

MY VOICE MATTERS

VIEWS AND EXPERIENCES OF LGBTI+
PEOPLE USING MENTAL HEALTH SERVICES

Information Sheet



Introduction

Through this project, Mental Health Reform and LGBT Ireland aim to document and analyse the lived experiences of LGBTI+ people who use mental health services in Ireland. What we learn will be used to explore how mental health services can better meet the needs of LGBTI+ people. This will help to guide both organisations in our campaigning and advocacy work on the subject.

1. Who can take part in this research study?

You must be 18 years of age or older, and must have accessed mental health services in the last 2 years. These services can be public or private, and may include a psychiatrist, community mental health services*, or inpatient services.

2. What will happen if I decide to take part in this research study?

You will talk to us about your views and experiences of using mental health services. This will be done online in a focus group with 4 to 6 other people. Dr Pádraig Ó Féich and I will be there to guide and record the discussion.

3. What are the benefits of taking part in this research study?

You will help us learn more about the experiences of LGBTI+ people who use mental health services. This will help us campaign for better mental health services for the LGBTI+ community. In this way, you could help to change these services for the better.

4. What are the risks of taking part in this research study?

The risks involved are minimal, but some people might get upset or uncomfortable during their focus group. If you feel this way, you can stop, take a break, and decide whether to keep going or not.

5. How will the data/information be used?

We will use what you tell us to find out how the experiences of LGBTI+ people who use mental health services could be improved. What we learn will be used in our campaign and advocacy work for better mental health services. We may also use the data in a later study, for other publications (e.g. articles, book chapters, etc.), or to make presentations. To protect your privacy, we will change or delete details like names and place names, etc.

*HSE community based mental health care involves provision of mental health care for people with severe or complex difficulties in your local area. Community mental health teams should include staff from a range of different disciplines including psychiatrists, psychologists, occupational therapists, social workers, peer support workers, and mental health nurses.

6. How will the data/information be stored?

The audio from focus groups will be recorded and transcribed later. Recordings will be deleted once transcripts are made. Transcripts will be made anonymous by deleting or changing names, place names, and other details that could be used to identify you.

Transcripts will be stored in a password protected folder on an encrypted computer owned by Mental Health Reform. A back-up will be kept on a password protected cloud-based drive. All transcripts will be stored for up to 1 year to allow time for an audit if needed. They will be deleted / destroyed 1 year after the end of the project. Only the Mental Health Reform research team will have access to the data.

7. How will you protect my privacy?

Every effort will be made to ensure the privacy, confidentiality, and anonymity of participants. Anonymising data improves privacy protection and is considered the best protection for personal information/data. Focus group transcripts will be made anonymous as far as is possible. Names, place names, and other potentially identifiable information will be changed and/or deleted.

It should be noted that neither anonymity nor confidentiality can be fully guaranteed with focus groups. The actions of group members after the focus group ends cannot be controlled by the researcher(s). But we will remind the group at the start of the focus group that the discussion is confidential.

Confidentiality is also limited where certain laws apply. For example, if a participant were to say something indicating a risk to themselves or others, the research team would have to act in the best interest of the person(s) at risk.

8. Can I change my mind at any stage and withdraw from the study?

Yes. You can leave the study up to when we change or delete names, place names, etc. from the focus group transcript. After that, it will be impossible to know what information you gave us, so we will not be able to remove it then.

9. How will I find out what happens with this project?

Our report will be published on www.mentalhealthreform.ie and www.lgbt.ie. If you are happy for us to store your contact details, we will email you a copy when it is ready to be published. We will also contact you if, for some reason, we do not finish the project or publish the report. We will not use your contact details for any other reason and will delete them once you have been contacted about the report.

If you agree to take part in the research, we will ask you sign a consent form giving us permission to carry out the research as described above.

**For questions or to take part, contact:
Paddy (he/his), at 086 0245409 or pofeich@mentalhealthreform.ie**