

## **Participant Information Sheet**

UCL Research Ethics Committee Approval ID Number: 16799/001

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**UCL Data Protection Officer:** Alex Potts, data-protection@ucl.ac.uk

### **PLEASE SAVE A COPY OF THIS INFORMATION SHEET FOR YOUR RECORDS**

You are being invited to take part in a research project. Before you decide it is important for you to understand why the research is being done and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

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#### **Why are we doing this research?**

Digital support for alcohol reduction can overcome barriers to receiving traditional face-to-face support and seem effective at reducing alcohol consumption. But there is little research comparing the effectiveness of different types of digital technologies.

A randomised controlled trial will be conducted in which participants will be randomly recommended one of two types of digital support for the reduction of alcohol consumption. The findings will provide evidence on the effectiveness and cost-effectiveness of different types of digital support for alcohol reduction.

#### **Why have you been chosen?**

You are eligible to take part in this study if you are aged 18 years or over, currently consume alcohol at a level where you would benefit from reducing your drinking, live in the UK (i.e. an eligible UK postal address), have access to an iPhone, iPod touch or iPad, and want to drink less alcohol. You will be excluded from the study if you are unwilling to complete three follow-up assessments or are unable to read English.

#### **Do you have to take part?**

It is up to you to decide whether or not to take part. You can withdraw at any time without giving a reason and without it affecting any benefits to which you are entitled. If you decide to withdraw, then you will be asked what you wish to happen to the data you have provided up to that point.

#### **What will happen to you if you take part?**

You will be asked to complete four online questionnaires: now, and in 1, 3 and 6 months' time. After the first survey online, you will receive an email recommending you use one type of digital support. We will then send you an email to let you know when it is time to complete the surveys at 1, 3 and 6 months. If you do not complete the survey online, we will remind you up to three times before we try to contact you via telephone and then post.

If you consent to being contacted via telephone after the questionnaire at 6 months, you may be contacted for a short interview (about 30 minutes long) about your experience of the study.

### **Will you be recorded and how will the recorded media be used?**

If you consent to be called for a short interview about your experience of the study after the 6 month follow-up and are selected, then the interview will be audio recorded and used only for analysis. Anonymous quotes may be used for illustration in conference presentations and academic papers. No other use will be made of them without your written permission, and no one outside the project will be allowed access to the original recordings. The audio recordings of the interview will be stored securely and deleted after analysis is complete.

### **What are the possible disadvantages and risks of taking part?**

We do not anticipate any problems related to participation in this study.

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

Possible benefits that you can expect to receive include access to digital support to reduce your alcohol consumption, being healthier if you successfully reduce your drinking and helping to shape future research. You will also be compensated for your participation with gift vouchers worth £36; you will receive £6 for completing each survey at 1 and 3 months, and £12 for completing the survey at 6 months with an additional £12 if it is completed within 24 hours.

### **What if something goes wrong?**

If you have any comments or concerns you should discuss these with either of the co-Principal Investigators (c.garnett@ucl.ac.uk, jamie.brown@ucl.ac.uk). If you feel your complaint has not been handled satisfactorily, you should email the Chair of the UCL Research Ethics Committee (ethics@ucl.ac.uk) who will take the complaint forward as necessary.

### **Will your taking part in this project be kept confidential?**

All the information that we collect about you during the course of the research will be kept strictly confidential. You will not be able to be identified in any ensuing reports or publications. Your data will be used purely for research purposes. Anonymous data will be uploaded onto the Open Science Framework ([www.osf.io](http://www.osf.io)) following the completion of the study, in keeping with Open Science practices.

### **What will happen to the results of the research?**

The results of this research will be published in academic papers and presented at conferences. The results will be published in 2023 and will be available here: <https://osf.io/q8mua/>. You will not be identified in any report or publication. Anonymous data collected during the course of the research project might be used for subsequent research.

### **Data Protection Privacy Notice**

The controller for this project will be University College London (UCL). The UCL Data Protection Officer provides oversight of UCL activities involving the processing of personal data, and can be contacted at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk)

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice:

For participants in health and care research studies, [click here](#)

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the 'local' and 'general' privacy notices.

The categories of personal data used will be as follows: name, email address, postal address and telephone number. The categories of special category personal data will be as follows: ethnic origin, financial status and health (e.g. alcohol consumption).

The lawful basis that will be used to process your personal data are: 'Public task' for personal data and 'Research purposes' for special category data. Your personal data will be processed so long as it is required for the research project. If we are able to anonymise or pseudonymise the personal data you provide we will undertake this, and will endeavour to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, or if you would like to contact us about your rights, please contact UCL in the first instance at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk)

If you remain unsatisfied, you may wish to contact the ICO. Contact details, and further details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

### **Who is organising and funding the research?**

This research is being funded by the National Institute of Health Research (NIHR).

**Thank you for reading this information sheet.**

**If you would like to be involved, please click below to provide informed consent.**

**If you have any further questions before you decide whether to take part, you can contact Gemma Loebenberg ([gemma.loebenberg@ucl.ac.uk](mailto:gemma.loebenberg@ucl.ac.uk)) or Melissa Oldham ([m.oldham@ucl.ac.uk](mailto:m.oldham@ucl.ac.uk)).**