

Solution Focused Brief **Therapy** for people with **aphasia**

Information sheet



You are invited to take part in a **research** study.

Before you decide, you need to understand:

- The **aims** of the research
- What we will ask **you to do**

Please **read** this sheet carefully. Please ask **questions**.

Discuss it with other people.

Take your time to decide.

Who is doing the research?



The person leading the project is **Sarah** Northcott.
Sarah is a Speech and Language Therapist.

What is the research about?



Some people feel **sad** after a stroke



Some people feel **lonely** after a stroke



We **don't know** enough about how to help

We want to see if this therapy will help people feel **more confident** and **happier**



This is a feasibility study – this means it is a small study to help us **learn more**

Speech and Language Therapists will deliver the therapy

Why me?






You have had a **stroke**


You have **aphasia**

Your stroke was **over 6 months ago**







Do I have to take part?

	<p>You can decide</p> <p>Taking part is voluntary</p> <p>You do not have to take part</p>
	<p>You can change your mind</p> <p>You can stop at any time</p> <p>You don't have to give a reason</p> <p>You don't have to answer all the questions</p>
	<p>Stopping will not affect your normal care</p> <p>If you don't want to take part you will still receive your normal care</p>


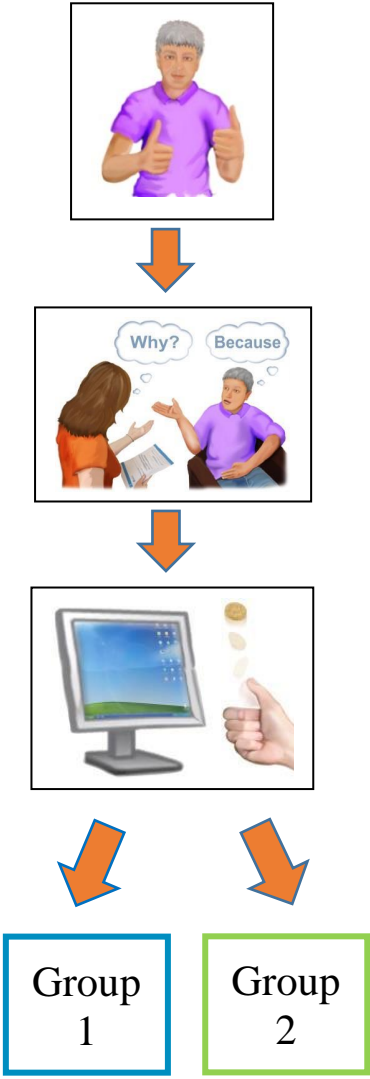
Is the research ethical?

	<p>An ethics committee decides if research can happen</p> <p>They say that it is ethical</p> <p>This study has been approved by Brighton and Sussex Research Ethics Committee</p>
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What is involved?

 	<p>Everyone will do</p> <ul style="list-style-type: none"> ✓ Questionnaires ✓ Discussion ✓ Therapy <p>There are about 12 visits in total</p> <p>Each visit will last about one hour</p> <p>Researchers may also need to access your medical records</p>
	<p>What questionnaires?</p> <p>We will ask you questions about</p> <ul style="list-style-type: none"> How you are feeling How you are getting on with things
	<p>What happens in the discussion?</p> <p>We will discuss the project</p> <ul style="list-style-type: none"> What did you like? What did you NOT like?
 	<p>What happens in the therapy?</p> <p>The therapy may help you</p> <ul style="list-style-type: none"> • notice what you are doing well • talk about your stroke and your life • make small positive changes • feel more confident <p>The therapists are Speech and Language Therapists</p> <p>You can have up to 6 therapy sessions over 3 months</p>

What happens if I take part?





	<p>32 people will take part</p> <p>Half the people will be in Group 1</p> <p>Half the people will be in Group 2</p> <p>The computer decides</p> <p>This is like flipping a coin</p>
 <pre>graph TD; A[Person giving thumbs up] --> B[Researcher asking questions: Why? Because]; B --> C[Computer deciding with coin flip]; C --> D[Group 1]; C --> E[Group 2];</pre>	<p>If you agree to take part</p> <p>A researcher will visit you. They will ask you some questions (questionnaires).</p> <p>Then the computer decides your group</p> <p>We will tell you if you are in Group 1 or Group 2</p> <p>Both groups are important</p> <p>Both groups receive the therapy</p> <p>Both groups do the questionnaires</p>

What happens if I am in **Group 1**?

	Researcher visits you – questionnaires	Date:
	Computer says Group 1	
	3 month break	
	Researcher visits you – questionnaires	Date:
	3 month break	
	Researcher visits you – questionnaires	Date:
	Researcher visits you - discussion	Date:
	Therapy sessions 6 visits over 3 months	Date:
	Researcher visits you – questionnaires Researcher visits you - discussion	Date:



This will take about **9 months**

What happens if I am in **Group 2**?


	<p>Researcher visits you – questionnaires</p>	<p>Date:</p>
	<p>Computer says Group 2</p>	
	<p>Therapy sessions</p> <p>6 visits spaced over 3 months</p>	<p>Date:</p>
	<p>Researcher visits you – questionnaires</p>	<p>Date:</p>
	<p>3 month break</p>	
	<p>Researcher visits you – questionnaires</p> <p>Researcher visits you - discussion</p>	<p>Date:</p> <p>Date:</p>

This will take about **6 months**


Where will the research happen?

	<p>You can choose</p> <p>We will visit you in your home</p>
	<p>Or you can come to City, University of London clinic</p>


Will the project help me?

	<p>You may enjoy taking part</p> <p>You may find it interesting to talk about your stroke and your life</p> <p>You may feel more confident</p> <p>It may help other people with aphasia in the future</p> <p>It is not language therapy</p> <p>The therapists are</p> <ul style="list-style-type: none">✓ Speech and Language Therapists who have training and support✗ They are not counsellors or psychologists
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What might be difficult about taking part?

	<p>There are no medical risks or dangers</p> <p>You will give up some time</p> <p>If you feel sad we will support you</p> <p>If you feel tired you can take a break or keep sessions short</p> <p>You can stop at any time</p>
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Recordings

	<p>With your permission we will audio record some visits</p>
	<p>With your permission we may take photographs</p>
	<p>With your permission we will video some visits</p>
	<p>The recordings will be kept safe</p> <p>Only the research team will have access to the recordings</p> <p>The therapists' supervisors and independent experts may listen to some recordings – they will not know your name or personal details</p> <p>If we want to share video clips in training and presentations we will ask you first.</p>




Will I get paid?

	<p>You will not get paid for taking part in the research</p>
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Is it confidential?

	<p>We will keep the information about you safe</p> <p>Only the researchers will see your information</p> <p>We will remove your name and personal details from information we collect</p> <p>All data will be destroyed after 10 years</p>
	<p>We may share your information with other researchers</p> <p>We will take out your name and personal details</p>

What will happen to the results?

	<p>We will give you a summary of the results of the research</p> <p>We can give them to you by December 2019</p>
	<p>We will share the results with professional bodies and others (present them, publish them)</p>
	<p>The results will not use your name.</p> <p>The results may include what you said but not who said it</p>

What if something goes wrong?



This is unlikely

If you want to **talk** to someone you can contact

Sarah Northcott

Sarah.Northcott@city.ac.uk

020 7040 3186



Or Katerina Hilari (Sarah's supervisor)

K.Hilari@city.ac.uk

020 7 040 4660

To **complain** about the study, you need to phone
020 7040 3040. Ask for the **Secretary to Senate
Research Ethics Committee** and tell them the name of
the project is:

“Adapted solution focused brief therapy for people with
aphasia (SOFIA trial)”



You can also **write** to the Secretary:

Anna Ramberg

Secretary to Senate Research Ethics Committee

Research and Enterprise

City, University of London

Northampton Square

London



EC1V 0HB

Email: Anna.Ramberg.1@city.ac.uk



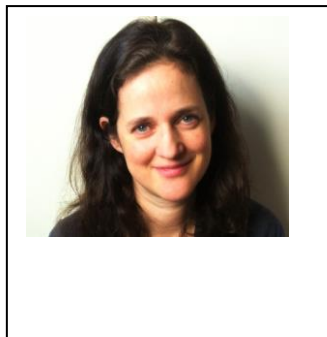
City, University of London holds insurance policies, which
apply to this study. If you feel you have been harmed or
injured by taking part in this study you may be eligible to
claim compensation. This does not affect your legal rights to
seek compensation. If you are harmed due to someone's
negligence, then you may have grounds for legal action.

What next?

	<p>If you give consent, we will make a time to visit you</p>
	<p>With your permission, we will tell your GP that you are taking part</p> <p>We will only share what you tell us with your GP if we are concerned about your well-being</p> <p>We will check with you first</p>

Further information and contact details

If you would like further information about this project, please contact **Sarah**:



Dr Sarah Northcott, Speech and Language Therapist
Sarah.Northcott@city.ac.uk
020 7 040 3186

You can also contact Sarah's supervisor, **Katerina**:



Professor Katerina Hilari, Speech and Language Therapist
K.Hilari@city.ac.uk
020 7 040 4660

Thank you for taking the time to read this information sheet.

Helpful numbers

	<p>The Stroke Association, UK's leading stroke charity</p>	<p>0303 3033 100 (Mon-Fri, 9am – 5pm)</p>
	<p>Different Strokes, for younger stroke survivors</p>	<p>0345 130 7172 01908 317 618 (Mon-Fri, 9am-5pm) Speak to a stroke survivor</p>
	<p>Age UK</p>	<p>0800 678 1174 8am-7pm, every day</p>
	<p>Carers UK</p>	<p>0808 808 7777 (Mon-Tues, 10am-4pm)</p>
	<p>Samaritans Confidential listening</p>	<p>116 123 (all day, all year)</p>
	<p>Saneline – national, out-of-hours mental health helpline. Emotional support.</p>	<p>0300 304 7000 (4.30pm to 10.30pm)</p>
	<p>NHS non-emergency medical helpline</p>	<p>111 (free-to-call, 24 hours every day)</p>