

**The Carmen Study: Social Work Staff Survey for social workers from  
LA1, LA2 and LA3**

**To be completed by social work staff working with looked after young  
women or care leavers**

The Carmen Study is funded by the National Institute for Health Research, Health Technology Assessment Programme. Its aim is to develop a peer mentoring intervention to reduce teenage pregnancy in looked after young women, and to explore whether peer mentoring can have a positive impact on the lives of looked after young women aged 14-18 in terms of their general wellbeing, social life, relationships, attitudes to sex and thoughts about early pregnancy. In the Carmen Study, a peer mentor is a young woman aged 19-25 who has been through the care system.

We are conducting an exploratory randomised trial (RCT) of the mentoring intervention in three local authority areas in England - Ealing, Lambeth and Essex. The results will inform the development of a protocol for a larger trial, for which separate future funding would be sought.

The Local Authority that you work for has committed to take part in the Carmen Research Study. As part of that commitment, the Heads of Service have consented for Social Work staff to complete a survey.

Recruitment for the Carmen Study has now been completed. We need to understand the process which occurred within the Local Authorities as well as the potential for future recruitment and improvements to the process.

Please answer as honestly as you can. Your answers will remain confidential to the research team and you will remain anonymous in any research reports. The survey should take around 10 minutes to complete.

**If you complete this survey you can enter into a prize draw to win a £30 Marks & Spencer voucher.** To do this, you will need to give us your first name and an email address. This information will be stored separately from your responses so that your answers remain anonymous.

Please complete this survey by **15<sup>th</sup> February 2013**.

.....  
.....

**Name of your Local Authority**

- London Borough of Ealing
- London Borough of Lambeth
- Essex

**Job role in the Local Authority** .....

**How long have you worked for the Local Authority in your current role?**

**Years..... Months ..... Weeks .....**

**1.1**

**Which age groups of looked after young people / care leavers are on your caseload?**

**(Check all that apply)**

- **Between the ages 14 and 18** If they choose only this option they should not ANSWER SECTION 5
- **Between the ages of 19 and 25** If they choose only this option they should not ANSWER SECTION 4
- **Neither of these** (If they tick this then the blurb about not being able to participate should show and survey ends)

**1.2 – ONLY TO BE ANSWERED IF THEY HAVE TICKED ‘AGES 14-18’ IN 1.1**

**1.2 Today, approximately how many looked after young women between the ages of 14 and 18, do you have on your case load?**

Number =

**1.3 - ONLY TO BE ANSWERED THEY TICK 'AGES 19-25' OR 'BOTH OF THESE' IN 1.1**

**1.3 Today, approximately how many young women between the ages of 19 and 25 do you have on your case load?**

Number =

**Awareness of the Carmen Study**

**Everyone answers 2.1**

**2.1**

**Were you aware of the Carmen Study before you received this survey?**

Y/N

IF NO, they skip to 3.1. They answer 3.1-3.4 and then they skip to 6.2

**IF YES TO 2.1, CONTINUE TO 2.2**

**2.2**

**From whom did you first hear about the Carmen Study?** (Choose one of the following)

Head of Service / Director

Team Manager /Deputy Manager

Social Worker

Carmen Study Local Authority Project Coordinator (PC)

Carmen Study Researcher

Other (please state) .....

**2.3**

**How did you first hear about the Carmen Study?**

(Choose one of the following)

- Via email
- In a team meeting
- On the telephone
- During a conversation in my office
- Other please state

.....  
 .....

**PEER MENTORING**

The Carmen Study is researching whether a peer mentoring intervention for looked after young women (aged 14-18) can have a positive impact on their lives and potentially reduce teenage pregnancy. In the study, peer mentors are young women aged 19-25 who have been through the care system.

**3.1 follows 2.1 for those that answer NO to 2.1**

**3.1**

**In your view, what are the possible benefits of peer mentoring as a way of supporting looked after young women?**

.....

**3.2 Do you think a peer mentoring approach could potentially reduce teenage pregnancy among looked after young women?**

**Y/N**

**3.3 follows 3.2 if you answer YES to 3.2**

**3.4 follows 3.2 if you answer NO to 3.2**

**3.3**

**Why do you think a peer mentoring approach could potentially reduce teenage pregnancy among looked after young women?**

.....

**3.4 follows 3.2 if you answer NO to 3.2**

**3.4**

**Why do you think a peer mentoring approach may not reduce teenage pregnancy among looked after young women?**

.....

**Those that answered No to 2.1 now go to 6.2**

**Recruitment**

**This section relates to looked after young women aged between 14 and 18 on your caseload.**

**4.1**

**Have you made any attempts to recruit looked after young women aged between 14 and 18 to the Carmen Study? (I.e. approached a young woman and talked to them about it or passed on their name)**

Y/N

**4.2 follows if answered Yes to 4.1**

**4.3 follows if answered No to 4.1**

**4.2**

**Approximately how many? 4.2 must be on same screen as 4.1 to see wording above**

.....

**4.3 follows if answered No to 4.1**

**4.3 What were the reasons that you did not attempt to recruit any looked after young women, aged between 14 and 18, to the study? (check up to 3)**

- I didn't have any looked after young women age 14-18 on my caseload at that time

- I did not think it would benefit young women on my caseload to take part
- I thought it might be harmful to young women on my caseload to take part
- I did not have time
- I forgot
- There were other priorities for me in my office
- Other (please state)

.....

**Ones who answered No to 4.1 (i.e. haven't recruited) now go to 4.12**

**4.4 follows if answered Yes to 4.1 and then answered 4.2**

**4.4 What were the factors that made you consider the looked after young women (aged between 14 and 18) to be suitable to take part in the Carmen study?**

- .....
- .....
- .....

**4.5 Did you have young women on your case load that fitted the recruitment criteria (i.e. were female, looked after and aged between 14 and 18) but you thought would be unsuitable to take part in the Carmen Study?**

**Y/N**

**IF NO GO TO 4.8**

**4.6 If yes, how many?**

..... **4.6 must be on same screen as 4.5 to see wording above**

**4.7 What were the factors that made you consider the looked after young women to be unsuitable to take part in the Carmen study?**

- .....
- .....
- .....

**4.8 follows if you answered No to 4.5**

**4.8 How many of the (x number inputted in 4.2) looked after young women you attempted to recruit, expressed an interest in taking part in the Carmen Study?**

Number =

**4.9 Of those looked after young women who did express an interest in taking part in the Carmen Study, what were the reasons they gave for this?**

.....

**4.10**

**Of those looked after young women who did not express an interest in taking part in the Carmen Study, what were the reasons they gave for this?**

.....

**4.11**

**When a looked after young woman consented to take part in the study, the researchers contacted the social worker to inform them of this.**

**Of those (x number inputted in 4.8) young women who expressed an interest in the Carmen study, how many consented to take part?**

Number =

**Those that answered No to 4.1 now start here.**

**Everyone completing this section answers this question**

**4.12 What do you think could have assisted you with recruiting looked after young women, aged between 14 and 18 to the Carmen Study?**

.....

**This section relates to young women on your case load aged between 19 and 25 who have been through the care system**

**Mentors in the Carmen Study are female, aged between 19 and 25 and have been through the care system.**

**5.1 Have you made any attempts to recruit young women to the Carmen Study as mentors? (I.e. approached a young woman and talked to them about it or passed on their name)**

Y/N

**5.2 follows if answered Yes to 5.1**

**5.2 Approximately how many? 5.2 must be on same screen as 5.1 to see wording above**

.....



**5.3 follows if you answered No to 5.1**

**5.3 What were the reasons that you did not attempt to recruit any young women aged between 19 and 25 to the Carmen study? (up to 3)**

- I didn't have any young women aged 19-25 , who had been through the care system, on my caseload at that time
- I did not think it would benefit young women aged 19-25 to take part
- I thought it might be harmful to young women aged 19-25 to take part
- I did not have time
- I forgot
- There were other priorities for me in my office
- Other (please state)  
.....

**Ones who answered No to 5.1 (i.e haven't recruited) now go to 5.12**

**5.4 What were the factors that made you consider the young women to be suitable to take part in the Carmen study as a mentor?**

- .....
- .....
- .....

**5.5 Did you have young women on your caseload that fitted the recruitment criteria, that you thought would be unsuitable to take part in the Carmen Study as a mentor?**

**Y/N IF NO GO TO 5.8**

**5.6 If yes, how many? 5.6 must be on same screen as 5.5 to see wording above**

.....

**5.7 What were the factors that made you consider the young women to be unsuitable to take part in the Carmen study as a mentor?**

- .....
- .....
- .....

**5.8 follows if you answered No to 5.5**

**(Remember that people who answered no to 5.2, (i.e did not make any attempt to recruit mentors are not answering this – they go from 5.1 to 5.12 )**

**5.8 How many of the (number inputted in 5.2) young women you attempted to recruit as mentors expressed an interest in taking part in the Carmen Study?**

Number =

**5.9**

**Of those young women who did express an interest in taking part in the Carmen Study, what were the reasons they gave for this?**

.....  
.....

**5.10**

**Of those young women who did not express an interest in taking part in the Carmen Study, what were the reasons they gave for this?**

.....  
.....

**(Remember that people who answered no to 5.2, (i.e did not make any attempt to recruit mentors are not answering this – they go from 5.1 to 5.12 )**

**5.11**

**Of those (number inputted in 5.8) young women who expressed an interest in the Carmen Study, how many consented to take part?**

Number =

**Those that answered No to 5.1 now start here.**

**Everyone completing this section answers this question**

**5.12 What do you think could have assisted you with recruiting young women aged between 19 and 25 to the Carmen Study?**

.....  
.....

**Randomisation**

All looked after young women aged 14-18 who consented to take part in the Carmen Study participated in a research interview. Afterwards, they were randomised to one of two groups. They had a 50% chance of receiving a mentor. Those that did not get a mentor continued to receive the services they usually have access to. Whether or not they received a mentor was decided at random by a computer. The decision had nothing to do with any personal characteristics or behaviours of the young woman. The reason for the randomisation is to be able to compare various outcomes, after one year, between those who receive a mentor and those who do not.

**6.1**

**Before reading the above information, were you aware that participants aged between 14 and 18 who took part in the Carmen Study had a 50% chance of receiving a mentor?**

Y/N

**EVERYONE ANSWERS 6.2**

**AND For those that answered No to 2.1 and then answered Section 3 , The randomisation blurb above is now shown to them and 6.2 now follows**

**6.2 What are your views about randomisation for research purposes?**

.....  
.....

**Those that answered No to 6.1 now go to 7.1**

**6.3 follows only for those that answered YES to 4.1 (that they recruited mentees) AND YES to 6.1 (that they knew about randomisation)**

**6.3 Did the use of randomisation in the Carmen Study affect the way you thought about / acted upon recruitment of young women aged between 14 and 18?**

Y/N            IF NO to 6.3 they skip to 6.5

**6.4 If so how did it affect the way you approached recruitment? Ensure 6.4 is on the same page**

.....  
.....

**6.5 follows for those that answered NO to 6.3**

**6.5 Are there any looked after young women on your caseload (aged between 14 and 18) you deemed unsuitable to take part in the study because of the use of randomisation?**

**Y/N**

**IF NO to 6.5 they skip to 7.1**

**6.6**

**Please explain the characteristics of the looked after young women that resulted in you deeming them unsuitable to take part in the study, because of the use of randomisation.**

.....  
.....

**Recruitment criteria**

**THE FOLLOWING QUESTIONS ARE FOR ALL RESPONDENTS**

Mentors in the Carmen Study have been through the care system and are aged between 19 and 25. Having a child does not exclude them from being a mentor.

Those who are randomised to receive a mentor are looked after young women aged between 14 and 18.

**THOSE WHO ANSWERED NO TO 6.2, NOW ANSWER SECTION 7**

**7.1**

Bearing in mind the aim of the study, which is to reduce teenage pregnancy, what are your views on the ages of the participants in the Carmen Study?

(i.e. please tell us your views on the range of ages, and whether the ages are young or old enough considering the aims of the study)

a) The mentors - young women aged between 19 and 25 who have been through the care system

.....  
.....

b) Looked after young women aged between 14 and 18

.....  
.....

**7.2 Please tell us if you have any other comments about the Carmen Study research or the peer mentoring intervention.**

.....  
.....

**Information about respondents**

We would like to ask a few questions about your background and experiences of research.

**8.1 How long have you worked as a social worker?**

N = ....years

**8.2 Did your social work training include any teaching on social research methods?**

Y/N

**8.3 Apart from the Carmen Study, are you aware of any other research studies being conducted in your Local Authority?**

Y/N

**8.4 follows for those who answer Yes to 8.3**

**8.4 Please provide details of the other research studies being conducted in your Local Authority.**

.....  
.....

**Thank you for completing the Carmen Study survey.**

By completing this survey you are helping The Carmen Research Team to assess the feasibility of delivering the Carmen Study in a future large scale trial.

If you would like to be entered into the Prize Draw to win £30 in Marks & Spencer vouchers, please complete your name and contact details below. The winner will be randomly drawn from completed questionnaire entries on or soon after the 15<sup>th</sup> February 2013 and will be contacted straight away.

Name

Email address

This personal information will be stored separately from your responses so that your answers remain anonymous.

If you have any questions or would like further information about the study,  
you can contact us at [REDACTED]

Or:

Deborah Meyer, Research Trial Manager on [REDACTED]

Fiona Clare, Research Assistant on [REDACTED]

## Young people's national online survey 14-18

**Are you:**

**Aged 14 – 18**


**Female**

**In care**

**Live in UK**

**If no –**

Participants eligible to take part in the Carmen Study are young women aged 14- 18 who are currently in care and young women aged 19-25 who have been through the care system. To be eligible to complete the survey you must also fall into these categories. Unfortunately you do not. Thank you for your interest in the Carmen Study.

If you would like to know more about the study for your information, please email 

### **BLURB:**

St George's University of London, together with other partners, are being funded by the Government to do a Research Study. We are trying to find out whether meeting 'peer mentors' can have a positive impact on the lives of young women aged 14-18 in care. These positive effects could be to their general wellbeing, social life, relationships, attitudes to sex and thoughts about early pregnancy.

In this research study, a peer mentor is a young woman aged 19-25 who has been through the care system herself.

By completing this survey you will help us to understand what young women in care think and feel about the research methods we are using and peer mentoring. The Carmen Research study is currently being delivered in 3 local authorities and is not recruiting further participants at present, but we hope to be able set up another similar study in the future.

We really want to hear your views as to whether peer mentoring for young people in the care system is practical and useful. If it is, the research team will recommend that peer mentoring for young women in care becomes more widely available.

This survey should take you about 15 minutes to complete. There are 8 sections. Your responses will be stored confidentially. In reporting of the survey findings we may report something that you have said but no one will be able to identify it was you who said it.



**If you complete every question of the survey you can enter into a prize draw to win a £30 Love2Shop voucher which you can spend in a variety of shops.**

To do this, you will need to give us your first name and an email address (or a telephone number). This information will be stored separately from your responses so that your answers remain anonymous.

Thank you for completing this survey.

The Carmen Research Team.

**SECTION 1 :**

**Age** .....

**How would you describe your ethnicity?** (please tick one)

- White or White British
- Mixed ethnicity
- Asian or Asian British
- Black or Black British
- Chinese
- Not sure
- Other please state .....

**What part of the UK do you live in?**

- North England (N. East and N. West)
- Yorkshire and the Humber
- Midlands (East and West)
- London
- South England (S. East and S. West)
- East of England
- Wales
- Scotland
- Northern Ireland

**How many times have you been placed in care?**

**N =** .....

**If once, how long have you been in care?**

Years ..... Months ..... Weeks .....

**If more than once, what is the longest period of time you have spent in care?**

Years ..... Months ..... Weeks .....

## SECTION 2:

**Do you have or have you ever had a mentor?**

Y/N

IF YES CONTINUE SECTION, IF NO SKIP TO SECTION 3

If you have more than one mentor, please answer in relation to the mentor that you have most contact with.

**Where is/was your mentor from? My mentor is someone from**  
.....(Please tick one)

- School / college / other education centre
- Youth centre / Connexions
- Mental Health Service
- Advocacy Service
- Religious organisation
- Business organisation
- Youth Offending Team / Youth Justice Service
- In care / a care leaver
- Other (please specify) .....

**Is/was your mentoring provided in a group setting or on a one-to-one basis?**

(please tick one)

- Group
- One-to-one
- Both

**How often do/did you meet with your mentor? (please tick one)**

- More than once a week
- Once a week
- Every two weeks
- Once a month
- Every two months
- Less than every two months

**What do/ did you do during your time with your mentor?**

(Tick all responses that apply)

- Sit and talk with them
- Home work / Education
- Leisure activity e.g. eating a meal out / cinema / sport etc
- Attend an appointment e.g. Doctor / Social Worker / Clinic
- Other (please specify).....

How long will you / did you have a mentor for?

- Less than 6 months
- 6 months to 1 year
- 1 year to 1.5 years
- 1.5 years to 2 years
- More than 2 years

Do/did you enjoy having a mentor? Y/N

Please explain what you like/d about having a mentor

.....

.....

.....

Please explain what you do/did not like about having a mentor

.....

.....

.....

**If your mentoring has ended, how did you feel when it finished?**

.....

.....

.....

**SECTION 3:**

The Carmen Study aims to provide young women in care with a supportive relationship with their mentor and help them make informed choices.

**If you had an opportunity to choose a mentor, what would they be like?**

For each question a – f below, please choose one option and then rate how important each one is to you.

**a) I would like my mentor to be:**

- Male
- Female
- I don't mind whether my mentor is male or female

**Now rate how important the gender of your mentor would be to you**

(Please circle a number)

Not at all important	Somewhat important			Very important
1	2	3	4	5

**b) I would like my mentor to be:**

- Age 14-18
- Age 19-25
- 26 – 30
- 31 – 40
- 41+
- I don't mind what the age of my mentor is

**Now rate how important the age of the mentor would be to you**

(Please circle a number)

Not at all important	Somewhat important			Very important
1	2	3	4	5

**c) I would like my mentor to be**

- Someone who is in care or has left care
- Someone who has a profession working with children in care e.g. participation officer / advocate
- Someone who has no experience of the care system
- I don't mind what experiences the mentor has had

**Now rate how important the mentor's experience of the care system would be to you**

(Please circle a number)

Not at all important	Somewhat important			Very important
1	2	3	4	5

**d) I would like my mentor to**

- Have the same religion as me
- Have a different religion to me
- I don't mind what their religion is

**Now rate how important the mentor's religion would be to you**

(Please circle a number)

<b>Not at all important</b>	<b>Somewhat important</b>			<b>Very important</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**e) I would like my mentor to**

- Have the same ethnicity/culture to me e.g. shared country/region of origin
- Have a different ethnicity/culture to me
- I don't mind what their ethnicity/culture is

**Now rate how important the mentor's ethnicity/culture would be to you**

(please circle a number)

<b>Not at all important</b>	<b>Somewhat important</b>			<b>Very important</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**f) I would like my mentor to have**

- The same interests as me e.g. music / films
- Different interests to me
- I don't mind what their interests are

**Now rate how important the mentor's interests would be to you**

(please circle a number)

<b>Not at all important</b>	<b>Somewhat important</b>			<b>Very important</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**g) Please tell us if there is something else that would be important to you in a mentor**

.....  
.....  
.....

If you were offered a female mentor aged between 19 and 25 who has left care, would you want one?

Yes / No

**If yes, please explain what your reasons would be for wanting the mentor.**

.....  
.....  
.....

**If no, please explain what your reasons would be for not wanting the mentor.**

.....  
.....  
.....

**SECTION 4:**

The Carmen Study is a research study. Young women who want to take part in the research participate in a confidential interview with a researcher. The researchers have to ask quite personal questions, for example about their care history, relationships and attitudes towards sex and pregnancy. The reason for this is to find out about the experiences and views of the participants who take part in the study.

**How comfortable would you feel about answering questions of this nature in a research interview?**

<b>Not at all comfortable</b>	<b>Somewhat comfortable</b>			<b>Very comfortable</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Please tell us if there is anything that could be done to encourage you to take part in a research interview like this?**

**(SARAH PLEASE MAKE SURE THIS QUESTION IS ON SAME PAGE AS ABOVE).....**

.....

**SECTION 5:**

After the research interview, young women have a 50% chance of receiving a mentor. Whether or not they receive a mentor is decided at random by a computer. The decision has nothing to do with any personal characteristics or behaviours of the young woman. The reason we are doing the research in this way is because we need to compare the experiences of those who receive a mentor with those who do not.

**If the Carmen Study was available in your area, and knowing that you would have a 50% chance of receiving a mentor, would you still take part in the research study?**

Y/N

**If yes, please explain what your reasons would be for taking part in the research study.**

.....  
.....

**..... If no, please explain what your reasons would be for not taking part in the research study.**

.....  
.....  
.....

**How would you feel if you took part in the research interview but you didn't receive a mentor?**

.....  
.....  
.....

**SECTION 6**

**Young women in the Carmen Study are asked to meet with their mentor once a week, in person, for one year.**

Do you think once a week is: (please circle / tick one)

- Too little

- Just right
- Too much

**Do you think you would have any difficulties in meeting up with a mentor once a week?**

Y/N

IF YES, what are those difficulties? (Please circle / tick one option)

- Education / work commitments e.g. homework
- Organised activities e.g. sports club / music lesson
- Other commitments e.g. time for friends

If you have ticked other: Please tell us what .....

THIS QUESTION WILL BE SEEN BY 14/15 YEAR OLDS ONLY

Does your carer allow you to travel alone on public transport?

Y/N

THIS QUESTION WILL BE SEEN BY EVERYONE

Are you comfortable travelling alone on public transport? (e.g. bus / train)

Y/N

If yes, how far would you be willing to travel on public transport to see your mentor once a week?

- Nowhere – my mentor should come to me
- Less than 30 minutes
- 30 mins
- 1hr
- 1.5 hrs
- 2 hours
- As long as it takes as it doesn't matter how far away they live



**SECTION 7**

**Now imagine you are taking part in the Carmen Research Study and you have a mentor**

**Your mentor is a young woman aged between 19 and 25 and has been through the care system herself.....**

**How often would you like to meet up with your mentor?**

- Once a week
- Every two weeks
- Every three weeks
- Once a month
- Less than once a month

**What kind of contact would you prefer to have with your mentor in between face to face meetings with them? (check at most 2 answers)**

- Telephone conversation
- Email
- Text messaging
- Other (please state) .....

**How long would you like to be in contact with your mentor? (pick one)**

- Less than 6 months
- 6 months to 1 year
- 1 year to 1.5 years
- 1.5 years to 2 years
- More than 2 years

**During meetings with your mentor, what would you like to do?**

.....  
.....  
.....

**Once you had got to know your mentor, do you think you would be willing to discuss personal or emotional problems with them?**

Y/N

**Once you had got to know your mentor, do you think you would be willing to discuss sex and relationships with them?**

Y/N

The relationship with your mentor has been ongoing for 11 months and it is going to end in a few weeks. **Is there anything special that ought to happen when the relationship finishes?**

Y/N

**Would any of the following be helpful?**

**(Choose up to 2 of the following answers)**

- Ensure there is a plan in place so I have other support when the relationship ends
- Ending ceremony with certificate
- A gift / letter
- A special activity of my choice
- Anything else please state .....

## **SECTION 8**

Imagine you see a poster about the Carmen Study with details about the study and the contact details for the project coordinator, whose role is to recruit young women to the study.

**You are interested in taking part. Would you feel able to call the project coordinator?**

Y/N/ not sure?

**How would you prefer to be first contacted with information about the Carmen study?**

- In person
- Phone
- Email
- Post
- Social network site e.g. facebook or twitter
- Other (please state) .....

**Who would you prefer to first contact you about the Carmen study? (choose one)**

- My social worker or a previous social worker
- Another professional that I have contact with e.g. teacher / personal advisor
- A researcher
- The Carmen study project coordinator (even if I don't know them)
- A Carmen Study mentor
- My carer / family member
- It don't mind who I receive initial information from
- Other (please state)

We would like some more ideas about how to reach young women in care to tell them about the Carmen Study.

Please tell us about places young women in care might visit where the project coordinator or researchers could let them know about the study or put up posters for them to see.

.....  
.....

**BLURB:**

**Thank you for completing the Carmen Research Study Questionnaire.**

By completing this survey you have helped us to understand a bit more about what young women in care think and feel about the research and peer mentoring.

If you would like to be entered into the Prize Draw to win £30 in Love to Shop Vouchers, please complete your name and contact details below. The winner will be randomly drawn from completed questionnaire entries on or soon after the 14<sup>th</sup> December 2012 and will be contacted straight away.

Name

Email (Essential so we can email to let you know if you have won)

Phone (not essential)

If you have any questions, you can contact us on [REDACTED]

Or:

Deborah Meyer, Research Trial Manager on [REDACTED]

Fiona Clare, Research Assistant on [REDACTED]

## Young people's national online survey 19-25

**Are you:**

**Aged 19 – 25**

**Female**

**Been in the care system**

**Live in UK**

**If no – END**

**BLURB:**

St George's University of London, together with other partners, are being funded by the Government to do a Research Study. We are trying to find out if providing peer mentors to young women aged 14-18 in care can have positive effects - in relation to their general wellbeing, social life, relationships, attitudes to sex and thoughts about early pregnancy.

In this research study, a peer mentor is a young woman aged 19-25 who has been through the care system herself. The peer mentors in the Carmen Study are young women aged 19-25, like you, who have been through the care system.

By completing this survey you will help us to understand what young women in care think and feel about the research methods we are using and peer mentoring. The Carmen Research study is currently being delivered in 3 local authorities and is not recruiting further participants at present, but we hope to be able set up another similar study in the future.

We really want to hear your views as to whether peer mentoring for young people in the care system is practical and useful. If it is, the research team will recommend that peer mentoring for young women in care becomes more widely available.

This survey should take you about X minutes to complete. There are 9 sections. Your responses will be stored confidentially. In reporting of the survey findings we may report something that you have said but no one will be able to identify it was you who said it.

**If you complete every question of the survey you can enter into a prize draw to win a £30 Love2Shop voucher which you can spend in a variety of shops.**

To do this, you will need to give us your first name and an email address (or a telephone number). This information will be stored separately from your responses so that your answers remain anonymous.

Thank you for completing this survey.

The Carmen Research Team.

## **SECTION 1 :**

**Age** .....

**How would you describe you ethnicity?** (please tick one)

- White or White British
- Mixed ethnicity
- Asian or Asian British
- Black or Black British
- Chinese
- Not sure
- Other please state .....

**What part of the UK do you live in?**

- North England (N. East and N. West)
- Yorkshire and the Humber
- Midlands (East and West)
- London
- South England (S. East and S. West)
- East of England
- Wales
- Scotland
- Northern Ireland

## **SECTION 2:**

**Do/have you ever had a mentor?** Y/N

If you have/have had more than one mentor, please answer in relation to the mentor that you have/had most contact with.

**Where is/was your mentor from? My mentor is/was someone from .....**

(please tick one)

- School / college / other education centre
- Youth centre / Connexions
- Mental Health Service
- Advocacy Service
- Religious organisation
- Business organisation
- Youth Offending Team / Youth Justice Service
- In care / a care leaver
- Other (please specify) .....

**Is / was your mentoring provided in a group setting or on a one-to-one basis?**

- Group
- One-to-one
- Both

**How often do / did you meet with your mentor?**

- More than once a week
- Once a week
- Every two weeks
- Once a month
- Every two months
- Less than every two months

**What do / did you do during your time with your mentor? (tick all responses that apply)**

- Sit and talk with them
- Home work / Education
- Leisure activity e.g. eating a meal out / cinema / sport etc
- Attend an appointment e.g. Doctor / Social Worker / Clinic
- Other (please specify)

**How long will you / did you have a mentor for?**

- Less than 6 months
- 6 months to 1 year
- 1 year to 1.5 years
- 1.5 years to 2 years
- More than 2 years

**Do / did you enjoy having a mentor?**

Y/N

**Please explain what you like/d about having a mentor**

.....  
.....  
.....

**Please explain what you do / did not like about having a mentor**

.....  
.....  
.....

**If your mentoring has ended, how did you feel when it finished?**

.....  
.....  
.....

**SECTION 3:**

**Have you ever been a mentor for someone else? Y/N**

IF YES CONTINUE SECTION, IF NO SKIP TO SECTION 4

If you have mentored more than one person, please answer in relation to the person that you had most contact with.

**Who is/was the person you mentored? The person I mentored was from**

.....

(Please tick one)

- School / college
- Youth centre / Connexions
- Mental Health Service
- Religious organisation
- Youth Offending Team / Youth Justice Service
- In care
- Other (please specify) .....

**Is/was the person you mentored a male or a female?**

Male / Female

**How old is/was the person you mentored?**

(please enter the actual or approximate age)

.....

**Do/did you mentor them in a group setting or on a one-to-one basis?**

(please choose one)

- Group
- One-to-one
- Both

**How often do/did you meet with the person you mentored?**

- More than once a week
- Once a week
- Every two weeks
- Once a month
- Every two months
- Less than every two months

**What do/did you do during your time with the person you mentored?**

(Tick all responses that apply)

- Sit and talk with them
- Home work / Education
- Leisure activity e.g. eating a meal out / cinema / sport etc
- Attend an appointment e.g. Doctor / Social Worker / Clinic
- Other (please specify)

**How long will you be/were you a mentor for?**

- Less than 6 months
- 6 months to 1 year
- 1 year to 1.5 years
- 1.5 years to 2 years
- More than 2 years

**Do/did you enjoy being a mentor?**

Y/N

**Please explain what you like/d about being a mentor**

.....  
.....  
.....



**Please explain what you do/did not like about being a mentor**

.....  
.....  
.....

**SECTION 4:**

Mentors in the Carmen Study are expected to meet with a young woman once a week, face to face, for one year.

In recognition of their time and effort, mentors receive £40 vouchers per month and they can gain a level 1 qualification called an ASDAN.

**If the Carmen Study was available in your area, would you consider becoming a mentor for a young woman in care?**

Please note: Yes / No

(If ticked Yes) **What would be your reasons?** (Please tick up to 3)

- Something to put on my CV
- Helping a young person in care
- Sharing my experiences
- New skills
- A recognised qualification
- Payment
- Other (please state) .....

(If ticked No) **What would be your reasons?** (Please tick up to 3)

- I am not interested in being a mentor for anyone
- I am not interested in being a mentor for a young woman in care
- I have issues to sort out in my own life
- I have too many education / employment commitments
- I have too many social commitments i.e. want my spare time for myself / friends / social or religious organisations
- I have family commitments e.g caring for children / family member
- I have no baby sitter for my children
- Other (please state) .....

**SECTION 5:**

**Mentors in the Carmen Study volunteer to meet with the young woman they are mentoring once a week, face to face, for one year.**

**In recognition of their time and effort, mentors receive £40 vouchers per month and they can gain a level 1 qualification called an ASDAN.**

On a scale of 1-5, how satisfactory are these incentives?

<b>Unsatisfactory</b>					<b>Satisfactory</b>
5	1	2	3	4	

**Please tell us what amount per month you think is satisfactory as a voucher payment in recognition of time and effort for mentors.**

£.....

(This question is not to be seen by those who said they would never consider being a mentor) **Would you consider becoming a mentor if there was no financial reward?**

Y/N

**Mentors in the Carmen Study have £15 a week to pay for an activity of their choice and travel costs for themselves and the young woman that they mentor.**

On a scale of 1-5, how satisfactory is this amount for activities and travel?

<b>Unsatisfactory</b>					<b>satisfactory</b>
1	2	3	4	5	

**Please tell us what amount per week you think is satisfactory.**

£.....

### **SECTION 6:**

The training to become a mentor in the Carmen Study takes place over 3.5 days.

In recognition of their time and effort for attending the training, mentors receive a £30 voucher and reimbursement for travel expenses on completion of the training.

**Do you think you would have any difficulties attending 3.5 days of training?**

Y/N

**If yes, what would the difficulties be? (choose up to 2 main difficulties)**

- I have education / employment commitments
- I have social commitments i.e. want my spare time for myself / friends / social or religious organisations
- I have family commitments e.g caring for children / family member
- I have no baby sitter for my children
- Other (please state) .....

**On a scale of 1-5, how satisfactory is a £30 voucher and reimbursement of travel costs in recognition of the time and effort of attending training?**

	<b>Unsatisfactory</b>			
	<b>Satisfactory</b>			
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>				

Please tell us what amount you think is satisfactory

.....

(Question not for those that said they would never be mentor) **Would you attend the training if there was no financial incentive on offer?**

Y/N

**When do you think is the best time for mentor training to take place?**

- Weekdays
- Evenings
- Weekends
- A mixture of weekdays and weekends
- College / university holidays
- Don't mind

Would you like the training to be delivered over

- i. four weekdays in a row
- ii. Two weekdays one week and two weekdays the following week

- iii. One weekday each week, delivered over 4 weeks
- iv. Other please state.....

b) Evenings – Next question would be .....

If the training was delivered during the evenings it would be delivered over approximately 8 evenings. The training would need to be completed within a one month period.

Would you like the training to be delivered over

- i. 4 evenings per week (training is completed over 2 weeks)
- ii. 3 evenings per week (training is completed over 3 weeks)
- iii. 2 evenings per week (training is completed over 4 weeks)
- c) Weekends – next question would be.....

If the training was delivered during weekends, it would need to be completed within a one month period.

Would you like the training be delivered over

- v. Two weekends in a row (Saturday and Sunday)
- vi. Four weekends in a row (e.g -every Saturday for 4 weeks)
- vii. Other please state.....

d) A mixture of weekdays and weekends – next question would be.....

If the training was delivered during weekdays and weekends, it would need to be completed within a one month period.

Would you like the training be delivered over

- viii. One week and weekend (e.g Wed – Sat)
- ix. Two weeks and two weekends (e.g Fri and Sat for two weeks in a row)
- x. One day a week over a month period (sometimes a weekday and sometimes a weekend day)
- xi. Other please state.....

### **SECTION 7:**

Mentors in the Carmen Study volunteer to meet with the young woman they mentor once a week, face to face, for one year.

**Do you think once a week is:** (please pick one)

- Too little
- Just right
- Too much

**Do you think you would have any difficulties in meeting up with a young woman once a week?**

Y/N

IF YES, what would those difficulties be? (tick up to 2 responses)

- I have education / employment commitments
- I have social commitments i.e. want my spare time for myself / friends / social or religious organisations
- I have family commitments e.g caring for children / family member
- I have no baby sitter for my children
- Other (please state) .....

**How much time do you think is reasonable to expect a mentor to travel to see a young woman they are mentoring? (tick one)**

- Less than 30 mins
- 30 mins
- 1hr
- 1.5 hrs
- As long as it takes as it doesn't matter how far away they live

## **SECTION 8:**

Now imagine you are mentoring a young woman in care who is aged 14-18.....

**How often would you like to meet up with the young woman you are mentoring?**

- Once a week
- Every two weeks
- Every three weeks
- Once a month
- Less than once a month

**How long would you like to be in contact with the young woman you are mentoring?**

- Less than 6 months
- 6 months to 1 year
- 1 year to 1.5 years
- 1.5 years to 2 years
- More than 2 years

**You have got to know the young woman you are mentoring.**

**Do you think you would you feel comfortable discussing their sexual relationships and sexual health with them?**

Y/N

**What type of support do you think should be available to you whilst you are a mentor? (Tick up to 3)**

- Phone contact with a project coordinator from the Local Authority who manages the mentoring and provides support to mentors
- Individual, face to face support with a project coordinator from the Local Authority
- A group session which includes the other mentors, facilitated by project coordinator from the Local Authority
- Individual (face to face or phone) support from a professional that I know already
- Other (please state) .....

The next page should list the options above that they have ticked and a box where they need to put how often they want that type of support.

**Options will be:**

More than once a week

Once a week

Every two weeks

Monthly

Every two months

**Mentors in the Carmen Study have monthly support group meetings with other mentors, facilitated by a project coordinator. These provide an opportunity to discuss with other mentors and the project coordinator how things are going and they try to resolve any issues.**

What kind of professional do you think should facilitate these meetings and provide support to mentors? (i.e take on the role of project coordinator)

- Social worker
- Local Authority Health professional (including sexual health workers)
- Other Local Authority professional (e.g. personal advisor / participation officer/youth worker)
- Other professional who is independent from Local Authority e.g. Charity / voluntary organisation worker
- A mentor who has graduated the mentoring programme
- Other please state .....

**SECTION 9**

Imagine you see a poster about the Carmen Study with details about the study and the contact details for the project coordinator.

**You are interested in taking part. Would you feel able to call the project coordinator?**

Y/N/ not sure?

**How would you prefer to be first contacted with information about the Carmen study?**

- In person
- Phone
- Email
- Post
- social network site / twitter
- Other (please state) .....

**Who would you prefer to first contact you about the Carmen study?**  
(choose one)

- My social worker or a previous social worker
- Another professional that I have contact with e.g. tutor / personal advisor
- A researcher
- The Carmen study project coordinator (even if I don't know them)
- A Carmen Study mentor
- A key worker / care worker / family member
- It don't mind who I receive initial information from
- Other (please state)

We would like more ideas about where to advertise the Carmen Study. Please tell us about any other places female care leavers (age 19-25) might visit where someone could let them know about the study or the Carmen Study could put up posters

.....  
.....

**Thank you for completing the Carmen Research Study Questionnaire.**

By completing this survey you have helped us to understand a bit more about what young women like you think and feel about the research and peer mentoring.

If you would like to be entered into the Prize Draw to win £30 in Love2Shop Vouchers, please complete your name and contact details below. The winner

will be randomly drawn from completed questionnaire entries on or soon after the 14<sup>th</sup> December 2012 and will be contacted straight away.

Name

Email (Essential so we can email to let you know if you have won)

Phone (not essential)

This personal information will be stored separately from your responses so that your answers remain anonymous.

If you have any questions, you can contact us on [REDACTED]

Or:

Deborah Meyer, Research Trial Manager on [REDACTED]

Fiona Clare, Research Assistant on [REDACTED]



**The Carmen Study: National Survey**

**To be completed by:**

**a) Director of Children’s Services**

**b) Senior Managers in Looked After Children / Care Leaving teams**

The Carmen Study is funded by the National Institute for Health Research, Health Technology Assessment Programme. Its aim is to develop a peer mentoring intervention to reduce teenage pregnancy in looked after children, and to explore whether peer mentoring can have a positive impact on the lives of young women aged between 14 and 18 in care in terms of their general wellbeing, social life, relationships, attitudes to sex and thoughts about early pregnancy. In the Carmen Study, a peer mentor is a young woman aged between 19 and 25 who has been through the care system.

We are conducting an exploratory randomised trial of the mentoring intervention in three local authority areas in England - Ealing, Lambeth and Essex. The results will inform the development of a protocol for a larger trial, for which separate future funding would be sought.

In addition to research within the three Local Authority areas, we are contacting the Directors of Children’s Services in all Local Authorities across England and Wales and asking them to complete a survey. We would really appreciate it if you could answer a few questions to help us assess feasibility for the Carmen study in a future trial.

Please answer as honestly as you can. Your answers will remain confidential to the research team and you will remain anonymous in any research reports and publications. The survey should take around 10 minutes to complete.

Please complete the survey by **15<sup>th</sup> February 2013**.

.....  
.....

**Where is your Local Authority / Borough / Council Council situated?**

- North England (N. East and N. West)
- Yorkshire and the Humber
- Midlands (East and West)
- London
- South England (S. East and S. West)
- East of England
- Wales

**Name of Local Authority / Borough / County Council**

.....

**a) What is your role in the Local Authority?**

.....

**b) How long have you worked in your current role?**

Years..... Months ..... Weeks .....

**Participants who receive a mentor in the Carmen Study are looked after young women between the ages of 14 and 18.**

**c) What is the total number of young people aged between 14 and 18 Looked After by your Local Authority?**

(NB. This does not include young people aged between 14 and 18 who are Looked After by another Local Authority and placed within your Local Authority)

Number:.....

**d) What is the total number of females aged between 14 and 18 Looked After by your Local Authority?**

Number:.....

**Please tell us a bit more about the number of females aged between 14 and 18 who are Looked After by your Local Authority**

**e) How many of these are placed in borough?**  
Number.....

**f) How many of these are placed out of borough?**  
Number.....

**N:B The total of e) + f) should equal d) i.e. the total number of females aged between 14 and 18 in the care of your Local Authority.**

**1.1**

**Please give a brief overview of current strategies for addressing the prevention of teenage pregnancy in your Local Authority.**

.....  
.....

**1.2**

**Does your Local Authority have specific strategies for preventing teenage pregnancy among Looked After Children?**

Y/N

**1.3 follows if answer Yes to 1.2**

**1.3**

**Please explain what the specific strategies are.**

.....  
.....

## PEER MENTORING

The Carmen Study is researching whether a peer mentoring intervention for looked after young women (aged between 14 and 18) can have a positive impact on their lives and potentially reduce teenage pregnancy. In the study, peer mentors are young women aged between 19 and 25 who have been through the care system.

### 2.1

**In your view, what are the possible benefits of peer mentoring as a way of supporting looked after young women?**

.....  
.....

### 2.2

**Do you think a peer mentoring approach could potentially reduce teenage pregnancy among looked after young women?**

Y/N

**2.3 follows 2.2 if you answer YES to 2.2**

### 2.3

**Why do you think peer mentoring could potentially reduce teenage pregnancy among looked after young women?**

.....

**2.4 follows 2.2 if you answer NO to 2.2**

### 2.4

**Why do you think that a peer mentoring approach may not reduce teenage pregnancy among looked after young women?**

.....

## PROJECT COORDINATOR ROLE

Each of the three Local Authorities involved in the Carmen Study have allocated a project coordinator from within the Local Authority. Their role is to manage the recruitment of young women in care (aged between 14 and 18) and the mentors who have been through the care system (aged between 19 and 25). Looked After young women are recruited with support from social workers. The project coordinators also support mentors to enable them to do the mentoring safely and effectively.

In a future trial, each Local Authority project coordinator is likely to require at least half a day per week of protected time, to enable them to commit to the role.

### 3.1

**What professional role do you think would be best placed to carry out the project coordinator role?**

- Social worker
- Local Authority Health professional (including sexual health workers)
- Other Local Authority professional (e.g. personal advisor / participation officer/youth worker)
- Other professional who is independent from Local Authority e.g. Charity / voluntary organisation worker
- A mentor who has graduated the mentoring programme
- Other please state .....

### 3.2

**Please explain why you think that professional role would be suitable**  
(Thinking about their skills and place of work)

.....  
.....

## **RANDOMISATION**

All looked after young women aged between 14 and 18 who consented to take part in the Carmen Study participated in a research interview. Afterwards, they were randomised to one of two groups. They had a 50% chance of receiving a mentor. Those that did not get a mentor continued to receive the services they usually have access to. Whether or not they received a mentor was decided at random by a computer. The decision had nothing to do with any personal characteristics or behaviours of the young woman. The reason for the randomisation is to be able to compare various outcomes, after one year, between those who receive a mentor and those who do not.

### 4.1

**What are your views about randomisation for research purposes?**

.....  
.....

### 4.2

**Do you have any concerns about the randomisation of young women to two groups?**

Y/N

**4.3 follows if answered Yes to 4.2**

**5.1 follows if you answered No to 4.2**

**4.3 What are your concerns?**

.....  
.....

**CAPACITY**

Subject to funding, it is possible that the Carmen Study will be rolled out in a larger scale trial, to include other Local Authorities across England and Wales. If this were to occur, the Local Authority would be responsible for managing the peer mentoring intervention. The evaluation of the intervention would be conducted by an external research team.

**5.1**

**What resources do you think your Local Authority would require to manage and deliver the Carmen Study mentoring intervention?**

.....  
.....

**5.2**

**What difficulties do you think your Local Authority might have with managing and delivering the Carmen Study mentoring intervention?**

.....  
.....

**5.3**

**Would your Local Authority be interested in participating in a future Carmen research study?**

N:B The Local Authority is under no obligation to commit take part in a future trial if you answer YES to this question.

Y/N

**5.4 Please tell us if you have any other comments about the Carmen Study research or the peer mentoring intervention.**

.....

**Information about respondents**

We would like to ask a few questions about your experiences and views of research.

**6.1 Are you aware of any research studies being conducted in your Local Authority?**

Y/N

**6.2 follows for those who answer Yes to 6.1**

**6.2 Please provide details of the research studies being conducted in your Local Authority.**

.....  
.....

**6.3 In your view, what are the potential benefits of Local Authorities taking part in research?**

.....  
.....

**Thank you for completing the Carmen Study survey.**

By completing this survey you are helping the Carmen Study Research Team to assess the feasibility of delivering the Carmen Study in a future large scale trial.

If you have any questions or would like further information about the study, you can contact us on [REDACTED]

Or:

Deborah Meyer, Research Trial Manager on [REDACTED]

Fiona Clare, Research Assistant on [REDACTED]

## The Carmen Study: National Survey

To be completed by:

- a) **Social Workers in Looked After Children Teams**
- b) **Social Workers in Leaving Care Teams**
- c) **Social Workers in Unaccompanied minors / Asylum Teams**

The Carmen Study is funded by the National Institute for Health Research, Health Technology Assessment Programme. Its aim is to develop a peer mentoring intervention to reduce teenage pregnancy in looked after children, and to explore whether peer mentoring can have a positive impact on the lives of looked after young women aged between 14 and 18 in terms of their general wellbeing, social life, relationships, attitudes to sex and thoughts about early pregnancy. In the Carmen Study, a peer mentor is a young woman aged between 19 and 25 who has been through the care system.

We are conducting an exploratory randomised trial of the mentoring intervention in three local authority areas in England - Ealing, Lambeth and Essex. The results will inform the development of a protocol for a larger trial, for which separate future funding would be sought.

In addition to research within the three Local Authority areas, we are contacting the Directors of Children's Services in all Local Authorities across England and Wales, as well as Local Authority professionals who have a case load including looked after children (aged between 14 and 18) or Care Leavers (aged between 19 and 25).

**If you have a case load of looked after young women (aged between 14 and 18) or Care Leavers (aged between 19 and 25), we would really appreciate if you could answer a few questions to help us assess the feasibility of delivering the Carmen Study in a future large scale trial.**

Please answer the questions as honestly as you can. Your answers will remain confidential to the research team and you will remain anonymous in any research reports and publications. The survey should take around 10 minutes to complete.

Please complete this survey by **15<sup>th</sup> February 2013**.



**a) What region is your Authority / Borough / County Council situated in?**

- North England (N. East and N. West)
- Yorkshire and the Humber
- Midlands (East and West)
- London
- South England (S. East and S. West)
- East of England
- Wales

**b) Name of Local Authority / Borough / County Council**

.....

**c) Which groups of young people are on your caseload?  
(Tick as many as apply)**

- Looked After Children
- Care Leavers
- Unaccompanied minors
  
- None of these – SURVEY ENDS

**d) How long have you worked in your current role?**

Years..... Months ..... Weeks .....

**e) Today, approximately how many looked after young women between the ages of 14 and 18, do you have on your caseload?**

**Number =**

**f) Today, approximately how many young women between the ages of 19 and 25 do you have on your caseload?**

**Number =**

**PEER MENTORING**

The Carmen Study is researching whether a peer mentoring intervention for looked after young women (aged between 14 and 18) can have a positive impact on their lives and potentially reduce teenage pregnancy. In the study, peer mentors are young women aged between 19 and 25 who have been through the care system.

**1.1**

**In your view, what are the possible benefits of peer mentoring as a way of supporting looked after young women?**

.....

**1.2**

**Do you think a peer mentoring approach could potentially reduce teenage pregnancy among looked after young women?**

**Y/N**

**1.3 follows 1.2 if you answer YES to 1.2**

**1.3**

**Why do you think a peer mentoring approach could potentially reduce teenage pregnancy among looked after young women?**

.....1.4

**follows 1.2 if you answer NO to 1.2**

**1.4**

**Why do you think a peer mentoring approach may not reduce teenage pregnancy among looked after young women?**

.....

## **Incentives to participate in the Carmen Study**

### **2.1**

Mentors in the Carmen Study volunteer to meet with the young woman they are mentoring once a week, face to face, for one year.

In recognition of their time and effort, mentors receive £40 vouchers per month and they can gain a level 1 qualification called an ASDAN.

**On a scale of 1-5, how satisfactory are these incentives for mentoring?**

<b>Unsatisfactory</b>				
<b>Satisfactory</b>				
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>				

**2.2 follows if they tick 1 or 2 on 2.1**

### **2.2**

**Please tell us what amount per month you think is satisfactory as a voucher payment in recognition of time and effort for mentors.**

£ .....

**Everyone sees the following**

In addition to the £40 vouchers per month and the ASDAN qualification, mentors in the Carmen Study are given £15 a week to pay for an activity of their choice and the travel costs for themselves and the young woman they mentor. They are also given a mobile phone to enable them to contact the young woman they mentor.

### **2.3**

**Is there anything else you think mentors should be receiving for their participation?**

.....  
.....

### **2.4**

**Considering the tools that the Carmen Study is giving mentors, to enable them to maintain regular contact and participate in activities with**

**the young woman they are mentoring, can you foresee any potential problems?**

.....  
.....

**Recruitment criteria**

Mentors in the Carmen Study have been through the care system and are aged between 19 and 25. Having a child does not exclude them from being a mentor.

Looked after young women who participate in the study are aged between 14 and 18.

**3.1**

**Bearing in mind the aim of the study, which is to reduce teenage pregnancy, what are your views on the ages of the participants in the Carmen Study?**

(i.e. please tell us your views on the range of ages, and whether the ages are young or old enough considering the aims of the study)

a) The mentors – young women aged between 19 and 25 who have been through the care system

.....  
.....

b) Looked after young women aged between 14 and 18

.....

**Recruitment process**

Each of the three Local Authorities involved in the Carmen Study have a project coordinator from within the Local Authority. Their role is to manage the recruitment of young women and support mentors. To assist the Carmen Study project coordinator with recruitment, social workers are asked to look through their case loads and identify young women that meet the criteria.

Subject to funding, it is possible that the Carmen Study will be rolled out on a larger scale and include other Local Authorities across England and Wales. If your Local Authority was involved.....

**4.1**

**Do you think you could identify any young women that meet the criteria to participate in the Carmen Study?** (Looked After young women aged between 14 and 18 and / or Care Leavers aged between 19 and 25)

Y/N

**4.2 and 4.3 follow if answered Yes to 4.1**

**If you answer No to 4.1 – skip to 4.4**

**4.2 Approximately how many looked after young women aged between 14 and 18 would you be able to identify as potential participants for the Carmen Study?**

**N =**

**4.3 Approximately how many young women aged between 19 and 25, who have been through the care system, could you identify as potential mentors for the Carmen Study?**

**N =**

**4.4 follows if answered No to 4.1**

**4.4 What is the reason that you think you would be unable to identify young women to participate in the Carmen Study?** (Tick a maximum of 3 choices)

- I do not have looked after young women aged between 14 and 18 and / or young women aged between 19 and 25 who have left care on my caseload
- I do not have time to recruit young women for research / there are other priorities in my office
- I do not think participation in the Carmen Study would benefit young women on my caseload
- I think participation in the Carmen study may be harmful to young women on my caseload
- Other (please state)

.....

**Everyone answers 4.5**

**4.5 If you were asked to assist with recruitment, what characteristics would you look for in choosing female care leavers aged between 19 and 25 to be peer mentors for looked after young women?**

.....

.....

## 4.6

Are there any looked after young women aged between 14 and 18 that you would consider to be unsuitable to take part in the Carmen Study?

Y/N

IF NO GO TO 5.1

4.7 What are the factors that would make you consider a looked after young woman to be unsuitable to take part in the Carmen study?

- .....
- .....
- .....

## Randomisation

All looked after young women aged between 14 and 18 who consented to take part in the Carmen Study participated in a research interview. Afterwards, they were randomised to one of two groups. They had a 50% chance of receiving a mentor. Those that did not get a mentor continued to receive the services they usually have access to. Whether or not they received a mentor was decided at random by a computer. The decision had nothing to do with any personal characteristics or behaviours of the young woman. The reason for the randomisation is to be able to compare various outcomes, after one year, between those who receive a mentor and those who do not.

## 5.1

What are your views about randomisation for research purposes?

.....

## 5.2

If you were asked to recruit looked after young women aged between 14 and 18 in a future study using randomisation to two groups, are there any young women you would deem unsuitable to take part?

Y/N

5.3 follows if answered Yes to 5.2

6.1 follows if you answered No to 5.2

## 5.3

Please explain the characteristics of looked after young women that you would deem unsuitable to take part in the study (because of the use of randomisation).

- .....
- .....
- .....

## Mentoring relationship and contact

### 6.1

In order to build a positive mentoring relationship, how often do you think it is necessary for mentors who have left care to meet in an unsupervised, face to face session with a looked after young woman?

- More than once a week
- Once a week
- Every two weeks
- Every three weeks
- Once a month
- Less than once a month

**6.2**

**What do you think are the potential barriers / difficulties mentors might face in building a positive relationship with the looked after young woman they mentor?**

.....  
.....

**6.3**

**What do you think are the potential barriers to regular meetings taking place between mentors and the looked after young women?**

.....  
.....

**6.4**

**What do you think could be implemented to overcome the potential barriers / difficulties you have described above?**

.....  
.....

**6.5**

**Please explain any potential areas of concern you would have with regard to mentoring relationships?**

.....  
.....

**6.6**

**How much time do you think is reasonable to expect a mentor to travel each way to see a young woman they are mentoring? (tick one)**

- Less than 30 minutes
- 30 minutes
- 1 hour
- More than 1 hour

**6.7**

**Before the first meeting with them, do you think a mentor should have any information about the young woman they will be mentoring?**

Y/N



**6.8 follows if answered Yes to 6.7**

**6.8 What information would be useful to the mentor and why?**

.....  
.....

**6.9 follows if answered No to 6.8**

**6.9 Why not?**

.....  
.....

**SUPPORT**

The role of a project coordinator in the Carmen Study is to manage the recruitment of young women and support mentors to enable them to deliver mentoring safely and effectively.

**7.1**

**What type of support do you think should be available to a mentor in the Carmen Study? (check up to 3)**

- Phone contact with a project coordinator
- Individual, face to face support with a project coordinator
- A group session which includes the other mentors, facilitated by a project coordinator
- Individual support from a professional that the mentor already knows (face to face and / or phone)
- Other (please state) .....

When the respondent ticks one of the above, they are given the options below asking how often the mentor should have this support.

## 7.2

**How often do you think mentors in the Carmen Study would need this support ?**

- More than once a week
- Once a week
- Every two weeks
- Monthly
- Every two months

## 7.3

**What professional role do you think would be best placed to provide support to mentors? (check one)**

- Social worker
- Local Authority Health professional (including sexual health workers)
- Other Local Authority professional (e.g. personal advisor / participation officer/youth worker)
- Professional who is independent from Local Authority e.g. Charity / voluntary organisation worker
- A mentor who has graduated the mentoring programme
- Other please state .....

## 7.4

**Please explain why you think that professional role would be suitable**  
(Thinking about their skills and place of work)

.....  
.....

## 7.5

**Please tell us if you have any other comments about the Carmen Study research or the peer mentoring intervention.**

.....  
.....

### **Information about respondents**

We would like to ask a few questions about your background and experiences of research.

#### **8.1 How long have you worked as a social worker?**

N = ....years

**8.2 Did your social work training include any teaching on social research methods?**

Y/N

**8.3 Are you aware of any research studies being conducted in your Local Authority?**

Y/N

**8.4 follows for those who answer Yes to 8.3**

**8.4 Please provide details of the research studies being conducted in your Local Authority.**

.....  
.....

**Thank you for completing the Carmen Study survey.**

By completing this survey you are helping the Carmen Study Research Team to assess the feasibility of delivering the Carmen Study in a future large scale trial.

If you have any questions or would like further information about the study, you can contact us on [REDACTED]

Or:

Deborah Meyer, Research Trial Manager on [REDACTED]

Fiona Clare, Research Assistant on [REDACTED]