

APPENDIX V: QUALITATIVE CONSENT FORM

***Informed Consent Form Template***

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| Aga Khan University - Brain and Mind Institute |

**Title:**

MENTAL DISORDERS AMONG UNIVERSITY STUDENTS:

DEVELOPMENT AND VALIDATION OF PREDICTIVE

MODELS

**Information sheet for In-Depth Interviews**

**Population: University students**

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**Aga Khan University- Brain and Mind Institute**

**This document has two parts:**

**Information Sheet (to share information about the research with you)**

**Informed Consent (Certificate of Consent) (for signatures if you agree to take part)**



**You will be given a copy of the full Informed Consent Form**



PART I: Information Sheet

Introduction

|  |  |
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| Hello, my name is | , a researcher at the Aga Khan University’s |

Brain and Mind Institute. I would like to tell you about a study we are conducting. The purpose of   
this consent form is to give you the information you will need to help you decide whether or not   
to be a participant in the study. Feel free to ask any questions about the purpose of the research,   
what happens if you participate in the study, the possible risks and benefits, your rights as a   
volunteer, and anything else about the research or this form that is not clear. When we have   
answered all your questions to your satisfaction, you may decide to be in the study or not. This   
process is called 'informed consent'. Once you understand and agree to be in the study, I will   
request you to sign your name on this form. You should understand the general principles which   
apply to all participants in a medical research: i) Your decision to participate is entirely voluntary   
ii) You may withdraw from the study at any time without necessarily giving a reason for your   
withdrawal iii) Refusal to participate in the research will not affect the services you are entitled to   
in this education institution or other institution. We will give you a copy of this form for your

records.

Purpose of the research

This study is designed to understand perceived mental health need and available treatment

options for students who have experienced mental health challenges, as well as gain an

understanding of how to improve access to mental health services amongst university students in

Kenya. Through this information, stakeholders who are focusing on the well-being of youths will

be able to understand interventions that can support access to mental health services. Through

this we will be able to understand some of the responses that you provided in the survey.

Participant selection

You were invited to participate in this project because:

 You participated in the college survey on mental health among university students.

 You have knowledge on treatment options for university students and health seeking

behaviour

Voluntary Participation

Participation in this research is on voluntary. You have the right to agree or refuse to participate

in this research. If you decide to participate and later change your mind, you are free to stop at any

time. Your refusal to participate will not result in any penalty or loss of benefits to which you are

otherwise entitled to as a student at your university.



*Ref: 2022/ISERC-91 (v7)*

Procedures and Protocol

***Description of the Process***

This is a qualitative study where we are conducting an in-depth discussion with university students   
to understand different aspects of your mental health, available options for mental health support,   
utilized treatment options and recommendations on pathways to care for mental health services.

It will be a one-on-one interview with a researcher physically or on zoom depending with   
availability of participants, in a location that is confidential and free from interruption.

The researcher will take you through the consenting process. Ensure you have understood the   
consent and make an informed decision of your participation in the study.

You will then engage in a conversation/interview guided by the researcher on matters relating to

mental health.

**Duration**

The interview will take approximately 60 minutes to completion.

All interviews will be audio-recorded with consent from participants. During the discussion   
participant will be given a pseudo name to ensure confidentiality. The recordings will be safely   
stored to protect your privacy.

Risks and discomforts

We do not foresee any major risks for your participation in this research project. However, being   
a study on mental health the discussions may elicit distress, if there are any questions that may   
cause you distress, please let us know and you are free not to answer such questions.

Side Effects (were appropriate)

This research study does not involve any clinical procedures. So, there are no anticipated side

effects.

Benefits

There are no direct benefits for you. But your feedback from the interview will improve our   
understanding on available mental health services and social support for university students in   
Kenya.

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*Ref: 2022/ISERC-91 (v7)*

Reimbursements/ compensations

Your participation is completely voluntary. Compensation for travel costs that you may incur to   
take part in the study will be reimbursed up to 1000 Kenya Shillings after the study visit.

Confidentiality

A study number rather than your name will be used on data collected. The code that links the study   
number to your name will be kept in a secure place, available only to the Principal Investigator or   
a person designated by the Principal Investigator. All research records and recorded interviews   
will be kept on a secure, password protected computer. Your name and other facts that might   
identify you will not appear in the study results. Any shared data will not include any identifiable   
information. The deidentified data will be shared to the international college survey consortium   
qualitative working group(which consists of the following universities;(Mc Master University,   
British Columbia,Curtin University,Instituto national de psiquitria Ramon de la Fuente muniz,   
University of Chile, University of Otago, the Chinese university of Hong Kong,Babes Bolyai   
University, Uppsala University, Simon Fraser University, Uniwersytet Dolnoskaski DSW we   
wroclawiu,Qatar University,University of Groningen) through a secure platform( secure message   
with coded alphanumerics or directly uploaded to Harvard SharePoint directory)for academic and   
research purposes.

Audio-recordings of the interview will be destroyed two years after the research is published, The   
data shared with the consortium will be used for a duration of ten years from the time of   
collaboration. People other than those conducting this project may look at study records: Agencies   
and committees that make rules and policy about how research is done have the right to review   
these records, as well as agencies that pay for the study.

Sharing the Results

The results of this research may appear in scientific publications without identifying you in any

way.

Right to Refuse or Withdraw

Participating in the interview is voluntary, and you may leave the study at any time without penalty.   
This decision will not affect you in any way in your everyday life at your community. You may   
also refuse to answer any questions that you do not want to during the interview.

Safe withdrawal

You are free to withdraw from this study. Your withdrawal will not affect you in any way including   
any benefits you receive as a member of your community.

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Termination of participation

*Ref: 2022/ISERC-91 (v7)*

The PI of this study may terminate your participation if they learn

you are providing false information.

Who to Contact?

The Co- investigator (Dr Edna N Bosire) and the project manager

(Linda Khakali) is available to answer your questions about this

research. You may contact them at any time on the following numbers

+254780436365/ +254780540400. If you require any further

information or have any questions/complaints about the research

project, please contact the AKU Research Office at AKU Kenya.

[Akukenya.researchoffice@aku.edu](mailto:Akukenya.researchoffice@aku.edu) or 0709931136 or 0711 092148.

Ethical approval:

This research project has been approved by the Institutional Scientific

and Ethics Review Committee (ISERC) approval number Protocol

No.2022/ISERC-91(V7)

; and the National Commission for Science, Technology and Innovation

(NACOSTI) in Kenya.

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PART II: Certificate of Consent *Ref: 2022/ISERC-91 (v7)*

Please tick / initial box

1. I confirm that I have read and understand the Participant Information Sheet

dated

for the above study. I may keep this information sheet for my records, and I   
have had the opportunity to ask questions which have been answered fully. ✓

2. I understand that my participation is voluntary, and I am free to withdraw at   
any time, without giving any reason and without being penalised or losing my   
medical care or affecting my legal rights ✓

3. I understand that sections of my recorded comments and transcript text may   
be looked at by responsible individuals from Aga Khan University, Nairobi. I   
give permission for these individuals to access this data as relevant. ✓

4. I understand that all efforts will be made to keep information regarding my   
personal identity confidential. ✓

5. I understand that Interview a will be audio-recorded, and the recordings will   
be safely stored to protect my privacy. My name will not be used in the   
recording. ✓

6. I understand that this consent form will be kept separate from the data and   
that the researchers will maintain my anonymity throughout the project,   
including in publication. ✓

7. I consent to take part in the above study ✓

Participant printed name: Joy Wairimu Maina

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|  |  |
| --- | --- |
| Participantsignature/Thumbstamp *joywairimumaina* | Date |
| 17 June 2025 |  |

Researcher’s statement

I, the undersigned, have fully explained the relevant details of this research

study to the participant named above and believe that the participant has

understood and has willingly and freely given his/her consent.

|  |  |  |
| --- | --- | --- |
| Researcher ‘s Name: | Date: | Time |
|  |  |  |

Signature

|  |  |
| --- | --- |
| Role in the study: | (i.e. study staff who |

explained informed consent form.)

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