



Participant Information Sheet

'AI Art as a Method to Visualise Lived Experience'

Invitation

You are invited to participate in the research project 'AI Art as a Method to Visualise Lived Experience'. If you have already expressed interest, then this invite covers the background and aims of the project. It explains what you will be asked to contribute and how you will be involved. Contact details can be found at the end of this document. A Consent Form is also provided for you to sign in person.

Introduction to the research

'AI Art as a Method to Visualise Lived Experience' is a PhD research project led by Marielle Reuser, a former Senior Lecturer and current PhD Fellow at Leeds Beckett University. Underpinned by Feminist Participatory Action Research (FPAR), this study invites (peri)menopausal women to explore their experiences of wellbeing in the workplace through photography and the emerging possibilities of AI-generated art. The project is supported by South West Yorkshire Partnership NHS Foundation Trust (SWYPFT).

What is the projects' purpose?

This arts-based research project explores wellbeing in the workplace during (peri)menopause, using photography and AI-generated imagery as creative tools for expression. Drawing on the Photovoice methodology (Wang, 1997), focus group participants will document aspects of their daily lives through photography, using these images to reflect on challenges, strengths and insights.

Generative AI will be used to further visualise experiences that are difficult to capture through traditional photography, making visible the often unseen or unspoken aspects of (peri)menopause.

The project's primary goal is to co-create a public art exhibition and accompanying website, sharing the participants' stories, photos and artworks. By showcasing these lived experiences in prominent spaces, the project aims to reduce stigma, foster understanding, and contribute to broader conversations about workplace wellbeing.

Why have I been chosen?

You have been asked to participate in this research because you:

- a. signed up through email or the website,
- b. you are willing and able to attend all workshop sessions,
- c. You are female or an AFAB individual aged 18 years or above,
- d. diagnosed or self-diagnosed with symptoms of (peri)menopause.

Do I have to take part?

No. As a participant, you can request to withdraw at any point and with no reason required. We hope, however, that you will find the process rewarding and continue to help us identify



and develop strategies to empower (peri)menopausal women in the workplace. If you have issues or concerns that you wish to raise before participation, please use Marielle Reuser's contact details below.

What will happen if I take part?

Participants will be asked to take part in the following activities:

1. **Complete a Diversity Monitoring Form** to determine eligibility, in addition to promoting diversity among participants.
2. **Complete a Consent Form** to confirm that you understand the study and agree to take part.
3. **Watch a short video** (15 minutes) introducing the project and the Photovoice methodology.
4. **Attend two in-person focus group workshops** at the Mental Health Museum, Fieldhead Hospital, Wakefield:
 - **Workshop 1:** Group discussion and Photovoice training (45 minutes). After this session, you will be required to take photographs during your work week.
 - **Workshop 2:** AI art workshop (60 minutes), where we explore how AI can visualise your experiences.
5. **Join two online meetings** via Microsoft Teams:
 - **Meeting 1:** Storytelling workshop using your selected photos and AI artwork (45 minutes). This meeting can be offered in-person if the group wishes to do so.
 - **Meeting 2:** Exhibition planning session (30 minutes).
 - These meetings can be offered in-person if the group wishes to do so.
6. **Take part in a short exit interview** (15 minutes) online to reflect on your experience in the project.
7. Have your story and photos from Workshop 1 and images from Workshop 2 included in an exhibition and online publication. The venue for this is likely the Mental Health Museum in Wakefield. Stories and artworks can be submitted anonymously.

This study follows a Feminist Participatory Action Research (FPAR) approach, which challenges traditional power dynamics by positioning participants as co-researchers. This means you will have the opportunity to contribute to the direction and presentation of the research findings. With your consent, you will be involved in publicising the results through publication and exhibition, likely to take place at the start of 2026. At the end of the study, you will receive an email inviting you to provide final input and sign off on the research findings.

As a thank-you for your time and contribution, you will receive a £30 shopping voucher upon completing the study. To qualify, attendance at all workshops and meetings is required. Please note that physical attendance at the exhibition is optional and not required to complete the study.

Although the study is supported by SWYPFT, all workshops and meetings will take place outside of working hours.



What are the possible benefits/risks of taking part?

By taking part in this study, you will contribute to giving (peri)menopausal women a stronger voice in the workplace and helping to reduce the stigma around menopausal symptoms. You will also learn how to use AI art tools to creatively represent your lived experience, developing new skills in visual storytelling.

This research is conducted under the ethical approval granted by Leeds Beckett University and is classified as low risk. As such, all participants and research activities are covered under the university's Public Liability and Professional Liability insurance policy. If any of the topics discussed during the workshops affect you and you would like further support, The Trust offers Menopause guidance sessions for staff and line managers. These include toolkits, resources, and access to 1:1 support through the Occupational Health wellbeing team.

What if something goes wrong?

Any complaint about the way you have been dealt with during the study or any possible harm you might suffer will be fully addressed. In the unlikely event of a problem, please raise your concerns in the first instance with the Principal Investigator (that is the lead researcher), Marielle Reuser, contact details are at the end of this document. If you wish to make a more **formal complaint**, please contact the hospital's Patient Advice and Liaison Service (available 9 am to 4 pm Monday to Friday, closed on bank holidays).

PALS, Customer services, South West Yorkshire Partnership NHS Foundation Trust, Block 10, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

Customer Services: 01924 316060 or customerservices@swyt.nhs.uk

Research & Development 01924 316289 or research@swyt.nhs.uk

Will my taking part in this project be kept confidential?

We will be working with the principle of anonymity. This means concealing the identities of participants when their data is shared, by removing the name (and/or other identifying information) from a research participant's data. Names will be replaced, quotes will not be put next to anything that would identify the speaker, and sensitive data will be managed through negotiation with you and your requests.

However, you may wish to include your first name and photograph in the final exhibition to celebrate your achievement. For this, The Principal Investigator will seek further consent leading up to the event.

How will we use information about you?

Your name, contact details, and demographic information will be kept strictly confidential. This information will be used by the Principal Investigator only, to contact you about the study, record relevant information, and ensure the overall quality of the research.

All study data will be anonymised and stored electronically in a password-protected database. Only anonymised data will be used in publications or presentations.



We will retain identifiable data for a minimum of five years after the study concludes, in line with university policy, after which it will be securely destroyed.

If you decide to withdraw from the study, any data collected up to that point will still be used, unless you specifically request in writing that your data be deleted.

All information will be handled in accordance with the Data Protection Act 2018 and the UK General Data Protection Regulation (GDPR).

Will I be recorded?

Interviews and workshops will be audio recorded on a hand-held device to aid transcription and qualitative analysis using NVivo software. If you find it helpful to read back what you said, transcripts can be made available. During the Workshops the Principal Investigator may capture comments through written notes, video and photographs (should you consent to that) and/or drawing adopting the approach of 'field notes' as an ethnographic approach to collecting qualitative data.

What will happen to the results of the research project?

There is no commercial gain from this project but there may be research outputs in the form of a journal article or conference, or to provide evidence that might enable further funding. Any use of quotes and experiences will be anonymised in our reports and journal publications. You may keep the photos and artworks produced during the workshops for personal use.

Outputs may include:

At least one paper on research outcomes in line with Marielle Reuser's PhD work.
Anonymous quotes to be referred to in these publications.

An art exhibition in a prominent public space including the created artworks and text prompts. This may include photos and video. You will be invited to opt out from being included in photos and videos.

An online catalogue / website will include artwork generated in the workshop sessions and the stories shared. Anonymous quotes to be referred to in these publications.

Contact details

Marielle Reuser (PhD Researcher at Leeds Beckett University)
M.Reuser8346@student.leedsbeckett.ac.uk
07985431049
<https://photovoiceai.art/>

PhD Supervisors: Dr. Anna Zaluczkowska and Dr. Darren Wall
anna.zaluczkowska@leedsbeckett.ac.uk / d.wall@leedsbeckett.ac.uk