



**London
South Bank
University**

Request for participants

Exploring Gardening Interventions within Addiction Recovery

My name is Andrew Mitchell, and I am currently undertaking a Doctorate (PhD) in Addiction Psychology at London South Bank University. My PhD research explores individuals' experiences of using gardening within their addiction recovery.

To take part in this study, you will need to:

- Be above 18 years of age
- Be in recovery or have personal experience of recovery from substance addiction (for instance, drugs, alcohol)
- Have experience attending an organised collective gardening project

You will be asked to take part in an interview.

The interview will last about 60 minutes and be anonymised, and pseudonyms will be used. It will consist of several open-ended questions that will allow you to reflect on your personal experience of using gardening within your recovery.

The interview will be audio recorded. Information obtained from this will be available only to the research team and will be treated in the strictest confidence.

The university ethics committee has approved this research project. It is supervised by Prof Dan Frings, Dr Eleni Vangeli and Dr Paul Sugarhood. Ethics contact sasethics@lsbu.ac.uk

You will not receive any reward for participation, and you can withdraw from the study without having to give a reason. Please ask for a participant's information sheet for more information.

If you have any questions or would like to participate, please get in touch with me at mitcha17@lsbu.ac.uk, phone or text 07879537186 (WhatsApp)