

PARTICIPANT INFORMATION SHEET

Title of Project *HOW DOES WALKING ENHANCE EMDR 'S EFFECTIVENESS IN REDUCING COMPLEX PTSD SYMPTOMS*

Invitation

I would like to invite you to take part in a PTSD treatment research project. Before you decide whether to take part it is important that you understand why the research is being done and what it will involve. Please take time to read this carefully and ask the researcher if you have any questions.

What is the purpose of the study?

This study aims to investigate how walking enhances EMDR's effectiveness in reducing symptoms of Complex PTSD.

Why have I been invited to take part?

You have received this invitation because I require combat veterans with PTSD, who already use walking therapeutically or not averse to trialling walking PTSD treatment.

Do I have to take part?

No. It is up to you to decide whether or not you want to take part in this study. Please take your time to decide. You can decide not to take part or to withdraw from the study at any point until 28 days from when you took part. If you wish to have your data withdrawn please contact the researcher with your participant number and your data will then not be used. If you do decide to take part, you will be asked to sign a consent form.

What will happen to me if I agree to take part?

If you agree to take part, you will be required to fill in three scales online as part of the data collection for the study which will take approximately 15-20 minutes.

Are there any disadvantages risks to taking part?

I do not anticipate any risks associated with participating in this study.

Will the information I give stay confidential?

Everything you say/report is confidential. The information you give may be used for a research report, but it will not be possible to identify you from our research report or any other dissemination activities. Personal identifiable information (e.g. name and contact details) will be securely stored and kept for up to 6 months after the project ends in August 2019 and then securely disposed of. The research data will be securely stored and may be used for further research purposes.

What will happen to the results of the research study?

This research is being carried out as part of my post graduate studies at the University of Worcester. The findings of this study will be reported as part of my dissertation and may also be published in academic journals, help improve government provisions for veterans or used at conferences. If you wish to receive a summary of the research findings, please contact the researcher.

Who is organising the research?

This research has been approved by the University of Worcester Institute of Health Ethics Committee.

Thank you for taking the time to read this information

If you decide to take part of you have any questions, concerns or complaints about this study please contact one of the research team using the details below.

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If you would like to speak to an independent person who is not a member of the research team, please contact John-Paul Wilson at the University of Worcester, using the following details:

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