



## **Attitudes Toward Psychedelic-Assisted Therapy Among Qualified Trainee Psychological Therapists and Qualified Psychological Therapists in Scotland: Information Sheet**

### **Introduction**

The aim of the study is to compare attitudes toward psychedelic-assisted therapy among trainee and qualified psychological therapists in Scotland. The study further investigates whether professional status (trainee vs. psychological therapists) and exposure to a short vignette about psychedelic-assisted therapy influences attitudes towards this therapy. The study is being conducted by Dr. James Munro at Glasgow Caledonian University. The study is being carried out by Sofia Pearly Dahlstrom as a part of an educational course for the award of Doctorate in Counselling Psychology.

Before you decide whether or not to take part, it is important for you to understand what participation in the study will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please contact us at the address below if you would like more information.

### **Why is this study important?**

This is an important study because there is limited knowledge about how trainees and qualified psychological therapists in Scotland perceive psychedelic-assisted therapy. Understanding professional attitudes can inform training, education, and policy discussions, particularly as research and clinical trials for psychedelic-assisted therapy expand in the UK.

### **Who can take part in this study?**

This study is open to individuals who:

- Are aged 18 years or over
- Are currently based in Scotland for training or professional practice
- Are either:
  - Enrolled in an accredited training programme in psychology, counselling, or psychotherapy, or
  - Qualified and currently practising as a psychologist, counsellor, or psychotherapist

By choosing to take part, you confirm that you meet these eligibility criteria.

### **What will I have to do if I take part?**

If you are interested in taking part, you will be invited to give consent. Giving consent will involve a mandatory tick-box on the next page in this online survey. No signed consent form is required because participation is anonymous.

If you decide to participate, you can proceed with completing this online survey. The survey will take approximately 15 minutes to complete. At the start, you will be asked to create a keyword that does not contain any personal information or identifiable information. This keyword can be emailed to the researcher within two weeks of completing the survey if you wish to withdraw your data.

You will receive a brief, neutral description of psychedelic-assisted therapy and be randomly assigned to one of two conditions:

1. A vignette describing psychedelic-assisted therapy, or
2. A vignette describing supportive group therapy

You will then be asked to complete the adapted Attitudes Toward Psychedelic-Assisted Therapy questionnaire.

At the end of the survey, you will be asked to complete a brief demographic questionnaire (including: age range, gender, professional status, stage of training, years of professional experience, location of training/practice, and an open-ended question regarding your knowledge or experience of psychedelic-assisted therapy prior to this study).

Participation is entirely online and can be completed at a time that is convenient for you.

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

No. You decide whether or not you want to take part. You can stop taking part in the study at any time, without giving a reason, by closing the survey before submitting your responses. If you do this, any partially completed responses will not be saved and will not be included in the study.

Participation is voluntary, anonymous, and you may withdraw at any time by closing the survey. You may also skip any questions you do not wish to answer. You may also withdraw your data within two weeks of completing the survey by emailing the researcher with the non-identifiable keyword you created at the start. Choosing not to participate or withdrawing from the study will not affect your professional status, training, or legal rights.

### **What are the possible risks with taking part?**

All studies involve some level of risk and inconvenience, participation in this study is considered low risk. The possible risks involved with this study are that you may experience mild discomfort when reflecting on your attitudes toward psychedelic-assisted therapy. Any discomfort is expected to be minimal and temporary.

If you would like support at any point, you may contact:

- Samaritans: 116 123
- NHS 24: 111
- Breathing Space (Scotland) – 0800 83 85 87, available evenings and weekends for anyone feeling low, anxious, or depressed.
- Your local support services or wellbeing services.

You can also contact the research team in the contact details below to report any discomfort, issues or difficulties experienced during the study.

The survey is anonymous, and no identifiable information will be collected. Although data breaches are a potential risk in this online study, all reasonable steps have been taken to minimise this. Responses will be stored securely in a password-protected GCU SharePoint folder accessible only to the researcher and chief investigator.

To reduce the risk of results being misinterpreted when reported to wider audiences, findings will be presented in anonymised, peer-reviewed formats and clearly contextualised in publications and dissemination materials.

You may skip any question or exit the survey at any time. You may also withdraw your data within two weeks of completing the survey by emailing the researcher with the non-identifiable keyword you created at the start. All potential risks are outlined in this information sheet before you provide consent. A debrief will be provided at the end of the survey, which will include the same support service information listed above.

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

We can't promise the study will help you personally. However, the results should help our understanding of professional attitudes toward psychedelic-assisted therapy. This, in turn, is expected to be beneficial to mental health training, policy discussions, and the safe implementation of emerging therapies in Scotland.

### **What happens when the study stops?**

Written reports of the study findings will be included in the research dissertation and may be submitted to peer-reviewed journals. However, a copy of the report can be requested from Sofia Pearly Dahlstrom by emailing the contact details listed below to request a copy of the completed write-up. This study collects anonymous data, so no individual responses can be identified in the findings.

### **What if there is a problem?**

If you are concerned about your participation in the study and would like to speak with someone out with the study team, please contact [Richard Golsworthy, Richard.Golsworthy@gcu.ac.uk, Cowcaddens Rd, Glasgow G4 0BA, 0141 331 3000].

The chief investigators contact details are also provided in the research team contact section below.

### **What will happen to the information given during the study?**

This study collects anonymous data only: age range, gender, professional status, stage of training, years of professional experience, location of training/practice and responses to the adapted Attitudes on Psychedelic Questionnaire (APQ). No names, emails, IP addresses, or other identifiable information will be collected.

Data will be used solely to investigate attitudes toward psychedelic-assisted therapy among psychology trainees and psychological therapists in Scotland. Analysis will be conducted by the student researcher under supervision.

Data are stored securely in a password-protected GCU SharePoint folder and accessible only to the researcher and supervisor. Data will be retained for 5 years and then destroyed securely. The study complies with the Data Protection Act (2018) and the General Data Protection Regulation (GDPR).

The data controller is Glasgow Caledonian University, and information is processed under Article 6(1)(e) GDPR, for tasks carried out in the public interest.

Enquiries specifically relating to data protection should be made to the University's Data Protection Officer (DPO). The DPO can be contacted by email: [dataprotection@gcu.ac.uk](mailto:dataprotection@gcu.ac.uk). If you are unhappy with the response from the University, you have the right to lodge a complaint with the Information Commissioner's Office (ICO). The ICO can be contacted by email: [casework@ico.org.uk](mailto:casework@ico.org.uk).

GDPR also gives study participants the right to ask for their personal data to be erased. If you would like us to stop using your personal data, then you can contact [Sofia Pearly Dahlstrom, [sdahls300@caledonian.ac.uk](mailto:sdahls300@caledonian.ac.uk)] and ask for your personal data to be erased. However, it will only be possible to erase data that has not been anonymised and/or published. Further information about your rights can be found at: <https://www.gcu.ac.uk/dataprotection/rights/>

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

This study is being organised by Sofia Pearly Dahlstrom and funded by Glasgow Caledonian University.

### **What will happen to the results of the study?**

The results of the study will be used to help understand professional attitudes toward psychedelic-assisted therapy in Scotland. All responses are anonymous, and it will not be possible to identify any individual participant from the findings. The study results may be shared with health professionals, researchers, and the public through the doctoral dissertation, peer-reviewed publications, and conference presentations.

### **Who has reviewed the study?**

All studies involving human participants carried out at Glasgow Caledonian University are reviewed by an ethics committee. The role of the ethics committee is to protect the safety, rights, wellbeing, and dignity of study participants. This study was reviewed by the School of Health and Life Sciences Psychology Research Ethics Committee and given ethical approval on [date] under the following approval code: [approval code].

### **What happens next?**

If you are interested in participating, you can proceed to the next page to provide your consent and complete the survey. If you would like more information before taking part, please contact Sofia Pearly Dahlstrom at [sdahls300@caledonian.ac.uk](mailto:sdahls300@caledonian.ac.uk).

### **How do I make contact with the study team?**

Student researcher: Sofia Pearly Dahlstrom, [sdahls300@caledonian.ac.uk](mailto:sdahls300@caledonian.ac.uk)

Chief Investigator: Dr. James Munro, [James.Munro@gcu.ac.uk](mailto:James.Munro@gcu.ac.uk)

Thank you for taking the time to read this information.