**Information Sheet**

**Study Title:** Exploration of healthcare professionals’ perspectives and experiences of supporting patients with concurrent obesity and common mental health difficulties.

**Thank you for considering participating in this research project.** The purpose of this document is to explain to you what the study is about and what your participation would involve, to enable you to make an informed choice.

**The research team and study purpose**

I am a Trainee Clinical Psychologist at the University College Cork and I will be leading this study under the academic supervision. The purpose of this study is gain a better understanding of healthcare professionals' perspectives and experiences, with a particular focus on the challenges and strategies involved in supporting patients who face both obesity and common mental health difficulties. We are also hoping to explore healthcare professionals' insights into their patients' struggles with these concurrent conditions. Capturing the experiences and perspectives of professionals who regularly encounter and support these patients is crucial to enhance our understanding of biopsychologically-informed support in clinical practice. The insights derived from this study have the potential to inform and shape future treatments and policymaking in this field.

**What will taking part involve?**

Should you choose to participate, you will be asked totake part in a one-to-one interview with myself. This interview will be audio recorded and is expected to take no more than 25 minutes to complete.

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

You have been asked to take part for your valuable professional experience and perspective as a General Practitioner in supporting patients with concurrent obesity and mental health difficulties. Your insights are crucial to understanding the complexities and nuances of this aspect of healthcare.

**Do I have to take part?**

Participation in this study is completely voluntary. There is no obligation to participate, and should you choose to do so, you can refuse to answer specific questions, or decide to withdraw from the interview. Once the interview has been concluded, you can choose to withdraw at any time in the subsequent two weeks.

**Will taking part be confidential?**

All of the information you provide will be kept confidential and anonymous, and will be available only to the research team. As the interview will ask about your experiences supporting patients, we will ask you to not include any personally identifiable information.

Once the interview is completed, the recording will immediately be transferred to a safe UCC data storage platform and wiped from the recording device. The interview will then be transcribed by the researcher, and all identifying information will be removed. Once this is done, the recording will also be deleted and only the anonymised transcript will remain. This will be stored on a University College Cork supported cloud storage platform. The data will be stored for minimum of ten years. The information you provide may contribute to research publications and/or conference presentations and will contribute to the doctoral thesis.

**What are the possible risks and benefits of taking part?**

We do not anticipate any negative outcomes from participating in this study. At the end of the interview, I will discuss with you how you found the experience and how you are feeling. Should you experience distress arising from the interview, relevant signposting information will be provided.

Contributing to this study will allow us to better understand real experiences of clinicians supporting patients with concurrent obesity and mental health difficulties and thus

**Ethical Approval**

This study has obtained ethical approval from the UCC Social Research Ethics Committee.

If you have any queries about this research, you can contact me at [122105132@umail.ucc.ie](mailto:122105132@umail.ucc.ie)

Thank you!