

## Distress Protocol of BMJ

### **Distress**

- A participant indicates that they are experiencing distress. OR
- A participant exhibits behaviours suggestive that the interview is causing distress. For example crying, shaking, agitation.

### **Stage 1 response**

- The researcher stops the interview.
- The participant is offered immediate support, time out etc..
- The researcher asks the participant how they are feeling, what their thoughts are and whether they feel safe.

### **Review**

- If the participant feels able to carry on resume the interview.
- If the participant is unable to carry on go to stage 2 response.

### **Stage 2 response**

- Discontinue interview.
- The participant is encouraged to seek support from their usual contact points. This could be a caseworker/therapist at an NGO, their GP, a local authority worker or mental health team. OR
- With consent offer for a member of the research team to make contact with the participant usual support system. OR
- With consent seek advice or further support from the participants main contact point.

### **Follow up**

- If participant consents follow up with a courtesy phone call. OR
- Encourage the participant to call if s/he experiences increasing levels of distress in the hours/days post interview.
- All participants to be given an information sheet with relevant organisations contact details and places for support (translated if necessary).