



Understanding & Preventing Adverse Effects of Psychological Therapies

Can you help us with this research?

Researchers from the University of Sheffield are carrying out research across England to find out what happens when therapy ('talking treatments', counselling, psychotherapy) makes someone feel worse or 'goes wrong'. This will help us to develop practical ways to identify and prevent therapies from failing.

If you have had an experience of therapy that you feel has 'gone wrong' or been harmful, we are keen to hear from you. We would like to hear from people who have had therapy and therapists/counsellors. It does not matter whether the therapy was or was not an NHS service.

To take part in the study, you will need to complete a questionnaire. After this, you may be asked to take part in an interview or focus group (although there is no obligation to do so).

If you would like more information, you can visit our website:

www.shef.ac.uk/scharr/sections/hsr/mh/mhresearch/adept

If you want to talk to anyone about the study you can either complete and return the form below or contact the research team via the email address or telephone number below:

Email: adept@sheffield.ac.uk

Telephone: 0114 222 0845

I would like to find out more about this research and I give permission for a researcher to contact me.

Name:

Telephone:

Address:

Email:

Best times to contact me:

Please return this form to: AdEPT, SchARR, Freepost SF1314, Sheffield, S1 4AY

