meet with you to talk about the images. We can talk in Assamese or English as you tell me about how you have resisted, or are in successful recovery from, problematic use of drugs and/or alcohol. With your permission, I will audio-record our conversation. And I will need to keep a copy of the images you bring. Our meeting will last about 60-90 minutes. I hope it will feel like a chat with a friend who is a good listener. Afterwards we will talk about how you would like me to conceal your identity, or the identity of other people, in your interview and images. I will check that you are happy with everything we do.

Part 2 has two activities. You can choose if you want to get involved. I can conceal your identity in all of them. The activities are:



- Making a poster from images you brought to the interview.



- Taking part in workshops to make short films based on stories like yours.

Why do these?

To help people understand the challenges around drug and alcohol use for young people. And to show the resilience of young Indian people.

The project will make about 20 posters and 6 films. With permission, we will show these at events, on social media, and on our website (projectresilience.co.uk).

After your Part 1 interview, you can choose if you want to take part in making posters or films. You will be in control of your information and can tell us what we can use and how..

Where will this all take place?

All our face-to-face meetings will take place in a private room at MIND India, Nirmaan Rehabilitation Facility or another relevant organisation in Guwahati. We will agree a good time to meet and your travel expenses will be repaid to you. If a chaperon comes with you, we will repay their travel expenses too.



What about anonymity and confidentiality?

Protecting your privacy is important to us. We will never publish your real name. You can choose a fake name if you wish.

For the **Part 1** interview, I will start by audio-recording your permission to take part in the study and make sure you understand what it involves. You will not be asked to sign anything. Audio-recordings from the interview will be kept on a secure University of Leeds drive and locked with a username and password. You will be reminded before the interview starts not to use people's real names and to be vague about dates and places. Only the research team will have access to the interview

audio-recording. After interview, you can tell us if you are still OK for us to use the interview and images in our study, or if you would like us to remove anything. You have a week to think about this if you need time.

We will type up your interview into transcript. A company might do this for us and will keep everything confidential. Identifying details (e.g. names of places, people and details of very specific events) will be changed or removed. Any images you bring that you allow us to use in reports, on our website, social media and events about the project will be pixilated or cropped to conceal people's faces and specific places. Your interview and images will be kept securely for up to 5 years after the publication of the last report of the study and then will be deleted.

If you choose to take part in film-making, you can decide whether or not you want to be in the film. We will explain this in detail at the time.

There are some **limits to confidentiality**. If you are in need of support, I will talk about this with you to find a good way forward. If you tell me you are not coping, are in danger, are being harmed or are suicidal, then I will ask for support for you from a professional, most likely at MIND India. If you tell me something that makes me concerned for the safety of someone else, I may need to take action. If you are 18 or younger, and tell me about any criminal intent or activity by you or others (stealing/robbery, physical abuse, sexual abuse/harassment, kidnapping, selling illicit drugs and/or homicide), I will have to contact the Child Welfare Committee. If you are 19 or older and tell me about any of these activities, I have to submit a First Information Report to the nearest police station.



I do not seek this kind of information in the interview and will not ask you questions about these things. It is your choice what you tell me. If I need to take action, I will explain to you what I may need to do.

Are there any risks to taking part?

I do not expect there to be any significant risks in taking part. In the interview, we may discuss things that have been hard or upsetting but only if you want to talk about them. You will be directing our conversation with the images you have brought. You do not have to give me a reason if you want to skip anything I ask. If you feel you would like support after the interview, free sources are provided at the end of this letter.

Are there any benefits in taking part?

I hope you will find it interesting and enjoyable to take part. You will be helping people to understand some of the challenges young people face around drugs and alcohol, to improve the way society views young people, and to make a case to increase the support available. For being part of this study, you will be reimbursed your travel expenses for attending any pre-interview meeting, the interview and film-making workshops. Refreshments (water, hot drink) will be provided at interview and refreshments and lunch will be provided at film-making workshops. If a chaperone accompanies you, their travel expenses will also be

reimbursed. For those involved in poster-making, as a small thank you, I will send a copy of the poster printed on canvas to an address you give me. For every project part you take part in, you will be offered a 'Contribution to Research' certificate (you can decline this if you do not want anything linking you to the study) as well as small tokens of thanks (e.g. bag and pen).

Can I stop taking part if I want to?

Yes, no problem. You can decide you do not want to do the interview before it takes place, and you can stop during the interview too. And you can do the same for the poster-making and film-making workshops. You don't need to tell me why you want to stop.

Once you have done an interview, you can still ask us to not use your interview data or the images you brought. If you no longer want to be part of the study, please can you e-mail me within a week of doing the interview? If you take part in making a poster or film-making you can also change your mind about letting us use this material. We have separate information on these activities.



What do I do next?

Take your time to think about whether you'd like to take part. Maybe you could talk it over with someone you trust?

Got questions? No problem – email me at:

r.duara@leeds.ac.uk

If you would like to go ahead, I'd be delighted to get an e-mail from you! I will e-mail you back to arrange a telephone call or a face-to-face meeting to answer any of your questions and, if you still want to take part, to get you started with the study. I can provide a disposable camera if you need one.

If you are not sure, that's ok. Take your time - we will be happy to hear from you when you are ready.

Thank you for taking the time to read about our study.

Free sources of support

MIND India <http://www.mindindia.org/> Support available from the in-house psychiatrist in MIND India

Free online self-help books available at <https://www.e-booksdirectory.com/listing.php?category=319>

Study Details



THE BIG PICTURE

Study title: Adapting visual methods to enhance local approaches to understanding youth substance abuse in India

Dr Raginie Duara, Research Fellow, University of Leeds, UK (r.duara@leeds.ac.uk) [[add study mobile number](#)].

Professor Anna Madill, Principal Investigator, University of Leeds, UK (a.l.madill@leeds.ac.uk)

Partner Organisations: MIND India (<http://www.mindindia.org/>) Dr Sangeeta Goswami (sangeetamind@gmail.com) and Nirmaan Rehabilitation Facility.



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MIND India
Institute of Positive Mental Health & Research



If you have any complaints about being contacted or about what happens during the study, please e-mail Professor Anna Madill who will be happy to discuss what action to take (a.l.madill@leeds.ac.uk).

APPENDIX I: Film making study information letter (version 1) for participants who have completed Photovoice (talked through at the end of the interview – participants given sheet to take away).

FILM MAKING



**MAKING SHORT FILMS TO SHARE UNDERSTANDING
ABOUT RESISTING PROBLEM USE OF DRUGS OR ALCOHOL**

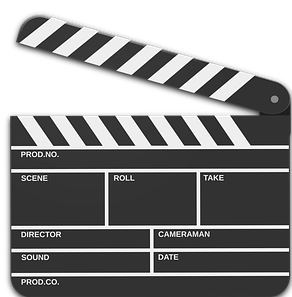


Thank you for taking part in a 'Big Picture' interview.

You are now invited to a join us in making short films based on people's experiences. Here is everything you need to know.

What will be happening?

We would like to work with young people like you to **make short films** that give young people the opportunity to have their opinions heard. The films will explore the challenges that young Indian people face around drugs and alcohol. We also want to show how young people resist or recover from drug and alcohol abuse. You can help us make the films and do not have to be on screen if you don't want to. You can also just give permission for us to use your anonymised story and images as part of a film.



If you want to help us make films, you will be invited to **attend some day workshops** at MIND India in Guwahati. You will work with other young people, researchers and film-makers to create storylines that help viewers to understand young people's experiences around drugs and alcohol. We hope to focus on positive stories that show the strengths of young people.

No previous experience of making films is required. You will be given full training. We cannot pay you for taking part, but your travel and the travel of a chaperone, if you need one, will be repaid. We will also provide lunch and refreshments.

Where will the films be shown?

We will use the films as part of an awareness-raising campaign in your community and beyond. We might show them to researchers and leaders in Assam, other Indian States and in the UK. We will show them at events, and post them on social media and our project website.



How will the films help?

They may help decision-makers and professionals who support young people to understand real-life experiences around resisting drugs and alcohol. This may help them make decisions that are really benefit young people. The films may also help people in local communities talk about this problem in a helpful way and to see young people's strengths.

Who can take part?

You can take part if you did a **Photovoice** interview with us. It is completely up to you if you would like to be involved in the film-making. Even if you don't, your Photovoice interview and images are still valuable parts of our study. We welcome people with many different backgrounds and experiences. If you are having current problems with drugs and alcohol, or are getting any professional support for your mental health, then we are sorry, but we cannot involve you in film-making. This is for your own well-being. By way of thanks, you will be offered a 'Contribution to Research' certificate (you can decline this if you do not want anything linking you to the study) and small thank you tokens (e.g. bag and pen).

Can I stop being involved if I want?

Yes absolutely. If you decide you no longer want to carry on, you can stop at any time without giving us a reason. We would still like to use the material you provided and the work you did before you stopped, unless you tell us not to. Please email Raginie if you would like to stop.

What about concealing my identity?



All of this is in your control. During film-making, you can decide whether or not you want to be on screen. You can also decide if the film should use a fake name for you. We will conceal places and the names of other people as necessary. Once the film is made, we will check with you before the film is made public.

Your name and contact details will be kept safely by the team until the end of the project. Then they will be deleted. We will not tell anyone that you took part. It is up to you if you want to tell anyone.

There are some limits to confidentiality. If you are in need of support, we will talk about this with you and find a good way forward. If you tell us you are **in danger**, are being **harmed** or are **suicidal** (or at risk of any of these) then we will ask for support from a professional in MIND India. If you are 18 or younger and tell us about any **criminal intent** or activity, we will have to contact Child Welfare Committee. If you are 19 or older and tell us about any criminal intent or activity, we will have to submit a First Information

Report to the nearest police station. We do not seek any such information in the workshops. We will not ask any questions about this. It is up to you what you talk about.

What should I do next?

You may have some **questions** for us. You can email Raginie at r.duara@leeds.ac.uk. If you want to **go ahead and take part**, that's great. You can email or phone Raginie [[add study mobile](#)]. She will reply telling you when the workshops are and your next steps. It is no problem if you do not want to be involved.

Thank you for taking the time to read about our study

Study Details



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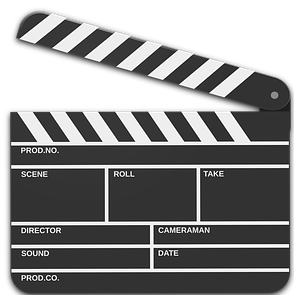
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Who can take part?

You can take part if you are:



It is completely up to you if you would like to be involved in the film-making. We welcome people with many different backgrounds and experiences. If you are having current problems with drugs and alcohol, or are getting any professional support for your mental health, then we are sorry, but we cannot involve you in film-making. This is for your own well-being.

Can I stop being involved if I want?

Yes absolutely. If you decide you no longer want to carry on, you can stop at any time without giving us a reason. We would still like to use the material you provided and the work you did before you stopped, unless you tell us not to. Please email Raginie if you would like to stop.

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