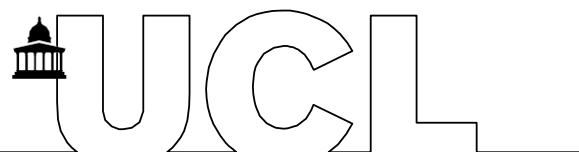


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5th October

2016

Research Department of Clinical, Educational and Health
Psychology UCL

Dear Professor Fonagy

Notification of Ethical Approval

Re: Ethics Application 9477/001: A psychological inquest and qualitative analysis of officers' suicides within the Metropolitan Police Service. Causations, trends and intervention strategies

Further to Nicholas' satisfactory responses to the committee's comments, I am pleased to confirm in my capacity as Chair of the UCL Research Ethics Committee (REC) that the above study has been ethically approved by the REC until **1st October 2020**.

Approval is subject to the following conditions.

1. You must seek Chair's approval for proposed amendments (to include extensions to the duration of the project) to the research for which this approval has been given. Ethical approval is specific to this project and must not be treated as applicable to research of a similar nature. Each research project is reviewed separately and if there are significant changes to the research protocol you should seek confirmation of continued ethical approval by completing the 'Amendment Approval Request Form': <http://ethics.grad.ucl.ac.uk/responsibilities.php>
2. It is your responsibility to report to the Committee any unanticipated problems or adverse events involving risks to participants or others. The Ethics Committee should be notified of all serious adverse events via the Ethics Committee Administrator (ethics@ucl.ac.uk) immediately the incident occurs. Where the adverse incident is unexpected and serious, the Chair or Vice-Chair will decide whether the study should be terminated pending the opinion of an independent expert. The adverse event will be considered at the next Committee meeting and a decision will be made on the need to change the information leaflet and/or study protocol.
3. For non-serious adverse events the Chair or Vice-Chair of the Ethics Committee should again be notified via the Ethics Committee Administrator (ethics@ucl.ac.uk) within ten days of an adverse incident occurring and provide a full written report that should include any amendments to the participant information sheet and study protocol. The Chair or Vice-Chair will confirm that the incident is non-serious and report to the Committee at the next meeting. The final view of the Committee will be communicated to you.

Yours sincerely



Professor John Foreman
Chair, UCL Research Ethics Committee

Cc: Nicholas Sutcliffe



A psychological inquest and qualitative analysis of officers' suicides within the [REDACTED] causations, trends and intervention strategies.

We would like to invite you to take part in this study. Before you decide whether you want to take part, it is important for you to understand what the study involves and why we are doing it. We hope the information below will help you to make your decision. Please ask if there is anything unclear or if you would like more information.

What is the purpose of the study?

This study is being carried out by a serving police officer, who is a part-time researcher at UCL, in collaboration with the [REDACTED] Federation Inspectors' Branch Board. We wish to learn more about the significant life-events that lead to officers taking their own lives. We know that this can be a very difficult time and we would like to hear about your thoughts, feelings and perceptions of any incidents or experiences that your family member or colleague had and how you think it affected them. We hope that this study will help us to better understand the needs of our colleagues and improve our approach to supporting officers in crisis.

Why have I been invited to take part?

You have been invited to take part in this study because you have lost a family member or colleague, which involved Federation representation. We hope that 12-15 people will take part in the study.

What does taking part involve?

If you choose to take part, you will meet the researcher at place and time convenient to you for an interview in which you will be asked about your experiences of your family member's or colleague's death and the time leading up to it. This will last approximately 45 minutes to an hour. The interview will be audio-recorded so that we do not miss anything important that you wish to mention.

We will also invite you to provide feedback on our analysis of your interview; that is how we hope to better understand what you have told us. You do not have to participate in this part of the study if you would prefer not to.

Do I have to take part?

You are free to choose whether or not to take part and to withdraw at any point. Your decision will be treated with respect, discretion and courtesy.

PTO



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BEREAVEMENT**
UK 2019-2020

National Helpline 0300 111 5065 9am to 9pm every day

What are the risks and benefits of taking part?

Talking about the death of a family member or colleague can be very upsetting, as it may bring back some painful memories. Your well-being is very important to us, so you will not have to answer any questions you do not feel comfortable answering. If you find the interview difficult in any way you can take a break or stop altogether. The researcher is very experienced within this particularly sensitive area of enquiry and would be pleased to discuss pathways to bereavement services and healthcare professionals, should you wish to do so.

You may find some positive aspects to the interview; for some people, talking about and reflecting upon their experiences can be a beneficial experience. We hope that the information we learn from the study will also be of interest to you, as well as helping improve the support provided to officers going through similar experiences in the future.

What will happen to the information I provide?

The interview recording will be transcribed to help us analyse the data. The analysis will be carried out by the researcher who will identify the main issues expressed by everyone who participated. The results of the study will form part of a doctoral thesis, which may also be published in peer-reviewed scientific journals. In addition, we hope that the findings will help inform the support provided for officers throughout the UK.

Will my taking part in this study be kept confidential?

Your interview will be strictly confidential. All data will be collected and stored in accordance with the Data Protection Act 1998. Audio recordings will be stored in a secure computer file, which will be deleted at the conclusion of this study. All names and other personally identifiable information will be removed from the transcripts to ensure absolute anonymity of all. We will include direct quotations from the interviews in the published report, but all identifiable aspects will be removed to ensure that quotations cannot be linked to individuals. We will store the anonymous interview transcripts in a secure location for up to two years following the conclusion of the study.

Contacts

If you have any further questions about this study, please contact: Nick Sutcliffe, Inspectors' Branch Board, MPS Federation

Alternatively, you can write to: Professor Peter Fonagy, Head of Department, Clinical, Educational and Health Psychology, UCL, 1-19 Torrington Place, London WC1E 7HB.

Thank you for your interest in this study, which has been approved by the UCL Ethics Committee (Project ID number 9477/001; and the MPS Federation Inspectors' Branch Board.



SURVIVORS OF
BEREAVEMENT
ENGLAND

National Helpline 0300 111 5065 9am to 9pm every day



Experiences and perceptions of family, friends and colleagues

Participants' Consent Form

Thank you for agreeing to take part in the research. You are now invited to sign this consent form and confirm that you have read the Personal Information Sheet, which outlines the purpose and safeguards of this research. If you have any questions, please feel free to ask the researcher at any time. You will be given a copy of this document to keep for future reference.

.....agrees that:

I have read the Personal Information Sheet and understand what the study involves.

I am aware that my participation is voluntary and that I am free to withdraw at any point, without having to give a reason.

I understand that my interview will be audio-recorded and transcribed for the purposes of this research.


I understand that the information I give may be used in a published report.

I understand that confidentiality and anonymity will be maintained throughout this process and it will not be possible to identify me or any other persons from future publications.

I consent to the processing of my name and contact details for the purposes of this research study only. I understand that such information will be treated as strictly confidential and handled in accordance with the provisions of the Data Protection Act 1998.

I agree that this research project has been explained to my satisfaction and I wish to take part in a recorded interview.

Signed: Date:

Thank you for your support of this research, which has been approved by the UCL Ethics Committee (Project ID project number 9477/001; and the  Federation Inspectors' Branch Board.



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UK FEDERATION

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Interview Schedule

Family member/colleague's personal experiences and perceptions of the officer's suicide

In this study we're interested in finding out about people's experiences of a family member or colleague taking his or her own life. I have some questions I'd like to ask you, but mostly I'd like to hear from you about your own personal perceptions and experiences and what you consider important and relevant to ——— taking his / her own life. I'm very aware this might bring up some strong feelings for you — that's okay with me, but please do take your time and let me know if you wish to take a break at any time.

1. First of all, I would like you to tell me about [.....]

Probing questions, if appropriate:

- What was your relationship with him/her?
- What kind of person was s/he?
- How would you describe his/her personality?
- Was s/he married or in a relationship. How long? Were they happy?
- Did s/he have children, extended family? In touch or nearby?
- Did he or she live alone?

2. What can you tell me about [.....] police career?

Probing questions, if appropriate:

- How long had they been a police officer?
- Did s/he enjoy being a police officer?
- What was his/her main role? Where based?
- Did she/he enjoy this role?
- Did they plan to stay in the police service?
- Did he/she socialize with other officers when off-duty?

3. When did you first hear about his/her death?

Probing questions, if appropriate:

- Who told you?
- How were you told?
- Could this have been done more sensitively? How?
- Was there anything that was done which was particularly helpful/unhelpful?
- Can you tell me about your emotions at that time?
- How did your emotions develop over the days and months afterwards?
- How do you feel now?

4. Were there any indications of [.....]'s] intension to take her/his own life? What were they?

Probing questions, if appropriate:

- Do you believe s/he intended to take his/her own life?
- Looking back, were there any clues or patterns to his/her behavior?
- Was it ever disclosed or discussed with anyone?
- Was there evidence of depression? Was there any medical intervention for this?
- Was he or she on medication and/or receiving healthcare professional support?
- What are your views on the medication/support? Did you understand their purpose?
- Was this condition disclosed to the employer?
- What steps did the employer take to support the officer?
- Could anything have been done better, or done particularly well by the employer?

5. Do you believe any of the following were significant factors in [.....]'s decision to take her/his own life?

Probing questions, if appropriate:

- Death of a loved one?
- Marital or relationship breakdown?
- Family breakdown?
- Financial problems?
- Professional (work) problems?
- Discipline (work) problems?
- Criminal or civil problems?
- Physical health problems?
- Mental health problems?
- Drug or alcohol problems?
- Are there any other issues you believe to be relevant?

6. What was most significant event/s and how did this affect him/her?

Probing questions, if appropriate:

- Was this ever discussed? How and with whom?
- Could this have been addressed? How and by whom?
- Could his or her employers or the Federation have done more? How and when?
- Was there anything said or done that was particularly helpful/unhelpful?

7. Did you attend the inquest?

Probing questions, if appropriate:

- Can you describe your experience?
- Did you understand the processes of the court?
- Were you kept informed of proceedings?
- Could anything have been done better, or done particularly well?
- What was the outcome?
- Do you agree with the outcome? Was anything missed or undervalued?
- Do you believe [.....] took his/her own life?
- Do you believe [.....] meant to take his/her own life?
- Why do you believe this to be true?

8. Is there anything else you would like to say – anything at all?

9. The interview has now concluded. Thank you very much for taking the time to talk to me.