

**Exploring the experience of the sense of self, racial identity, and mental wellbeing for people of Black and White mixed heritage**

**Participant Information Sheet**

**Invitation**

We would like to invite you to take part in a research study.

Before you decide if you would like to participate, take time to read the following information carefully and, if you wish, discuss it with others such as your family, friends, or colleagues.

Please ask a member of the research team, whose contact details can be found at the end of this information sheet, if there is anything that is not clear or if you would like more information before you make your decision.

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

The purpose of this study is to explore the experiences of sense of self, racial identity, and wellbeing for people of Black and White mixed heritage. This study aims to explore how self-perception in relation to race and racial identity can impact the mental wellbeing of mixed-race people. Research shows that people of mixed heritage face unique stressors when it comes to identity development and self-view. This study would like to explore the experiences of mixed-race people in the UK as most research relating to mixed-race people has been conducted in the USA. Mixed-race people's experiences will be inevitably different in the UK and USA as the African American and the UK Black Community have different roots and histories (e.g., the UK's Caribbean community link to the Windrush generation) – leading to different experiences of culture / social belonging etc.

**Why have I been chosen?**

You are being invited to take part in this study because:

- You identify as mixed-heritage (Black-Caribbean and White)
- You are between the ages of 18-25
- You have grown up (or spent most of your life) in the UK.

### *Exclusion Criteria:*

- The study topic causes you distress.
- You have not grown up in the UK (this study aims to explore the UK experience).
- You do not agree with the inclusion criteria described above.

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

The study will be advertised via SONA (Aston University Credit System) and through Final Year Project Posters placed around Aston University.

The dates and times of the available interview slots will be made available for participants to select after ethical approval. A range of slots (both morning and afternoon, weekday, and weekend) will be made available to increase accessibility and inclusivity.

Participants will confirm attendance of their chosen slot via SONA or by contacting the researcher directly via email ([190074276@aston.ac.uk](mailto:190074276@aston.ac.uk)).

Participation involves either creating or choosing an image that attending their chosen slot and completing a 1 hour long semi-structured interview. The participants will be asked questions as part of the semi-structured interview, regarding their experiences of their racial identity, self-view and how/if this impacts their wellbeing. If this topic may cause you distress, it is advised that you do not participate.

The interview will be audio-recorded by the researcher for purpose of data transcription. The information shared during the interview will be used appropriately and the original audio-recording will be destroyed after transcription. Data collected during the interview will be analysed using IPA analysis and quotations may be used as part of the final year project report.

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

**No.** It is up to you to decide whether or not you wish to take part.

If you do decide to participate, you will be asked to complete a consent form. You would still be free to withdraw from data collection at any time without giving a reason.

In the 48-hour period after data collection, you may contact the researcher to ask for some or all of your data to be withdrawn, if you have any concerns about the information that you have shared.

### **Will anyone know about what I said and did in the study?**

**Only the researcher will know.** We won't use participants' real names when we present data from the study.

Your personal data (name and contact details) will only be used if the researchers need to contact you to collect data and will only be retained for two weeks after data collection.

Analysis of your data will be undertaken using anonymized data. We will present extracts from the [interviews/discussions/notes] in our report, but no one reading the report will know who the participants were.

The data we collect will be stored in a secure document store (paper records) or electronically on a secure encrypted mobile device, password protected computer server or secure cloud storage device.

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

There are no direct benefits to you.

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

It is possible that considering some of the issues relevant to this topic might cause distress. The risk is low, and the study has not been designed to be distressing. If you do have any concerns about taking part, you can contact the Supervisor for the project to discuss it further (see contact details). If you do decide to take part, and do experience distress, please contact your GP.

Additional support services available:

#### **The Hub (Aston University)**

Email: [thehub@aston.ac.uk](mailto:thehub@aston.ac.uk)

Contact Number: 0121 204 4007

#### **MIND**

Website: [Mind.org.uk](http://Mind.org.uk)

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Contact Number: 0300 123 3393

More information regarding support services can be found on the NHS website.

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

The results of this study will be written for a student dissertation. They may be published in scientific journals and/or presented at conferences. If the results of the study are published, your identity will not be disclosed.

A lay summary of the results of the study will be available for participants when the study has been completed and the researchers will ask if you would like to receive a copy.

### **Expenses and payments**

Undergraduate psychology students who take part will be awarded course credit for their participation. Non-psychology students and non-students will not receive payment for their participation.

**Who is funding the research?**

The study is being funded by Aston University.

**Who is organising this study and acting as data controller for the study?**

Aston University is organising this study and acting as data controller for the study. You can find out more about how we use your information in Appendix A.

**Who has reviewed the study?**

This study was given a favorable ethical opinion by the School of Psychology Research Ethics Committee at Aston University.

**What if I have a concern about my participation in the study?**

If you have any concerns about your participation in this study, please speak to the research team and they will do their best to answer your questions. Contact details can be found at the end of this information sheet.

If the research team are unable to address your concerns or you wish to make a complaint about how the study is being conducted you should contact the Aston University Research Integrity Office at [research\\_governance@aston.ac.uk](mailto:research_governance@aston.ac.uk) or telephone 0121 204 3000.

**Research Team**

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**Thank you for taking time to read this information sheet. If you have any questions regarding the study, please don't hesitate to ask one of the research team.**



Aston University takes its obligations under data and privacy law seriously and complies with the Data Protection Act 2018 (“DPA”) and the General Data Protection Regulation (EU) 2016/679 as retained in UK law by the Data Protection, Privacy and Electronic Communications (Amendments etc) (EU Exit) Regulations 2019 (“the UK GDPR”). Aston University is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study. Aston University will process your personal data in order to register you as a participant and to manage your participation in the study. It will process your personal data on the grounds that it is necessary for the performance of a task carried out in the public interest (GDPR Article 6(1)(e)). Aston University may process special categories of data about you which includes details about your health. Aston University will process this data on the grounds that it is necessary for statistical or research purposes (GDPR Article 9(2)(j)). Aston University will keep identifiable information about you for 6 years after the study has finished.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally identifiable information possible.

You can find out more about how we use your information at <https://www.aston.ac.uk/about/statutes-ordinances-regulations/publication-scheme/policies-regulations/data-protection> or by contacting our Data Protection Officer at [dp\\_officer@aston.ac.uk](mailto:dp_officer@aston.ac.uk).

If you wish to raise a complaint on how we have handled your personal data, you can contact our Data Protection Officer who will investigate the matter. If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful you can complain to the Information Commissioner’s Office (ICO).

When you agree to take part in a research study, the information about you may be provided to researchers running other research studies in this organisation and in other organisations. These organisations may be universities, NHS organisations or companies involved in health and care research in this country or abroad.

This information will not identify you and will not be combined with other information in a way that could identify you. The information will only be used for the purpose of research and cannot be used to contact you.