

The Solutions Trial

Solution Focused Brief Therapy with 10 to 17-year-olds presenting at police custody: A randomised control trial with an internal pilot

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1. Introduction

- ◆ We would like to invite you to take part in a research trial. Joining this trial is entirely up to you. To help you decide, we want to tell you about why the trial is being done, and what you are being asked to do.
- ◆ We can provide this information as a video or audio file which you can watch or listen to on a computer. Tell us if you would like this file.
- ◆ A member of the team will go through this information sheet with you. This is so we can help you to understand what we are asking you to do and provide you with the opportunity to ask questions.
- ◆ Please feel free to talk to others about this trial if you wish. Do ask questions if something does not make sense.



2. What is the purpose of the research?

- ◆ We are undertaking a research project about Solution Focused Brief Therapy (SBFT) together with Lancashire and South Cumbria NHS Foundation Trust.

- ◆ SFBT is a psychological therapy that is offered by Liaison and Diversion (L&D) teams to young people who may be at risk of engaging in behaviours that could get them into trouble with the police.

- ◆ The therapy involves teaching new skills, and focusing on any problems that you are having such as problems at school, your relationship with family members, your mood or self-esteem.



- ◆ We are interested in finding out if SFBT is helpful, and so to do this, we are going to offer SFBT to half the children and young people who want to be in the trial, the other half will continue to get usual services. We will then look at the two groups after SFBT has finished and see if there are any differences. Who will be in each group will be chosen at random, so like flipping a coin. Your chance of receiving SFBT will be 50/50.

3. What are we asking you to do?

- ◆ We are asking you to take part in the Solutions Trial. If you agree, you will have a chance of receiving SFBT.
- ◆ You are being asked whether you would like this to happen because you have recently been in trouble with the police.
- ◆ **If you are under 16** we will need to ask your parent or guardian to agree that you can take part, but the decision about whether you take part will be yours. You and your parent/guardian will be asked to sign a consent form to record your agreement. The form is at the end of this information leaflet.
- ◆ **If you are 16 or over** then we will not ask your parents or guardians if they would be happy for you to take part, and you will have the final say over whether you want to take part.
- ◆ The decision to take part is yours and

you can of course talk to anyone about this. Do talk to your parent or guardians.

- ◆ If you agree, there are then some things we will ask you to do.
- ◆ What will happen first, if you agree to take part, is that you will be asked to complete a questionnaire. This will happen before you are chosen at random to receive SFBT or not. The questionnaire will take around 1 hour.



- ◆ The questionnaire will be done either on paper or online, you can complete it with a researcher who will ask you the questions or on your own. We can do this in person, on the telephone, by using video conferencing, or on a website. There is one part of the questionnaire for you to complete that has to be completed with a researcher, otherwise you can complete the rest on your own or with a researcher as you wish.
- ◆ The questions will cover:
 - Your behaviour and if you have been in trouble before.
 - Your living arrangements and schooling.
 - Your general wellbeing.
 - Your area, community and health.
 - Your feelings.
 - How you use language and reasoning
- ◆ We will also ask your parent or guardian to complete some questionnaires with us. The questions for them will cover:
 - Your feelings.
 - Your general wellbeing.
 - Any medications and therapies you receive.
- ◆ Second, after you and your parent or guardian complete the initial questionnaire, it is decided at random whether you will receive SFBT.
- ◆ If you are chosen to receive SFBT, you

will receive six sessions delivered weekly. If you live outside the Lancashire and South Cumbria area, the sessions will be online. If you live within the Lancashire and South Cumbria area, the sessions can be in person or online.

- ◆ If you are not chosen to receive SBFT, then you will receive whatever services you would normally get.
- ◆ Six months and 12 months after starting the trial, we will ask you and your parent or guardian to complete the questionnaire again. This will help us to work out whether SBFT is helpful.
- ◆ Finally, we will invite some young people and parents or guardians to take part in interviews about their experience of being on the trial and of receiving SBFT. We will also be interviewing therapists. We will ask questions about things you liked and did not like, things you thought worked well, or not so well. We are **not** asking **all** young people to take part in these interviews. Right now, we are just asking for permission to contact you in the future to invite you to take part in a future interview, you can still decline to take part if we contact you about this. You can take part in the interview with your parent(s) or guardian(s), or on your own. We can do this interview on the phone, or using videoconferencing, or in person. We would explain this



more fully if you are asked to take part in an interview.

4. Do I have to be involved?

- ◆ No. Participation in this trial is completely voluntary and choosing not to participate will not affect you in any way. You can also choose to take part now, and change your mind later, by telling a member of the research team or your therapist if you receive SBFT. You can ring the Chief Investigator who oversees this trial, and their details are found at the end of the form.
- ◆ If you agree to take part, and then later change your mind, you can do this and withdraw from the trial. You just need to tell us that you no longer want to take part.
- ◆ You can stop being part of the trial at any time, without giving a reason, but we will keep information about you that we already have.
- ◆ You might decide that you no longer want to receive SBFT after agreeing to take part in this trial. If this decision is made, you can still take part in this research, even if you are no longer receiving SBFT. We would ask you to still complete our questionnaires as you would have done had you been receiving SBFT and we may ask you to take part in an interview about your experience to help us understand what happened. This may help us to improve our research in the future and improve SBFT.



5. What happens if I want to take part, but my parent or guardian does not want me to?

- ◆ If you are under 16 then your parent or guardian will need to agree for you to take part. If you are 16 or older, we need your agreement.

6. What happens if I do not want to take part, but my parent or guardian wants me to?

- ◆ You don't have to take part, but we would ask you to discuss this with your parent or guardian to agree together.

7. What are the benefits of taking part?

- ◆ We cannot tell you that SFBT is better or more effective than usual services because we do not know.
- ◆ But your participation is helpful to us and may be helpful to others.

8. What are the disadvantages of taking part?

- ◆ There are no marked disadvantages or risks to participating in this trial over and above those associated with taking part in SFBT if you receive this.
- ◆ You will be asked to complete questionnaires and there may be a small risk that some of the questions may cause some distress because of the nature of the questions. They will be personal and about you. They will also be about some of the problems that you face. If this happens, our staff are there to help. You can always ask for a break, and you can tell us if you don't want to answer some of the questions, but we will ask you to answer the ones that have to be completed with the interviewer (about your use of language and reasoning).

9. How long do I have to be involved?

- ◆ You will be involved in the trial for up to 12 months. We are asking you to take part in our questionnaires and then you

will receive either SFBT or normal services.

- ◆ If we ask you to take part in an interview in the future, these interviews will be on one occasion and last no more than 1 hour.
- ◆ As well as asking you to complete questionnaires, we would also like to ask your permission to collect other information about you in the longer-term.

10. Long-term information collected about you

- ◆ We ask that information about you may be collected from the police (on the Police National Computer (PNC)) (who hold information about any of your previous reprimands, arrests, cautions and convictions). We would like to collect this information over the next year, and also collect some information about you in the six months before the study started.
- ◆ We will need to provide those who can access the PNC with details such as your name, address, gender and date of birth so that they can find out this information.
- ◆ Any information that comes back to us will be combined with your trial information and the stored information will not identify you by name. It will be treated as confidential and data will be securely stored.

11. How long will the research last?

- ◆ We are asking you to be in the trial for 12 months when we will ask you to complete three questionnaires. We are asking just over 280 young people to take part.

12. Who will have access to my data?

- ◆ The sponsor of this trial is Lancashire and South Cumbria NHS Foundation Trust, and they oversee the trial. In this research trial we will use information from you and your parent or guardian.

We will only use information that we need for the research trial. We will let very few people know your name or contact details, and only if they really need it for this trial. Everyone involved in this trial will keep your data safe and secure. We will also follow all privacy rules.

- ◆ At the end of the trial we will save some of the data in case we need to check it or for future research. We will make sure no-one can work out who you are from the reports we write.
- ◆ We must ensure that it is in the public interest when we use personally identifiable information (such as date of birth) from people who have agreed to take part in research and that we are using it properly in accordance with the General Data Protection Regulations (GDPR). This means that when you agree to take part in a research trial, such as this one, we will use your data in the ways needed to conduct and complete our analysis during the research trial.
- ◆ The Sponsor will act as data controller, and The University of Warwick and Cardiff University will act as joint data processors for this trial.
- ◆ The trial sponsors are committed to protecting the rights of individuals in line with data protection legislation. This includes your right to ask for access to the personal information that we hold about you; and ask us to correct any personal information that we hold which is incorrect, incomplete or inaccurate.

- ◆ Members of the research team at the University of Warwick and Cardiff University will have access to this data. We will store a copy of your data on secure university servers. This includes your consent form, which you will be asked to sign, should you wish to take part in this trial. This form will contain your name, address, phone number and email address and postcode and will be stored separately from the research data, such as the answers you give on the questionnaires. We are required to store this to prove that you agreed to take part in this trial. We will keep data about you for 15 years after the trial has finished. We may contact you to take part in a future related trial. You do not have to agree to this. We will also share some of the data we collect about you with the Department for Education and Office for National Statistics. We explain this further later within this leaflet.
- ◆ We would also like to inform your GP that you are taking part if you agree. They will not be able to access your data, they will just be informed that you are part of the trial. We will ask your parent or guardian to agree to this if you are under 16, and ask you to agree if you are 16 or over.

13. What information do we need?

- ◆ We will need information from you for this research project. This information will include your name, your parent or guardian's name, dates of birth, and contact details. We will use this information to do the research. People who do not



need to know who you are will not be able to see your name or contact details.

- ◆ If you receive SFBT, we will also ask the SFBT team to share with the research team some of their routinely collected information about your therapy and the outcomes of your therapy. This will include the number of sessions you receive.

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14. What will we do to protect your information?

- ◆ People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead, so your name won't be used. Doing this is called pseudonymisation and we will do this as quickly as possible after data collection. This means that anything that can identify you (directly and indirectly) will be removed from the research data and will be replaced with a participant number.
- ◆ The key to identification will be stored separately and securely to the research data to safeguard your identity. This means that the key telling us which number matches which person will be stored separately from the data.
- ◆ When we store digital copies of your questionnaires and consent forms, the paper copy will be destroyed as soon as possible. We will digitise them and store them only on university secure servers.
- ◆ To safeguard your rights, we will use a minimum of personally identifiable information and keep the data secure in line with Cardiff University's Information and Data Compliance policies. This means that we will only collect the data we need to help us successfully complete this research trial.
- ◆ We need to manage your records in specific ways for the research to be reliable. This means that we will not be able to let you see or change the data we hold

about you. The University of Warwick and Cardiff University have in place policies and procedures to keep your data safe. You can ask us for a copy of the University of Warwick Research Privacy Notice which is found here: <https://warwick.ac.uk/services/idc/dataprotection/privacynotices/researchprivacynotice> or you can email GDPR@warwick.ac.uk and request a copy. You can also ask a member of the research team, or contact the Chief Investigator, and their details are at the end of this leaflet.

- ◆ You can also find out more information about how your information is used here: www.hra.nhs.uk/information-about-patients/

15. Your data and future research

- ◆ Your data may be used in future research, including impact activities following review and approval by an independent Research Ethics Committee. We may also share fully anonymised data with other researchers who might want to use data in other research.
- ◆ Your participation in this research project will be kept confidential. We need to tell you that at the end of the trial, we will share the information that we have collected with the Department for Education and Office for National Statistics which we mentioned earlier in this leaflet.



16. Why are you sharing data with the Department for Education and Office for National Statistics?

- ◆ This trial is being paid for by the Youth Endowment Fund, and all the researchers who are doing studies paid for by them have been asked to share their data with the Department for Education (DfE) and Office for National Statistics (ONS). The reason for doing this is that it will allow data to be held in the YEF Data Archive and researchers to find out the long-term impacts of interventions like

SFBT. Using the unique Pupil Matching Reference numbers added to the data by the DfE, it will be possible to link the records held in the YEF archive to other public datasets such as education and criminal justice datasets. This will help approved researchers to find out the long-term impact of the projects funded by YEF because they'll be able to see, for example, whether being part of a project reduces a the likelihood of being excluded from school or becoming involved in criminal activity.

17. What data will you share with the Department for Education and Office for National Statistics and what happens to it?

- ◆ We will share personally identifying data (i.e., your name, date of birth and post code) along with a project specific reference number with the DfE. The DfE will treat this data as strictly confidential, and when they receive it, they will pseudonymise it. In other words, direct and indirect identifiers will be removed from the research data and will be replaced with unique Pupil Matching Reference Number. This means that no one will be able to tell who you are within the dataset. The DfE will then submit this to the ONS for storage in the YEF Data Archive.
- ◆ We will share the answers to the questions that you have given on the questionnaires as well as some information about SFBT if you received it (such as number of sessions attended) with ONS where it will be held in the YEF Data Ar-

chive indefinitely.

- ◆ The YEF is the 'controller' of information in the YEF Data Archive. By maintaining the archive and allowing approved researchers to access the information in the archive, the YEF is performing a task in the public interest and this gives the YEF a lawful basis to use personal information.
- ◆ Please find the YEF's Data Archive Privacy Notice here: <https://youthendowmentfund.org.uk/evaluation-data-archive/>.

18. How is information in the YEF Archive protected?

- ◆ There are rules about who can access the data in the YEF Archive. The YEF archive is protected by the ONS' 'Five Safes' framework. The information can only be accessed by approved researchers in secure settings and there are strict restrictions about how the information can be used. All proposals must be approved by an ethics panel. They will not be permitted to take copies of the data, and their work will be monitored. They will only be allowed to work with pseudonymised data which means they will not know your identity. Information in the YEF archive cannot be used by law enforcement bodies or by the Home Office for immigration enforcement purposes.
- ◆ You can find more information about the YEF archive and the Five Safes on the YEF's website (URL above).



- ◆ Participation in the trial is voluntary. However, if you do not want your data to be archived in the YEF Data Archive, then this will mean that you cannot take part in our trial. This decision will not impact access to any other service outside this trial.



19. Disclosure

- ◆ We will always keep your information secure and private. But we must tell someone else if we think a young person is at risk of harm. This is to protect young people.
- ◆ If we become aware that an adult is at significant risk of harm, we may also have to tell someone else.
- ◆ When we tell someone else, we will only do this when we genuinely believe there is a risk of harm. Examples of people we might tell are social services, the police or someone else who could help.

20. What will happen to the results of this trial?

- ◆ We may publish the findings in an academic journal, which is like a magazine. We may also put our findings on the internet or talk about them at conferences. When the Solutions Trial is complete, we will write a report that we will share with the organisation paying for this research (the Youth Endowment Fund), this report will be published online.

- ◆ When we write about our findings, we will not publish your private information. This means that we would never use your name or any other detail that may allow you to be identified.
- ◆ Once we have finished the trial, we will keep some of the data so we can check the results. We will write our reports in a way that no one can work out that you took part in the trial.

21. Expenses and payments

We will give you a £20 shopping voucher for completing the first questionnaire, a £25 shopping voucher for completing the second, and a £30 shopping voucher for completing the third questionnaire as a thank you for taking part.

22. Researchers must follow the rules

- ◆ The information we collect about you may be looked at by people who work for the University of Warwick, Cardiff University, the National Health Service, or other agencies. They will do this to make sure we are following the rules. These are our commitments to you. Your data will still be kept private.



23. Who has checked this study?

- ◆ All research in the NHS is looked at by an independent group of people called a research ethics committee. They check what we are doing to make sure it is



safe. This trial has been reviewed and given the right to go ahead by Yorkshire and the Humber – Leeds West ethics committee.



24. Who is paying for this trial?

- ◆ This trial is funded by the Youth Endowment Fund

25. Feedback

- ◆ If you would like to give feedback or make a complaint, we would like you to speak to your parent or guardian first.
- ◆ You can also speak to a member of the research team.
- ◆ If you want to speak to someone else, you can ask your parent or guardian to help you, or you can contact: Farah Lunat, Senior Research Facilitator, Lancashire and South Cumbria NHS Foundation Trust, Tel: 01772 773498, Email: farah.lunat@lscft.nhs.uk.
- ◆ If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer, Andrea Lane, Data Protection Officer, Compliance and Risk, University Secretary's Office, Cardiff University, McKenzie House, 30-36 Newport Road, Cardiff, CF24 0DE.
Email: inforequest@cardiff.ac.uk.
- ◆ If you wish to raise a complaint on how

we have handled your personal data, you can contact our Data Protection Officer, Andrea Lane, Data Protection Officer, Compliance and Risk, University Secretary's Office, Cardiff University, McKenzie House, 30-36 Newport Road, Cardiff, CF24 0DE. Email: inforequest@cardiff.ac.uk.

- ◆ If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner's Office (ICO) (www.ico.org.uk or 0303 123 1113).

26. Questions?

The Chief Investigator is in charge of this study. You can talk to them and they can answer your questions:

Professor Peter Langdon,
Tel: 02476 522912,
Email: solutions@warwick.ac.uk,
Address: CIDD, New education Building,
Westwood Campus, University of Warwick,
Coventry, CV4 7AL.

Or, you can contact the Study Manager:
Eleri Owen-Jones
Email: solutionstrial@cardiff.ac.uk

You can find this study online:
www.solutionstrial.co.uk

Please complete **one** of the following consent forms (depending on your age):
Consent form 1: for 14 and 15 years old's.



Agreement Form (Aged Younger than 16)

Your number: _____

Title of the project: Solution Focused Brief Therapy (SFBT) in 10–17-year-olds presenting at police custody: A Randomised Controlled Trial with internal pilot (Solutions Trial)

| | |
|---|---|
| I have read and understood the information. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| I asked questions and they were answered. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| The researchers might ask me to take part in an interview in the future. This is ok with me. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| I know I can stop taking part in the study any time I want. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| I am happy for the researcher to access data about me from the Police National Computer and/or the NHS. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| I want to take part in the study. | Yes <input type="checkbox"/> No <input type="checkbox"/> |

Print your name:

Your signature:

Date:

Name of the person taking agreement:

Signature:

Date:

Consent Form (Aged 16 or older)

Your number: _____

Title of the project: Solution Focused Brief Therapy (SFBT) in 10–17-year-olds presenting at police custody: A Randomised Controlled Trial with internal pilot (Solutions Trial)

Please initial

| | |
|---|---|
| I confirm that I have read the information sheet dated 12/Dec/2023 (Version 2.0) for the above study. I have understood the information, asked questions and have had these answered. | <input type="checkbox"/> |
| I understand that my participation is voluntary and I can stop at any time without giving a reason. | <input type="checkbox"/> |
| I understand that the information collected about me during the study may be looked at by staff working for the University of Warwick, Cardiff University, from regulatory authorities, or the NHS to check that the researchers are following the rules. I agree that this can happen. | <input type="checkbox"/> |
| I understand that the information collected about me will be used to support future research and pseudonymised data will be stored in the YEF data archive and may be shared with other researchers. | <input type="checkbox"/> |
| I am happy for the researcher to access data about me from the Police National Computer. | <input type="checkbox"/> |
| I agree to take part in this trial. | <input type="checkbox"/> |
| I am happy or the researchers to get in touch with me in the future and ask me to take part in an interview about the trial. I know that I might not get chosen for an interview. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| If I stop taking part in the study, the researchers would like to keep the information they have about me. I understand this, and that I can tell them not to do this. | <input type="checkbox"/> |
| I understand that the researchers can use my name and contact details to contact me to ask me to take part in other research studies. | Yes <input type="checkbox"/> No <input type="checkbox"/> |

Print your name:

Your signature:

Date:

Name of the person taking
consent:

Signature:

Date: