

Appendix B Safeguarding

- To assess risk, we ask students for their preferences for how the interviews and experience sampling was held
- Interview questions are supplied in advance so there were no unexpected topics or triggering events included.
- Participants were encouraged to have someone with them to be able to talk to post session.
- We ensured that interview questions and experience and diary studies focused on the positive aspects, such as skills learned or strategies gained, as well as exploring the challenge itself.
- Ensuring that the interviews and experience and diary studies finish on a positive note and stimulus.
- Providing opportunities for a break if the topic is distressing the student.
- Including in the consent form, information leaflet, and reminding students in person that they can stop whenever they like and will not be questioned as to their reasons.
- If participant seems in **IMMEDIATE** danger, the interviewer consults the OU's distressed and suicidal students' guidelines for appropriate actions. However, if a 'vulnerable' person (dependant on others for their care), or if under 18's are present in the house, the interviewer should call 999, and then follow the OU's distressed and suicidal students' guidelines for appropriate actions.
- If participant seems to be in distress but not in immediate danger, interviewers will follow up with the participant first, and assess the need for a referral to external or OU Disability Advisory Services.
- Interviewers have contact details for external crisis intervention resources appropriate to the participant's disability (such as the Samaritans, Mind, Shout Crisis, Rethink and OU resources) to hand in the interview and during experience sampling.
- Interviewers will complete the training in dealing with suicidal and distressed students and will draw on this if necessary
<https://openuniv.sharepoint.com/sites/intranet-student-services/Pages/distressed-and-suicidal-students.aspx>
- Interviewers will receive additional training on the mental health disability of the students they will work with provided by Neill Boddington and Emma Greenstein.
- Interviewers will be given enough time between the contact and the next task on that day to refresh their thoughts.
- Interviewers can access OU's staff debriefing service and Employee Assistant Programme.
- We established a buddying system between interviewers to draw on if necessary.