



IRB 360 NEWSLETTER

Connecting Research with Ethics



Research Involving Emotional and/or Psychological Distress

If you are planning to conduct a study that may cause **emotional discomfort** or **distress**, and/or potentially trigger **psychological harm** or **trauma** to participants, PIs (including Student PIs) should **(1) obtain the relevant training** or **(2) minimally involve a Co-Investigator (Co-I)** who is a subject matter expert, or a **professional psychologist** or **counsellor**, trained to handle such scenarios.

Examples of studies include: Interviewing individuals diagnosed with mild depression about their condition or recovery journey; A survey with Youth-At-Risk about being bullied, suicidal/violent tendencies etc...; Interviewing individuals to recount uncomfortable or traumatic experiences - e.g. *victims of war, physically abused or rape victims*

(1) Relevant Training



- ◆ Crisis management courses offered by the NTU Student Well Being Centre on how to handle potential crisis and meltdowns of participants during the study.
- ◆ Enrol early as these courses are limited, and to avoid delays in obtaining IRB approval.

(2) External or Internal Co-I



- ◆ Collaborate with professionally trained psychologists/counsellors (e.g. from subject recruitment sites) to be a study Co-I or collaborator.
- ◆ Do your homework: Search for centres, domain experts in NTU or NIE (faculty or staff) who might be interested to be a study Co-I.

Useful Tips

- * It is strongly recommended to provide a **debriefing form** and **counselling resources** to participants - i.e. counselling helplines, counselling centres/services contacts. However, this **neither negates** the required aforementioned relevant training **nor absolves** the PI/study team's **responsibility** to appropriately address a participant's psychological/ emotional wellbeing that was affected as a result of the research.
- * It is advisable to include the following clause on **Incidental Findings** in the consent form (*if applicable*): *Anything that you discuss or share with us in this study will be kept confidential. We will not disclose it to anyone else. However, in the event that you indicate an intention to harm yourself or others (including damaging property that will endanger others), we will be obligated to share this information with the relevant parties <to insert who the relevant parties are> in order to*

ANNOUNCEMENT

If you are unable to access ERMP because **'Your account is not valid or Access denied'** submit the online [User Access Request Form](#) using your NTU/NIE email to request for an account/access.



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