

## PARTICIPANT INFORMATION

### ‘Perceptions and Understandings of Mental Health in Kent’s Sikh Communities: An EtHNogrAphic Study (PUCHNA – ਪੁੱਛਣਾ - to ask)’

This information is available in English and Punjabi audio. Please contact Aman if needed.

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In partnership between:

University of  
**Kent**

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University of Kent

**KENT AND  
MEDWAY  
MEDICAL  
SCHOOL**

Canterbury Christ Church University University of Kent

**NIHR** | Applied Research Collaboration  
Kent, Surrey and Sussex

We welcome you to join our university research. To participate, it is important for you to understand the research details and what is expected of you. Take your time to read through the information thoroughly, discuss it with others, and ask any questions you may have.

## WHY THIS RESEARCH?

There are different Sikh communities living in Kent, with different mental health perceptions, understandings, and experiences. This research looks to explore how Sikhs in Kent, from different generations, perceive mental health conditions and how these perceptions shape their healthcare seeking behaviours. This includes taking the viewpoints of Sikh mental health professionals, community and charity volunteer workers and religious leaders residing in Kent. The research findings will help create culturally relevant resources and workshops for mental health awareness among Sikh communities in Kent. To give back and share knowledge, a documentary will be developed to bring together and share understandings and experiences of mental health from Sikh communities in Kent.

## WHY ME?

If you self-identify as Sikh and have been living in Kent, you can take part. Involving Sikh community members from Kent in the research process will ensure the relevance and appropriateness of the study's activities. Participation is voluntary. If you want to take part, you will need to say or sign a short 'consent form'.

## WHAT WILL HAPPEN?

Aman is conducting an ethnography in Kent, where she will learn about the mental health of Sikhs in Kent, by joining them in their daily life and immersing herself in their communities. She will talk to Sikhs in Punjabi and/or English, observe, and take notes to understand their views on mental health. Aman will visit different places like Gurdwaras, homes, and events to meet with Sikhs, both religious and non-religious.

## RESEARCH ACTIVITIES AMAN WILL CONDUCT ARE:

- **Conversations and interviews in both English and Punjabi** with Sikhs in Kent from different immigration generations, community and charity volunteer workers and religious leaders residing in Kent about their perceptions and understandings of mental health. These could be audio recorded.
- **Interviews with Sikh mental health professionals** in Kent about their views on mental health care for Sikhs in Kent. These will be audio recorded.
- **Group discussions** about experiences and understandings of mental health involving Sikhs in Kent. This will be audio and video recorded.
- **Collecting photographs, audio, and video recordings** from our interactions, to include in a project booklet, website, podcast, and report.
- **Collecting documents** such as, religious and spiritual texts, community publications, government reports and historical records focusing on topics related to mental health understandings and perceptions.

## DO I HAVE TO TAKE PART IN THIS PROJECT?

You can choose whether to participate in this study. If you choose to take part, you will be requested to sign two consent forms—one for your personal records and another for our secure archives at the Centre of Health Services Studies, University of Kent. You are free to withdraw from this study at any time and without giving reasons, up until the project findings have been used to inform people about the project through social media, website, conference presentations, publications. Once the study results are published on websites, at conferences, and in academic publications, the information can no longer be withdrawn.

## WHAT ARE THE BENEFITS OF TAKING PART?

By engaging in this project, you will have the chance to express your perspectives, insights, and experiences to university researchers. Many people find participation in a community project enjoyable and discussions around experiences of mental health helpful. You will be helping the research team to understand the challenges and needs of your community. Through your participation, we aim to gain insights on establishing information and educative resources that are tailored to Sikhs from Kent, ensuring that the research outcomes positively impact the community.

## WHAT ARE THE RISKS OF TAKING PART?

We understand and appreciate that talking about mental health, your perceptions and understandings and touching on aspects of personal experiences can be difficult. We do not anticipate any risks involved to those who decide to take part in this study, and we will work with you to ensure the information you give us during your participation in the project will not be used in any way that might be uncomfortable or cause you harm.

## WHO WILL HAVE ACCESS TO MY PERSONAL INFORMATION?

Ms Aman Rattan will have access to your personal information and save this in an encrypted file on a password protected device at University of Kent. Identifying details will be removed from interview and focus group transcripts, and a pseudonym (a common Sikh name of your choice, distinct from your real name) will be assigned to your data. Audio files and transcripts will be stored on password-protected devices, consent forms with your name will be securely kept in a locked filing cabinet, accessible only to Aman. Photographs, audio, and video cannot be pseudonymised in the same way and you may be recognisable in such material. Only pseudonymised data will be shared with Aman's supervisory team.

If you share information which suggests that you are at risk of harm, the research team has a responsibility to share with the relevant safeguarding authorities. We are also able to signpost you to local mental health support – please see below.

Any personal data shared during the interview would be part of the audio recording transcribed by a transcription company. The third-party transcription services we use will be compliant with UK GDPR. All transcriptions will be proof-read prior to analysis, with any personally recognisable information pseudonymised. The personal data you give us will always be handled in accordance with the UK's General Data Protection Regulation and the University of Kent's Privacy Policy. Please ask us if you would like a copy.

## HOW WILL MY INFORMATION BE USED?

Project findings will be shared as a thesis and possibly published. Findings will be shared at Sikh community events and university events. The results will be shared through research journals, booklets, research websites, audiovisual content and presentations at conferences.

## ADDRESSING CONCERNS

If you have any concerns or questions about the project, you can contact Ms Aman Rattan at [ar832@kent.ac.uk](mailto:ar832@kent.ac.uk). If you need support from mental health professions, see suggestions below:

- The Kent and Medway NHS and Social Care Partnership Trust (KMPT): <https://www.kmpt.nhs.uk/need-help/>
- Samaritans: Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)
- Mental Health Matters: Call 0800 107 0160

## WHO IS FUNDING THIS PROJECT?

The project is funded by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration Kent, Surrey, Sussex. The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health and Social Care.

Thank you for reading the participant information sheet and considering whether to take part in the project.  
You will be provided an information sheet to keep.