

## **Participant Information Sheet**

### **Exploring and engaging with the perspectives of people who have substantial criticisms of Open Dialogue**

Hi. My name is Rachel (Rai) Waddingham. I'm currently in my final year of Open Dialogue UK's three year Open Dialogue Practitioner training. I would like to invite you to take part in a study on the perspectives of people who have substantial criticisms of Open Dialogue. Before you decide to take part, I think it's important that you know what this study is about and what it involves.

If you have any questions about this study, or want to find out more, you can email me at [rai.waddingham@gmail.com](mailto:rai.waddingham@gmail.com).

#### **What is the study about?**

There has been a surge of interest in Open Dialogue in the UK in recent years, taking the form of conferences, training courses and people working to implement Open Dialogue in different ways in the NHS and private practice. The increased interest in this approach has been coupled with various degrees of enthusiasm and critique.

As a trainee practitioner, I obviously view Open Dialogue as an approach worthy of my time. I have found it to be useful in my work, yet always try to remain open to the many ways in which it can be developed and improved. As such, it feels crucial to engage with and understand the perspectives of those who have substantial concerns or criticisms of Open Dialogue – rather than dismiss them. My hope is that by engaging with these criticisms, exploring their content and context, I can learn from them.

#### **Why have I been invited to take part?**

I would like to speak to adults who either:

- Have substantial criticisms of any aspect of Open Dialogue (the approach or the way it is being developed/implemented in the UK)
- Have substantial concerns, worries or negative perceptions of any aspect of Open Dialogue

I am happy to speak with people who have personal and/or professional relationships to the mental health field, including: people with personal experience of mental health services; family members/carers; psychiatrists, peer support workers, psychologists, mental health nurses, occupational therapists, psychotherapists, social workers, support workers, academics, service managers and bloggers.

It is important to me that you only take part if you feel confident that it will not adversely affect you. If you have any questions about this, please let me know and we can talk it through.

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

No. It's up to you if you want to take part, or not. You can decide you don't want to take part at any time – before the interview, during the interview or afterwards. You don't need to give a reason.

If you want to take part, but change your mind in the months after the interview – that's OK too. I will be handing in my thesis in December 2017, so if you contact me before then I can take out any information that comes from this interview.

If I write up my thesis into an article for publication I will check my use of any quotes with you, and give you time to withdraw your consent prior to submission.

## **What would I have to do if I decide to take part?**

If you decide to take part in this research, I will arrange a time to meet with you (in person, ideally, or online) so I can talk with you about your perspectives on Open Dialogue. This may take about 1 hour and will consist of an informal interview, guided by a few open questions.

At the end of the interview I will give you the opportunity to opt in to meet with me once more to discuss the understandings that I have developed through the interview processes. This is optional, but would really add value to the study and ensure that there is space for different perspectives in my final write up.

## **What will happen to the information that I give you?**

I will record our conversation to help me remember what we have said. This means that I won't need to take lots of notes as we speak, and I can listen to it a few times to make sure I hear everything you tell me. I will type up the interview as soon as possible after we meet. I will delete the sound recordings on completion of this study.

Your participation in this study, and all of the information you share with me, is private and confidential. However, I may use some of the words you say in the report of this study. I will not name you, and will take out any information that would identify you. I may share some of these anonymised quotes with members of my Open Dialogue study group to help me gain different perspectives on what I have heard/experienced.

All of the information about you (including sound recordings) will be kept in a password-protected file. Your name will be kept in a different place to the write up of our conversation, and I will make sure that there is no information that is kept that could identify you. I will keep the write up of our conversation for 10 years and then delete it.

## **Who else will know that I am taking part?**

No-one will know that you have taken part in this study. Your participation is private and confidential. The only caveat is if you say something during the study that makes me

extremely worried about someone's immediate safety – in which case I'll talk with you about my concerns and agree a way forward.

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

Participation in the study provides you with the opportunity to reflect on, and explore, your perceptions of Open Dialogue and have your concerns and critiques heard. Aside from this, there is little immediate personal benefit to taking place. However, it is my hope that the research can be used to improve how Open Dialogue is developed.

### **Could anything negative happen as a result of taking part?**

Whilst I hope that this interview is a positive experience for you, it is possible that we may inadvertently talk about something that is sensitive or difficult for you. If that happens, it's OK to say that you'd like to change the topic or take a break. You can stop the interview at any time. It's OK to not answer any question that makes you feel uncomfortable.

I am aware that, as an Open Dialogue student, it may feel risky to take part in an interview with me sharing your critiques of the approach. If you have any concerns about my motivations, I hope you can ask me about them (either before, during or after the interview). I am committed to respecting all participants and the range of perspectives, criticisms and experiences that they bring to the interviews. The interviews are space to explore these perspectives, not to attempt to counter or contradict them.

When I am analysing the transcripts I will take care to be clear that I am representing my own engagement with these perspectives and the context in which they exist, not interpreting or speaking for the participants. It is my aim that any participant reading the analysis will feel respected and heard, even if our understandings differ. If this is not the case, you are welcome to raise any concerns you have with me and/or withdraw from the study.

### **If I want to take part, what should I do now?**

If you decide you want to take part you can email me at [rai.waddingham@gmail.com](mailto:rai.waddingham@gmail.com).

We will work out the best time and place to meet (whether this is in person, or online). When we meet I will answer any questions you have, explain the study and ask you to sign a consent form if you'd like to go ahead and take part.

Thank you.

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