



## **Project Soothe Information Sheet for Participants**

### **Invitation to Participate**

You are invited to take part in a research study called Project Soothe. Before deciding if you want to take part, please read all the information below. If you are under 16 years of age, please share this information sheet with your parents or primary caregivers so that they are aware of what this study is about.

### **What is Project Soothe about?**

The aim of Project Soothe is collect soothing photographs that can be shared with others in psychotherapy and research to improve mental health and wellbeing.

### **Who is organizing the research?**

This research is organized by Dr Stella Chan, a lecturer at the University of Edinburgh. Other researchers include Prof Matthias Schwannauer and Ms Angela McLaughlin (University of Edinburgh) and Dr Fiona Ashworth (Anglia Ruskin University).

### **Do I have to take part in the research?**

No. Taking part in this research is completely voluntary.

### **How do I take part in this research?**

To take part in this research, simply visit the 'Participate' page on our research website: [www.ProjectSoothe.com](http://www.ProjectSoothe.com)

Once you click on the 'Participate Now' button at the bottom of that page, you will be asked to complete a short submission form and upload a photo that you find soothing. There will also be space for you to include a few sentences to explain why and how this photo makes you feel soothed.

### **What are the possible problems or risks if I take part?**

This study has been reviewed and approved by the Ethics Committee of the School of Health in Social Science, University of Edinburgh. We do not think there will be any problems or risks for you.

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

This study will help us to build a bank of photographs that may be used in psychotherapy and research in the future. It will also help us better understand the everyday experience of self-soothe, which is an important coping strategy.

**Will my participation be kept private?**

Yes, all the information we collect from you is confidential.

**What if there is a problem?**

If you are worried about anything to do with the research, please do not hesitate to contact us at [info@projectsoothe.com](mailto:info@projectsoothe.com)

However, if you are still unhappy and would like to raise a formal complaint, please contact:  
Prof Charlotte Clarke,  
School of Health in Social Science,  
University of Edinburgh,  
Doorway 6, Medical Quad,  
Teviot Place, Edinburgh, EH8 9AG

**Is there anything I should know before participating?**

Yes, before you decide whether to take part there are a few things you should know:

- Taking part in this research is completely voluntary;
- Your photograph(s) may be used in future research and therapies;
- Copyright to your photograph(s) will remain with you, therefore we can only accept photographs that you hold copyright for;
- Both your photo and your comments about why you find your photo soothing may be made available for public view. However, please be assured that we will not disclose your name or contact information;
- We reserve the right to edit comments or not publish any photos deemed unsuitable for general public viewing;
- We cannot guarantee to display your photo in our online public gallery, but please be assured that your photo will be included in our main database and will make an important contribution to research and psychotherapy in the future;
- We will ask you for consent when you submit your photo and comments, but will not ask you for your consent again in the future.