



**Participant Information Sheet for Psilocybin Retreat Attendees**

**UCL Research Ethics Committee Approval ID Number: 9437/001**

**Title of Study: Psilocybin Retreat Survey Study**

**Department:** Research Department of Clinical, Educational and Health Psychology

**Name and Contact Details of the Researcher(s):**

Rosalind McAlpine (PhD Student) - [rosalind.mcalpine.18@ucl.ac.uk](mailto:rosalind.mcalpine.18@ucl.ac.uk)

**Name of the Principal Researcher:**

Prof. Sunjeev Kamboj

You are being invited to take part in a PhD research project (survey study) developed by the Clinical Psychopharmacology Unit at UCL. Before you decide whether you will consent to participating, it is important for you to understand why the research is being done and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part.

Thank you for reading this.

**What is the project's purpose?**

The aim of these **online surveys** is to investigate the relationship between psilocybin and mental health. We want to see whether people's mental health and belief systems change due to attending a psilocybin retreat. We therefore want to gather information from you before *and* after your retreat.

This will involve completing a 30–40-minute online survey that we would like you to complete:

- 2 weeks before the retreat
- 1 day after the retreat
- 2 weeks after the retreat
- 6 months after the retreat

**Please email Rosalind McAlpine ([rosalind.mcalpine.18@ucl.ac.uk](mailto:rosalind.mcalpine.18@ucl.ac.uk)) if you would like to receive links to the online surveys.**

We want to learn what aspects of the retreat are contributing to people's transformations and we will use this information to inform future psychedelic studies. We hope these findings will improve our understanding of the use of psychedelics for therapeutic purposes, and

potentially help us to develop new treatments for disorders like anxiety, depression, and PTSD.

### **Why have I been chosen?**

We aim to recruit 50 participants aged 18+ to take part in this study. You have been identified to take part because you are signed up to a psilocybin retreat.

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

No, it is up to you to decide whether to take part or not. You are free to withdraw from the study at any time without giving a reason, even after giving your consent and without any loss to any benefits to which you are entitled.

If you decide to withdraw, you have a choice with what will happen to any data you have provided. All data will initially be pseudo-anonymized (*you will be given a random number which is only identifiable using a password protected 'key'*) then fully anonymized (*the 'key' will be deleted leaving only random numbers*). At that stage we will no longer be able to identify and remove data if requested.

If you decide you want to withdraw from the study after you have completed the surveys, you will have 14 days to contact a researcher and request withdrawal. You do not have to give a reason for your withdrawal and your data will be deleted immediately.

### **What will happen to me if I take part?**

If you decide to take part in this study, you will be sent an online survey (*2 weeks before the retreat; 1 day after the retreat; 2 weeks after the retreat; 6 months after the retreat*) that will ask you for some basic details and about your mental health and beliefs. This does not usually take more than 30-40 minutes to complete. Your data will be stored in an anonymous format (and stored on a password protected spreadsheet stored on UCL OneDrive) and we will only use broad categories to describe participants, so it will not be possible to identify you from this information.

The surveys will be held over a website called Qualtrics, which is very easy to use either using your computer or your phone. The questions will mainly explore your mental wellbeing as well as some other things such as how much you feel connected to nature and other people.



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### **How will data be stored and used?**

Data will be anonymised so no one will be identifiable by their name in any publication. All data will be stored on encrypted, and password protected drives. Data will be stored for 10 years (in accordance with UCL policy for data storage) after careful screening for and removal of potentially identifiable information.

### **What are the possible disadvantages and risks of taking part?**

Overall, we believe the risks of taking part in this study are low. However, like any research, we cannot guarantee zero risk to you. From our current knowledge, we do not know of any significant risks associated with completing this type of research. However, it is important to know that you will answer questions about your psychedelic experiences, which may bring up some personal feelings and emotional memories. This may cause some moderate temporary feelings of distress in some people. However, we do not believe that these feelings will last much longer than the survey sessions.

### **What are the possible benefits of taking part?**

Whilst there are no immediate personal benefits for those people participating in the project, it is hoped that you will find participation in this study interesting. Your participation will also help improve our general understanding of psychedelic processes which may be relevant in the development of new psychological therapies.

### **What if something goes wrong?**

If you have any complaints about taking part in this study, you should contact the principal supervisor Professor Sunjeev Kamboj (*details at the top of this document*). If you feel your complaint is not handled to your satisfaction after speaking to Professor Kamboj, you can contact the Chair of the UCL Research Ethics Committee [ethics@ucl.ac.uk](mailto:ethics@ucl.ac.uk).

### **Will my taking part in this project be kept confidential?**

Information about you that is collected during your participation in this research will be kept strictly confidential and stored securely in accordance with the Data Protection Act 2018. Only researchers directly involved in the study will have access to the data. The results of this research may be disseminated in peer-reviewed scientific journals, but you will in no way be identifiable in any publication. You may request feedback when the study is completed.

**Limits to confidentiality**

Our research team at UCL does not advocate or endorse the use of illicit substances, nor do we judge this use. Rather we wish to find out how psychedelic experiences during psilocybin retreats can contribute to positive changes in individuals.

Please note that confidentiality will be maintained as far as it is possible, however if anything is disclosed that indicates that someone might be in danger of harm, I or the University might have to inform relevant agencies of this. Confidentiality will be respected subject to legal constraints and professional guidelines and will be maintained unless there are compelling and legitimate reasons for this to be breached, for example if we were seriously concerned for your safety or the safety of others. If this was the case, we would inform you of any decisions that might limit your confidentiality.

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

The data from this research project will be disseminated through standard scientific outlets, for example in peer-reviewed papers, talks and conference posters. The data will also be included in Master's and/or PhD theses.

Any contact (identifiable) information you provide will be kept securely for the duration of the study (or longer, if you consent to being contacted for future research) and would not be included in any data shared with other researchers. The data you provide through participating in the study may be archived online as "open data" following publication of any resulting papers, in a de-identified form. Any such data could be downloaded by anyone with an internet connection and used for any purpose. Any data that could identify you personally would be removed before online archiving. You can request to be sent a copy of the published results.

**Local Data Protection Privacy Notice**

The data controller for this project will be University College London (UCL). The UCL Data Protection Office provides oversight of UCL activities involving the processing of personal data and can be contacted at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk). UCL's Data Protection Officer can also be contacted at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk).

The categories of personal data used will be as follows: Name, contact details, address, age, gender, health information including mental health.

Your personal data will be processed for the purposes outlined in this notice. The legal basis used to process your personal data will be for the performance of a task in the public interest. The legal basis used to process your 'special category' data will be for scientific and historical research or statistical purposes.



Your personal data will be processed so long as it is required for the research project. We will anonymise the data you provide, and we will aim to minimise the processing of personal data wherever possible.

If you are concerned about how your personal data is being processed, please contact UCL in the first instance at [data-protection@ucl.ac.uk](mailto:data-protection@ucl.ac.uk). If you remain unsatisfied, you can also contact the Information Commissioner's Office (ICO). Contact details, and details of data subject rights, are available on the ICO website at: <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/individuals-rights/>

This 'local' privacy notice sets out the information that applies to this particular study. Further information on how UCL uses participant information can be found in our 'general' privacy notice:

For participants in health and care research studies, see <http://www.ucl.ac.uk/legal-services/privacy/participants-health-and-care-research-privacy-notice>

The information that is required to be provided to participants under data protection legislation (GDPR and DPA 2018) is provided across both the 'local' and 'general' privacy notices.

#### **Who is organising and funding the research?**

The research is organised by the Clinical, Education and Health Psychology Department, UCL and funded by the Wellcome Trust.

**Please email Rosalind McAlpine ([rosalind.mcalpine.18@ucl.ac.uk](mailto:rosalind.mcalpine.18@ucl.ac.uk)) if you would like to receive links to the online surveys.**

#### **Contact for further information**

Please discuss the information above with others if you wish, and please contact the researchers if there is anything that is not clear or if you would like more information. You will be given a copy of this information sheet and a consent form to keep.

**Thank you for reading this information sheet and for considering taking part in this research study.**