



PARTICIPANT INFORMATION SHEET

Study Title	Understanding the Tug-of-War Between Mental Health Benefits and Drawbacks in Ultra-Endurance Sports
Research Site	Trinity College Dublin
Principal Investigator	Chris Worfolk worfolkc@tcd.ie 0892162158
Supervisor	Barbara Hannigan HANNIGAB@tcd.ie 018962429
Data Controller	Trinity College Dublin
Data Protection Officer	Data Protection Officer Secretary's Office Trinity College Dublin Dublin 2

Introductory Statement

You are being invited to participate in a study on mental health in ultra-endurance athletes.

Before you decide whether or not you wish to take part, please take time to read this information leaflet carefully and discuss it with your family and friends.

If there is anything which is not clear, or if you would like more information, please ask the researchers. You should understand the benefits and any risks of taking part in this study so that you can make a decision that is right for you.

This information sheet has five parts:

1. The study
2. Data protection
3. Approval, organising and funding
4. Further information
5. Next steps

Part 1 - The Study

Why have I been invited to take part?

We are planning to recruit 15 ultra-endurance athletes to understand how ultra-endurance sport affects mental health. To be eligible you must:

- Be aged 18 or over
- Have taken part in an ultramarathon, long-format triathlon, marathon swim or similar sporting event that lasts six hours or more
- Are willing to discuss details of your mental health



- Not be a professional athlete or previously have been a professional athlete
- Not currently experiencing suicidal ideation
- Not currently in treatment for a mental health problem or having been in treatment in the past two years

Taking part is voluntary. It is important that you understand what the research is about and what it will involve, so please take time to read the following information carefully. If anything is unclear, or you would like more information, please ask.

What is the project about?

The purpose of the study is to explore how taking part in ultra-endurance competitions affects athletes mental health.

What will I be asked to do?

If selected to take part, you will be asked to attend a one-hour interview. The interview will take place on Zoom and will be recorded. The interview will be in a one-to-one format with me. During the interview, I will ask you questions about your experiences in ultra-endurance sports and questions about your mental health.

You will not have to answer any questions that you do not want to.

What are the possible benefits to taking part?

By taking part, you will potentially gain better understanding of yourself and how sport affects your mental health. You will also be contributing to knowledge on how ultra-endurance sports affects people's mental health, allowing coaches and clinicians to better support ultra-endurance athletes who are struggling with their mental health.

Are there any possible disadvantages or risk of taking part?

There are no anticipated disadvantages of taking part. However, given the sensitive nature of some mental health issues there is the potential for the questions to evoke painful feelings. Relevant support can be signposted to you if this occurs.

What will happen to the results of the study?

The information I collect will be used to write a research paper that will be submitted for publication in academic journals. In addition, it will be read by my supervisor and external examiners as part of the course examination process.

All information will be anonymised before publication. Things like your name and other identifying information, should it come up during the interview, such as where you live or names of specific races, will be removed or changed to ensure you cannot be identified.

The finished research will contain direct quotes but there will be no way to identify these quotes as coming from any specific individual.

Part 2 - Data Protection

What information about me (personal data) will be used for the study?



We will use your name, email address and phone number to arrange the interview. The interview will be recorded and turned into a transcript.

Who will have access to my personal data?

Only the principal researcher will be able to identify you. Research data will be stored with a code so that nobody else can link your data to your personal details. This will happen as soon as the interview is transcribed. The study supervisor and other researchers in the team may require access to the anonymised data.

How is the information kept confidential and secure?

All the information you provide will be treated in confidence. This means that your name will not be passed on to anyone else and your personal information will be used solely for the research or teaching purposes of the university.

Information will be held securely on Trinity College's Dublin Microsoft 365 service or in an encrypted state on my computer.

Everyone involved in the study is bound by the Psychological Society of Ireland's code of ethics.

Confidentiality may be breached in circumstances in which the research team has a strong belief or evidence exists that there is a serious risk of harm or danger to you or another individual. Disclosure may also be required as part of a professional code, legal process, or Garda investigation. In such instances, information may be disclosed to significant others or appropriate third parties without permission from you being sought. Where possible, a full explanation will be given to you regarding the necessary procedures and the intended actions that may need to be taken.

How long with my personal data be needed?

Data will be stored in line with Trinity College Dublin's retention policy. Your consent form will be stored for 7 years. Contact details and video recordings will be destroyed once the study is complete.

What is the lawful (legal) basis to use my personal data?

We will only use your personal data for this research project on mental health which we hope will improve our understanding of mental health in athletes. We will also ask for your consent as a requirement of Irish law (Health Research Regulations), but we do not rely on this as our legal basis under GDPR.

What are my rights under Data Protection law?

You are entitled to:

- object to our use of your personal data or any further use;
- request access to your personal data and to receive a copy of it;
- request inaccurate personal data be corrected or deleted;
- request restriction of our use of your personal data ;
- request deletion of your personal data.



By law you can exercise the above rights in relation to your personal data, unless the request would make it impossible or very difficult to conduct the research. For example, if the study is about to be published then we may not be able to delete data as it would impact on the results.

You can exercise these rights by contacting your study researcher Chris Worfolk, or the Trinity College Data Protection Officer, Secretary's Office, Trinity College Dublin, Dublin 2, Ireland. Email: dataprotection@tcd.ie. Website: www.dataprotection.ie

Part 3 - Approval, Organising and Funding

Has this study been approved by a research ethics committee?

Yes, this study has been approved by the Trinity College Dublin School of Psychology Ethics Committee.

Who is organising and funding this study?

This study is being undertaken by Chris Worfolk as part of my Doctorate in Counselling Psychology studies. It is self-funded.

Will I be paid for taking part?

No, we are not paying you to take part in the study.

Part 4 - Further Information

What happens if I change my mind?

Your participation in this study is voluntary and you can change your mind even if the study has started. You do not have to give a reason for changing your mind.

If you would like to withdraw your data, please email worfolkc@tcd.ie. This option is available until 31 January 2025, at which point the data will be anonymised and combined, at which point I will be unable to remove your specific information.

Who should I contact for information or concerns?

My contact details are:

Chris Worfolk
worfolkc@tcd.ie
0892162158

My supervisor's contact details are:

Barbara Hannigan
HANNIGAB@tcd.ie
018962429

If you wish to talk to an independent representative within the university and someone who is outside of this research study, please contact psych.ethics@tcd.ie.

What if I need support with my mental health?



In an emergency, contact the emergency services on 112.

In Ireland, you can:

- Speak to your GP, who may refer you to HSE primary care psychology
- Contact Samaritans on 116 123
- Contact Pieta on 1800 247 247 or text “HELP” to 51444

In the United Kingdom, you can:

- Speak to your GP, who may refer you to your local IAPT service
- Refer yourself directly to your local IAPT using the NHS Service Finder
- Contact Samaritans on 116 123
- For information on mental health, call the Mind Infoline

Part 5 - Next Steps

Please think carefully about whether or not you wish to take part in the study. If you do wish to take part, please complete the attached consent form.

Thank you for considering participating.