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Faculty of Life Sciences and Computing
School of Psychology
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Researcher:
Rachel Densham
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Dear potential participants,

Invitation to participate in a research study

I am a trainee counselling psychologist at London Metropolitan University and am carrying out research to better understand how therapists, from a range of modalities, use humour in their work with obsessive-compulsive clients.

There have been various debates presented in the literature on therapeutic humour, with mixed views as to its potential use. However, there has been almost no empirical research on the use of therapeutic humour in the treatment of obsessive-compulsive disorder (OCD). I hope that by conducting this research, we will gain a deeper understanding of how therapists use humour with OCD clients and so will be better able to provide these clients with the support and treatment that they need.

I am keen to interview therapists from a range of modalities who have experience of working with clients with obsessive-compulsive disorder (which may include clients with a formal diagnosis of OCD or Obsessive-Compulsive Personality Disorder, or those who simply identify with or seek to work on their obsessions or compulsions) either within the NHS or in private practice, and, preferably, with at least five years' post-qualification experience.

Interview

I invite you to take part in a semi-structured interview with me, which will last for about one hour and be voice-recorded. The interview will explore the ways in which you use humour in your work with obsessive-compulsive clients.

Location

The interview will be carried out at a venue and time to be agreed between us. You will be reimbursed for any pre-agreed, reasonable travel costs.

Voluntary participation

Participation in the study is entirely voluntary and you should not feel coerced to take part. If you do take part, you can withdraw at any time for up to four weeks after your interview and do so without any obligation to give a reason. You also have the right, for up to four weeks after your interview, to request that any data provided by you for this study be destroyed.

Confidentiality of the data

In order to protect your confidentiality, your name and contact details will be stored on my home computer (separately from all transcripts and written findings) in a password-protected file, to which only I will have access. Your real name and any identifying references (e.g. to the particular work setting or to the names of your clients, etc.) will be changed or, if required, omitted from your transcript. The audio recordings of your interview will be deleted as soon as the research study has been published, but the anonymised transcripts will be kept in a password-protected file on my computer.

Ethical approval

The study has been approved by the London Metropolitan University School of Psychology Research Ethics Review Panel and is supervised by Dr Philip Hayton.

Should you have any questions about the research study, please feel free to contact me by phone: 07730312638 or by email: red0196@my.londonmet.ac.uk.

If you have any questions or concerns about how the study has been conducted, please contact my supervisor:

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I look forward to hearing from you.

Many thanks for your time.

Yours sincerely,



Rachel Densham