**Everyday Life with Irritable Bowel Syndrome**

**INFORMATION SHEET**

You are invited to take part in a research project which seeks to explore the everyday experiences of people who live with Irritable Bowel Syndrome (IBS). Before you decide to take part in the research, it is important that you understand the purpose of the research and your involvement in it. Please take the time to read the following information and ask any questions should you have any.

***What is the research about?***

The aim of this research is to explore how people living with IBS negotiate their everyday life. This includes how you might manage your IBS based on whether you are at home, at work, or in a public space. The research will also explore how your daily routines and schedules work with your IBS symptoms. Finally, the research will explore how your IBS may affect your social relationships, and how this may be different depending on what you choose to tell people, and what you choose to keep private. This project is part of my PhD which began in October 2016 and will be completed by October 2019.

***Why have I been asked to take part?***

I am looking for up to 25 people who live with IBS in the South Yorkshire area. If you are an adult (aged 18 or over) and live with IBS, I would be interested in talking to you about your experiences of managing your condition and how it affects your day to day life, routines, relationships and engagement in social activities.

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

Participation in this project is entirely voluntary. If you decide to take part, you will be asked to sign a consent form. You will also be free to withdraw at any time during the research without giving a reason. If you decide to withdraw from the project, it will not negatively affect you in any way.

***What will happen if I take part?***

If you chose to take part, I will ask you to complete a diary for two weeks, where you can tell me about how IBS affects you on a daily basis. How you complete your diary is entirely up to you, but I will provide some suggestions of things to consider.

After you have completed the diary, I would like to meet up and have a chat about how you found completing a diary about your experiences with IBS, and for us to discuss some of the experiences that you might have written about in your diary. I would like to arrange the interviews at a place and time to suit you. I anticipate that the interview will last for around an hour. If possible, I would like to record the interviews to get an accurate record of what we talk about. I will ask for your permission before I do this, and recordings will be destroyed at the end of the research.

***Will my taking part in the project be confidential?***

Everything you say in the interview will be kept confidential. All data will be stored in a password protected file in which only I will have access to. Any names (your name and the names of others) or places you state in your research diary and/or interview will be anonymised. Please be aware that if at any point you feel uncomfortable during the research process you have the right to withdraw and any information you have given will be discounted from the study.

***What are possible disadvantages of taking part in this study?***

I do not foresee any disadvantages to you from taking part in this study. In the unlikely event that you become upset or distressed you may choose to withdraw from the study at any time. I may wish to quote some of the things you say during our discussion in the reports that will be produced from the study, but no one will be able to identify these as your words. Whatever you tell me will be treated as confidential and, if necessary, I will disguise your identity. You will have the right to stop the recorder at any point, and have the recording wiped clean, without any reason. Nothing recorded from our conversation will be traceable back to you.

***What are the possible advantages of taking part in this study?***

You will not benefit immediately or directly from taking part in this study but it is hoped that this study will contribute to understandings of what it is like to live with IBS on a daily basis.

***What if there is a problem or something goes wrong?***

If you have any problems or concerns during the research, please contact myself using the details below. However, if you feel unable to do this, you can also contact one of my supervisors, using their details below.

***What will happen to the results of the project?***

The findings from the project will contribute to my PhD, alongside future presentations and publications. If you decide to take part, you will also be kept informed of the findings and conclusions made from the study.

***About the Researcher***

I am a PhD student in the Department of Sociological Studies at The University of Sheffield. I am interested in Irritable Bowel Syndrome and how the condition affects everyday life. You can find more about my work here:

<https://www.sheffield.ac.uk/socstudies/postgraduate-research-students/lauren-white>

The project has been reviewed by the Department of Sociological Studies Research Ethics Committee at the University of Sheffield. This PhD study is funded by the Economic and Social Research Council (ESRC).

***How to get involved***

If you are interested in taking part in this research, please contact myself using the details provided below. I will be happy to answer any questions.

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*Thank you for taking your time to read this information. You will be given a copy of this information sheet and a signed consent form for you to keep. Thank you for taking your time in this project.*