

Internet CBT for adolescents who suffer from mild to moderate mental illness and have Farsi, Dari or Arabic as native languages

Please note that the intervention is not available in English

Research project Raha 2023

Information for research subjects

We invite you to participate in the research project Raha. This document provides information about the project and what it means to participate.

What kind of project is it and why do you want me to participate?

For several years now, research has been conducted on psychological treatment delivered via the Internet. The purpose of this research is to develop effective treatment methods. We want to investigate how well internet therapy works for Arabic/Dari/Farsi-speaking adolescents and young adults who experience problems like stress, insomnia and low mood. We reach out to you who are between 15-29 years old, speak one of the above mentioned languages and is bothered by common psychological difficulties (including feeling nervous and tense). The treatment is not suitable for people suffering from severe mental health problems such as severe depression, strong suicidal intent, psychosis, or addictions. If you have these difficulties, we recommend that you can turn to your nearest health center or seek information on how to get help via the healthcare information websites in the country where you stay right now.

If you decide to participate you will receive a treatment program based on cognitive behavioral therapy (CBT) via a website and personal support through a secure web-platform that is hosted by us. A prerequisite for participation is that you have access to your own computer, tablet or smartphone with an internet connection.

Participation is voluntary and free of charge. You can apply for participation from most parts of the world* if you meet the terms for participation according to above information.

How does the study work?

Participation in the study begins with filling out questionnaires on the internet with questions about your background and well-being. If these forms show that the treatment is suitable for you, you will be called by us to schedule a personal interview that is conducted by phone or WhatsApp. After the interview, you will be informed if you can participate in the project or not. If you join, you will be offered internet therapy. During the treatment, you will have regular contact with a support person/therapist via the secure platform. Internet treatment means that you will read texts, listen to audio recordings and watch films on how to handle psychological difficulties, as well as advice on exercises you can perform to reduce the problems. You will receive weekly feedback from your therapist and can ask questions

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whenever you want via the platform. During treatment, a combination of different techniques and exercises will be used. As a participant, you learn to understand and influence your feelings, thoughts, and behaviors.

After 10 weeks, all participants will be asked to fill in again to evaluate the outcome. The forms will also be filled in a 6-month follow-up after the end of treatment to investigate long-term results. After completing the treatment, you will also be asked if you want to participate in a telephone interview and tell us if there is anything that you think should be changed or improved in the treatment.

Possible consequences and risks of participating in the study

We do not know of any risks specific to internet-based psychological treatment and the method has been approved by the Swedish Agency For Health Technology Assessment And Assessment of Social Services. The treatment can for some lead to temporary emotions that can be experienced as painful or even difficult, for example, memories about sad events. But this can actually be helpful in order to improve and in the program your therapist will give you tools to take care of these thoughts and feelings. The goal is that you will reduce your psychological difficulties and make changes in your life based on what is important to you.

What happens to my data?

The project will collect and register information about you in order to gain more knowledge about how we can help young people who have psychological difficulties. The information you give us about your background (age, gender, etc.) as well as about your psychological health via various questionnaires and messaging systems when you participate in the study will be stored on a secure internet platform in Sweden at Linköping University. No unauthorized person will be allowed or able to access your answers and the information will only be used for research purposes. Information that can be derived from you via email address and the phone number you provided is saved on the secure internet platform for this study.

Linköping University is responsible for your personal data. Your data is handled in accordance with General Data Protection Regulation (EU GDPR). You have the right to access the information about you that is handled in the study free of charge, and if necessary, have any errors corrected. You can also request that information about you be deleted and that the processing of your personal data is restricted. Responsible for your personal data is Gerhard Andersson, Professor, Department of Behavioural Sciences and Reading (IBL), Division of Psychology, gerhard.andersson@liu.se.

The personal data manager at Linköping University is Anna Süpke, anna.supke@liu.se. If you have comments on the processing of your personal data, you can turn to her. If you are dissatisfied about how your personal data is processed, you have the right to send a

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complaint to the Swedish Privacy Protection Authority. You can find more information about it at www.imy.se or email imy@imy.se or call 08-6576100. You can also contact the Data Protection Officer at Linköping University, dataskyddsbud@liu.se.

How do I get information about the results of the study?

The results of the study will be published in scientific journals in a way that ensures your anonymity, no information is provided that can be traced from the information to you. You have the opportunity to receive a summary of the results by sending us an email at raha@iterapi.se when the study is completed. You have the right to access your individual information and results as described above. If the project makes unforeseen findings, such as the need to seek psychological help outside the project, you will be notified of this in the initial telephone interview or by your therapist/support person if the discovery is made during the treatment.

Participation is voluntary

Your participation is voluntary, and you can choose to cancel the participation at any time. If you choose not to participate or wish to cancel your participation, you do not need to state why, nor will it affect your future care or treatment. If you wish to cancel your participation, please contact your therapist or the people responsible for the study (see below).

Responsible for the study

Responsible for the study are Gerhard Andersson, professor at the Department of Behavioural Sciences and Learning, Division of Psychology, gerhard.andersson@liu.se and Shervin Shahnavaz, researcher and psychologist at Karolinska Institute, shervin.shahnavaz@ki.se

* Participants in most parts of the world can participate as the intervention takes place via the internet and the collected data is securely stored on servers at Linköping University, Sweden. Stateless people and people without a residence permit in the country where they live can also participate. However, due to regulations in the US, we are unable to include US citizens *due to regulations in the USA*.