



Participant Information Sheet

Invitation to take part in a clinical service and research at Atrium Clinic Southend

1. Introduction

- You are being invited to take part in our clinical service and have the option to contribute to our research mission to bring new therapies and approaches to those who need them most.
- As part of your care, we routinely collect information that may be used for your safeguarding and care as a mandatory requirement of your consent to receive a service from Atrium Clinic. We also ask that you consent to use that anonymised data for our research purposes so we can improve our services and share our outcomes for the advancement of science and wider understanding of conditions and care interventions.
- Please read this sheet carefully before deciding.

2. Purpose of the Service and Research

- The clinical service is designed to support people with mental health needs, troubles and neurodivergence through assessment and evidence-based intervention e.g. coaching, therapy, neuromodulation treatments.
- We are also carrying out research to improve understanding of ADHD-type symptoms in particular and how individuals can be supported by coaching from our clinical and therapy team
- Your care will always come first. Taking part in research is optional.

3. Why have I been invited to be part of this study ?

- You are eligible because you are using our service.
- Everyone attending the service is offered the chance to take part.

4. Do I have to take part?

- No. Participation is voluntary.
- You may refuse or withdraw at any time without affecting your care.

5. What will happen if I take part?

- You will receive the clinical/therapy/coaching service as usual.
- We may use information from your assessments, questionnaires, or therapy outcomes in anonymised research. You are not identifiable in the data.
- The analysis of these outcomes and client experiences may guide clinical protocols in future through publications in academic journals.

6. What data will be collected?

- Information about your demographics (age, gender, etc.).
- Clinical data such as goals for the work decided with you, symptoms, assessments, therapy/coaching progress, outcomes.

7. How will my information be used?

- Data will be anonymised (your name and personal details removed).
- It may be used for reports, presentations, and publications in academic journals.
- Only authorised members of the research/service team will have access to identifiable data.
- Data will be stored securely in line with data protection laws (GDPR).

8. What are the possible benefits?

- You may not benefit directly.
- Your participation will help improve services and knowledge for others in the future.

9. What are the possible risks?

- Taking part in the research element involves no additional clinical risks.

- If we move beyond a pilot research project, typically we involve a university partner and their ethics committee to scrutinise our project plan and ensure that clients are cared for according to the best clinical standards and that their data and interests are managed within the law.

10. Confidentiality and Data Protection

- All information will be kept confidential.
- Personal data will be stored securely and only used for your care.
- Research data will be anonymised before use.
- We comply with the UK Data Protection Act 2018 and GDPR.
- We use a main clinical platform CORE OM.

11. What if I don't want my data used for research?

- You can still receive full therapy/coaching/clinical care.
- Simply let us know if you do not want your anonymised data used.

12. What if something goes wrong?

- If you have a complaint about the clinical service, contact [Sara Ireland, clinical lead sara@atriumclinic.co.uk or telephone the Atrium pathway team in the first instance 01702332857].
- If you have concerns about the research study, talk to your practitioner, the pathway team or email Sara as above.

13. Who is organising and funding the research?

- The research is being carried out by Atrium Clinic usually in partnership with a university. We can tell you more depending on the study with which you are involved.
- Atrium Clinic normally invests in these studies from its own funds as part of their commitment to their mission for delivering excellent healthcare and bringing new therapies to those who need them most.

16. Consent

If you decide to take part, you will be asked to confirm that you have read and understood this information and agree to your data being used. This research consent forms part of your client record with Atrium Clinic.