

---

Date: --/--/--

## PARTICIPANT INFORMATION SHEET

### Study Title:

### **Patient perceptions of hypnotherapy and 'self-help' therapy on managing the symptoms of Trichotillomania.**

*I would like to invite you to take part in a research study. Before you decide I would like you to understand why the research is being done and what it would involve for you. This should take about 5 minutes. Talk to others about the study if you wish. Please ask if there is anything that is not clear.*

Trichotillomania is categorised as having overwhelming compulsive urges to twirl or pull out hair. There are several forms of treatment available. For example, Habit reversal therapy which is designed to make you realise when you're pulling in order to help confront it. Cognitive Behavioural therapy is designed to address the emotional states related to pulling. Hypnotherapy is designed to confront the urge to pull at a subconscious level. Self-help is defined as either social support from family and friends or a person relying on their own will power to refrain from pulling without the use of conventional therapy.

The two most commonly referred to methods of treatment for trichotillomania are Habit reversal therapy and Cognitive Behavioural therapy.

### **What is the purpose of the study?**

The purpose of this study is to explore patient perceptions of how effective these types of therapy are at managing the symptoms of trichotillomania. In particular, the study wants to find out how Hypnotherapy and 'self-help' treatment methods perform in comparison to more commonly used therapies such as Cognitive Behavioural Therapy and Habit reversal therapy.

### **Why have I been invited?**

You have been invited to take part because you have identified yourself as having or had trichotillomania and have engaged in attempts to manage the symptoms.

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

It is up to you to decide to join the study. This information sheet will describe the study. If you agree to take part, you will then be asked to sign a consent form. You are free to withdraw from the study at any time and can ask for your data to be destroyed up until 7 days after taking part without giving a reason.

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

Should you choose to take part in this research you would be asked to complete a short questionnaire which would take approximately 20 minutes. It will ask you questions such as how long you have had trichotillomania for and what methods have you tried to manage the symptoms.

There will be no need to meet up with the researcher as the questionnaires are online.

There will be no video/audio-taping or photography involved in this study.

**What are the potential disadvantages and risks of taking part in this study?**

This study does require you to recall moments and emotions relating to your experiences with trichotillomania which you may find distressing. It is important to remember that you can decide how much information you are comfortable with revealing, if any, and that you are free to withdraw from the study at any time.

Otherwise, there are no known disadvantages and risks of taking part in this study.

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

It is hoped that the study will help outline the benefits and drawbacks of alternative methods of therapy that might not have otherwise been considered for those with trichotillomania who have had little or no success with Habit reversal therapy or Cognitive Behavioural therapy.

**What if there is a problem?**

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer will be addressed. If you have a concern about any aspect of this study, you should ask to speak to Paul van Schaik who will do their best to answer your questions.

**Will my taking part in the study be kept confidential?**

Yes. I will follow ethical and legal practice and all information about you will be handled in confidence. All information which is collected about you during the course of the research will be kept strictly confidential, and any information about you will have your name and contact details removed so that you cannot be recognised.

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

The results of this research will be used for a research project only.

**Who has reviewed the study?**

Teesside University School of Social Sciences & Law Research Ethics Committee have reviewed the study.

**Contact for Further Information**

For any further information on this study feel free to contact either:

Emma Larkin (student) at [m2110924@tees.ac.uk](mailto:m2110924@tees.ac.uk)

Paul van Schaik (research supervisor) at [p.van-schaik@tees.ac.uk](mailto:p.van-schaik@tees.ac.uk)

Thank you for reading this information sheet.