

# Vista

Are you 14-18 years old?  
Would you be interested in taking part in research  
and getting £20?



We are currently running a research project at the University of Sussex and Sussex Partnership NHS Foundation Trust, called **Vista** (**V**oice-hearing **i**n young people: **d**istress **f**actors and **s**ocial **r**elating).

From past research projects we know that many young people hear a voice or voices that other people cannot hear.

- ★ Our project has been designed to find out more about voice hearing in young people. We also want to know when voice hearing might be upsetting for young people.
- ★ We would also like to find out more about the social lives of young people who do and do not hear voices. For example, we would like to know about their relationships and activities.



The reason we are doing this project is to find better ways to support young people to get on with their lives.

## Who can take part?



- ❖ Young people aged between **14 and 18** and
- ❖ Receiving care of an **Early Intervention in Psychosis** or a **Child and Adolescent Mental Health Service**.

*This project will **not** be right for you: 1) if you can't read and write in English, or 2) if you are diagnosed with moderate or severe learning disability.*

## What will taking part involve?



The study involves completing some questionnaires and interviews with the help of a researcher from our team.

The process takes 3 to 4 hours over one or two sessions. You might also be invited to an optional interview to talk about any care and support you have had from services.



We will give you **£20** as a thank you for your time and participation!

## How can I get involved?



If you are interested in getting involved, please contact the researcher Kat Rammou [A.Rammou@sussex.ac.uk](mailto:A.Rammou@sussex.ac.uk) or telephone/text 07391868645 with your name and phone number.