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**PARTICIPANT INFORMATION SHEET AND PRIVACY NOTICE**

**TITLE OF PROJECT:** Use of the Virtual Blind 2 Therapist (VB2T) EMDR Therapy Scripted Protocol as a ‘remote treatment intervention’ in response to the COVID-19 pandemic and the need for increased online working with trauma populations.

**Invitation**

The University of Worcester engages in a wide range of research which seeks to provide greater understanding of the world around us, to contribute to improved human health and well-being and to provide answers to social, economic and environmental problems.

We would like to invite you to take part in one of our research projects. Before you decide whether to take part, it is important that you understand why the research is being done, what it will involve for you, what information we will ask from you, and what we will do with that information.

Please take time to read this document carefully. Feel free to ask the researcher any questions you may have and to talk to others about it if you wish.

**What is the purpose of the research?**

We are currently wishing to investigate the potential effectiveness of using EMDR therapy as a remote intervention using a specific software programme. This is important particularly during the current COVID-19 pandemic when many EMDR Therapists have moved to online working. The intention of the research is to ascertain that software is fit for purpose by being safe, effective, efficient and relevant. Therefore, we are testing it in ‘extremis’- meaning that in real life clinical practice it would not be used this way. To mitigate the intention of the research is to use an internet-based version of the EMDR therapy ‘Blind 2 therapist’ protocol [VB2T]

In addition to testing for safety, effectiveness, efficiency, and relevance, there are four further questions:

1. How EMDR Therapy would need to be adapted for remote utilization
2. Potential benefits in offering the approach as a remote intervention
3. To explore any potential risks and disadvantages in using EMDR Therapy in this way
4. The ‘client’s narrative’ of remote EMDR Therapy as a phenomenological experience

**What does the study involve for research participants?**

The University of Worcester was invited to evaluate the potential benefits of the remote software for the purpose of EMDR therapy treatment and intervention. However, this is an unfunded study so as to ensure that the research is independent, and not biased by the software developers.

The structure of the study will include a Pre meeting (carried out by the principal investigator DF) – to discuss the research further, participant information sheet, consent form, Adverse Childhood Experiences Scale (ACE’s) – 18 questions, and Benevolent Childhood Experiences Scale (BCE’s) – 10 questions. Both the ACE’s and BCE’s are straight forward ‘Yes’ or ‘No’. These questionnaires will only be asked pre-treatment.

Treatment: 1 session on remote EMDR Therapy using VB2T Scripted Protocol (60-90 mins) – Clinician: Derek Farrell. Each session will be video recorded purely for the purpose of treatment fidelity checking – which will be carried out by Paul Miller (EMDR Europe Accredited Trainer) & Lorraine Knibbs (EMDR Europe Trainer in Training).

The research is a 1-treatment session intervention only and is a replication of a previous study (Farrell, et al., 2020). During the EMDR VB2T protocol there is no expectation for you to disclose any information about your target memory. For the purpose of the research we just wish to know if trauma memory processing is occurring or not.

Additional measures we will be using for the study include the following:

* Adverse Childhood Experiences Questionnaire (ACE’s)
* Benevolent Childhood Experiences Scale (BCE’s)
* Subjective Unit of Disturbance (SUD) 0 – 10 scale: pre, post and 1-mth FU
* Validity of Cognition Scale (VOC) 1-7: retrospective pre, post and 1-mth FU
* Memory Vividness (MV) 0 – 10 scale: pre, post and 1-mth FU
* Memory Emotionality (ME) 0 – 10 scale: pre, post and 1-mth FU
* Memory Intensity (MI) 0-10 scale: pre, post and 1-mth FU

At 1-mth FU a Phase 8: Re-evaluation will be carried out with each of the research participants to determine the following regarding the target memory from the VB2T will be asked to reconnect with the target memory and determine the following:

* Subjective Unit of Disturbance (SUD) 0 – 10 scale
* Validity of Cognition Scale (VOC) 1-7
* Memory Vividness (MV) 0 – 10 scale
* Memory Emotionality (ME) 0 – 10 scale
* Memory Intensity (MI) 0-10 scale

However, the Phase 8 Re-evaluation will not be carried out by the treating EMDR therapist (DF), and instead will be carried out by either Lorraine Knibbs, Paul Miller or Zeynep Zat.

After the collection of these scores there will also be a Qualitive Debrief around the following themes:

* Phenomenological experience as a ‘client’ experiencing VB2T scripted protocol via remote intervention
* Risk and safety factors
* Efficacy
* Efficiency
* Relevance
* Application in ‘real world’ clinical practice

These interviews will be carried out via Zoom Professional which will enable the interviews to be recorded, duly transcribed, and then analyzed using Interpretative Phenomenological Analysis [IPA], which is an approach to psychological qualitative analysis, whilst holding an idiographic focus, in providing insight into the given phenomenon under investigation.

Please note that only the Principal Investigator (DF) will have the ACE’s and BCE’s data – these will be anonymized to the rest of the research team so as to protect professional integrity.

**Who is undertaking the research?**

Dr Derek Farrell - Lead Researcher

Email: [d.farrell@worc.ac.uk](mailto:d.farrell@worc.ac.uk)

Tel. No: 01905 542443

Research Team/ Fellow Collaborators:

* Professor Paul Miller – University of Ulster
* Lorraine Knibbs – University of Bath Spa
* Dr Matthew Kiernan – Northumbria University
* Zeynep Zat – Institute for Change, London & DBE Institute for Behavioural Studies, Istanbul, Turkey
* Neta & Lior Gazit – Founder of remotEMDR
* Tal Bar - remotEMDR

**Who is funding the research?**

This is an unfunded study

**Who has oversight of the research?**

The research has been approved by the Research Ethics Panel for the College of Business, Psychology and Sport in line with the University’s Research Ethics Policy. The University of Worcester acts as the “Data Controller” for personal data collected through its research projects & is subject to the General Data Protection Regulation 2016. We are registered with the Information Commissioner’s Office and our Data Protection Officer is Helen Johnstone ([infoassurance@worc.ac.uk](mailto:infoassurance@worc.ac.uk)). For more on our approach to Information Assurance and Security visit: <https://www.worcester.ac.uk/informationassurance/index.html>.

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

You have received this invitation because you are an EMDR Europe Accredited Consultant with significant experience in EMDR therapy and clinical supervision/ consultation. Permission to recruit UK EMDR Consultants was provided by EMDR UK & Ireland Association.

**Do I have to take part?**

Participation into the study is entirely voluntary. You have the right to withdraw from the study at any point until 7-days after the final Phase 8 Re-evaluation session and Qualitative Interview. If you wish to have your data withdrawn, then please contact the Principal Investigator: Derek Farrell – d.farrell@worc.ac.uk; and your date will not be used. You will receive a confirmatory email notifying you of the withdrawal.

If you do decide to participate you will be asked to complete, and sign, a consent form.

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

If you agree to participate:

* The Principal Investigator will email you directly to arrange for an initial discussion/ consultation session, and to discuss any queries or questions you may have
* A mutually convenient appointment time will be set for the 1 session treatment intervention
* The treatment session will be recorded purely for the purposes of ensuring treatment fidelity.
* The recoding will be destroyed once the treatment fidelity assurances have been carried out.
* There will also be a 1-month Phase 8 Re-evaluation session

**What are the benefits for me in taking part?**

Through your participation in the study this will enhance our understanding of using remote EMDR therapy as an intervention, and to ascertain its relevance, safety, efficacy and efficiency

**Are there any risks for me if I take part?**

During the treatment session you will be asked to work on an adverse life experience – which generates a presently-held level of disturbance. This trauma memory will be processed using the EMDR VB2T protocol. Working with trauma memories can sometimes be challenging experiences, however, you will be able to discontinue the session, and the research process, if you so which. Other members of the research team – experienced mental health and trauma therapists, all of which are EMDR Europe Accredited Consultants, will be made available to offer further treatment sessions if research participants require 1:1 additional support. This will be on a pro-bono basis. Details of the how to contact EMDR Europe Consultant colleagues, and co-researchers are available at the end of this Participant Information Sheet.

If after the VB2T session you require additional support, the EMDR therapist will discuss the following option:

* 1. Self-care strategies & resources
  2. Connecting with existing resources within their own existing networks and relationships
  3. Existing Occupational Health provision
  4. Access to an EMDR Europe Accredited Practitioner/ Consultant from the Public Access EMDR UK Accreditation website page

**What will you do with my information?**

Your personal data / information will be treated confidentially at all times; that is, it will not be shared with anyone outside the research team or any third parties specified in the consent form unless it has been fully anonymised. The exception to this is where you tell us something that indicates that you or someone else is at risk of harm. In this instance, we may need to share this information with a relevant authority; however, we would inform you of this before doing so. Any quotes used in the research report will be disguised using a pseudonym and will not include any detail that may identify you.

In accordance with the University of Worcester Data Protection Guidance (25th May 2018), GDPR covers all personal data that is processed by the university, and that this applies to research activity.

During the project, all data / information will be kept securely in line with the University’s Policy for the Effective Management of Research Data and its [Information Security Policy](https://www.worcester.ac.uk/informationassurance/content_images/Information_Security_Policy_v_1.1_July_2017(1).pdf).

The findings from the research project will be used in the following ways:

* To use the research data and anonymised information gathered from participants in the research project to seek new knowledge and understanding that can be derived from the information we have gathered.
* To summarise this information in written form for the purposes of dissemination (through research reports, conference papers, journal articles or other publications).
* Any information disseminated / published will be at a summary level and will be fully anonymised and pseudonymised. There will be no way of identifying your individual personal information within the published results.
* To use the summary and conclusions arising from the research project for teaching and further research purposes. Again, any information used in this way will be at a summary level and will be fully anonymised. There will be no way of identifying your individual personal information from the summary information used in this way.

If you wish to receive a summary of the research findings or to be given access to any of the publications arising from the research, please contact the principal researcher: [d.farrell@worc.ac.uk](mailto:d.farrell@worc.ac.uk)

**How long will you keep my data for?**

Your personal data will be retained until the project (including the dissemination period) has been completed and will then be securely destroyed. Research data will be held at the University of Worcester for as long as possible subject to any legal restrictions on preservation.

At the completion of the project, we will retain your data only in anonymised form. This anonymised data will be archived and shared in line with our Policy for the Effective Management of Research Data.

**How can I find out what information you hold about me?**

You have certain rights in respect of the personal information the University holds about you. For more information about Individual Rights under GDPR and how you exercise them please visit: <https://www.worcester.ac.uk/informationassurance/requests-for-personal-data.html>.

**What happens next?**

Please keep this information sheet. If you do decide to take part, please either contact the researcher using the details below.

**Thank you for taking the time to read this information.**

If you decide you want to take part in our project, and we hope you do, or if you have any further questions then please contact: Dr Derek Farrell – [d.farrell@worc.ac.uk](mailto:d.farrell@worc.ac.uk)

If you have any concerns about the project at this point or at any later date you may contact the researcher (contact as above).

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

Michelle Jellis

Research Knowledge Exchange Facilitator  
College of Health, Life and Environmental Sciences

Secretary to Research Ethics

University of Worcester

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Worcester WR2 6AJ

[ethics@worc.ac.uk](mailto:ethics@worc.ac.uk)]

**Contact details for additional help and support:**

Derek Farrell: [d.farrell@worc.ac.uk](mailto:d.farrell@worc.ac.uk)

Lorraine Knibbs: [lorraineknibbslk@gmail.com](mailto:lorraineknibbslk@gmail.com)

Paul Miller: [nemojanus@me.com](mailto:nemojanus@me.com)

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