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# **“Now I’m a mature woman I’m going dancing”: Older Women Managing Relationships and Navigating Health in Drugs Recovery**

*A Data Management Plan created using DMPonline*

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**Funder:** Economic and Social Research Council (ESRC)

**Template:** ESRC Template

## **Project abstract:**

The proportion of older people using illicit drugs in the UK has increased significantly over the last decade. Despite this there are few UK studies that explore the lived experiences of older people using drugs and fewer still that seek to understand those of older women. Moreover, a gap remains in our understanding of how older women who use illicit drugs experience the move from problematic substance use to recovery. This thesis therefore adds to existing UK and international research on older drug users and recovery by providing a qualitative analysis of older women and how they manage relationships and navigate health and treatment structures through their recovery from drug use. Grounded in symbolic interactionism and methodologically feminist, this qualitative study asks three research questions: What influence do social relationships have on women’s sense of self as they age into drugs recovery? How do older women with a history of problem drug use experience their bodies in recovery? And, what are the women’s views on the therapeutic landscape available to them and potential facilitators and barriers to their recovery? Exploring the themes of relationships, health and ageing, the women describe recoveries that are shaped through processes of doing, being,

becoming and belonging. Their narratives reveal embodied processes of change engendered by their recovering, ageing bodies and describe the importance of relationships in helping them regain a sense of control over their lives. Extending the canon of work on older drug users' substance use and treatment, these narratives raise important insights into the experiences of health and health care treatment from the perspectives of women ageing in recovery. They show how systemic and gendered expectations of women who have used drugs in the past enhance and challenge the women's sense of self-efficacy and self-worth in the present. Furthermore, this thesis shows how these women make meaning from their engagements with the material and social worlds through practices of connecting and belonging. This thesis contributes to the wider addiction literature and crucially adds women's voices to the neglected but important area of older people's experiences of drug recovery.

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**Copyright information:**

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## **Assessment of existing data**

**Provide an explanation of the existing data sources that will be used by the research project, with references**

No existing data sourced. Original interview data only.

**Provide an analysis of the gaps identified between the currently available and required data for the research**

This project collected original qualitative interview data and object photographs from 19 mid-life and older women in recovery from illicit substance use. The data collected will be of long-term value to researchers, academics and practitioners interested in addictions, older people, recovery and health studies. The interview transcripts and object photographs will be shared and preserved for future research and secondary analysis.

## **Information on new data**

**Provide information on the data that will be produced or accessed by the research project**

19 qualitative interviews with female adult participants transcribed into plain text, ASCII (.txt) format.

12 photographic images saved in JPEG (.jpeg, .jpg, .jp2) format

## **Quality assurance of data**

**Describe the procedures for quality assurance that will be carried out on the data collected at the time of data collection, data entry, digitisation and data checking.**

The data (interviews and photographs) was collected via a digital audio-recorder and digital camera. Both were good quality instruments that ensured the quality of the data was clear and of good quality. Consent was taken from participants that allowed for recording of voice and object. Transcription of the audio recordings was carried out by the researcher (April Shaw) which reduced potential mistakes in transcription.

The interviews were transcribed in vernacular /non-standard English as the participants were Scottish and turning their speech into standard English could be considered culturally insensitive and inauthentic. Transcripts and recorded data were revisited particularly where analytical data was used to illustrate a point and the transcript checked against the recorded data to ensure it was trustworthy and in context when heard again. In addition, an email was sent to each participant asking them if they would like a copy of the transcript and the opportunity to comment. The study participants had the opportunity to read and comment on the veracity or otherwise of the transcript. Thirteen participants requested and received their transcript. Three women commented on the transcript. No participants questioned the veracity or content of their interview transcript.

## **Backup and security of data**

**Please describe the data back-up procedures that you will adopt to ensure the data and metadata are securely stored during the lifetime of the project.**

Anonymised interview transcripts and object photographs were stored digitally on a password-protected University of Glasgow hard drive until thesis submission (April 2021); on the password-protected hard drive of a home-based computer and backed up on an encrypted memory stick. All personal information was anonymised that could identify the participant or any other persons within each interview transcript. The audio recordings were also kept on the password-protected hard drives for the duration of the study period (end June 2020) and deleted after this date.

Signed paper consent forms were kept in a locked security box in the researcher's home. These were destroyed safely and securely at the end of the research period (June 2020) by shredding according to minimum standard DIN4.

## **Difficulties in data sharing and measures to overcome these**

**If you expect obstacles to sharing your data, explain which and the possible measures you can apply to overcome these.**

No obstacles expected as consent provided for archiving and sharing of data.

## **Consent, anonymisation and strategies to enable further re-use of data**

**Make explicit mention of the planned procedures to handle consent for data sharing for data obtained from human participants, and/or how to anonymise data, to make sure that data can be made available and accessible for future scientific research.**

The participants received a participant information sheet and were given time to read it and ask questions. The women were assured complete anonymity, with all identifiable information removed from transcripts and published materials. Once satisfied they understood the purpose of the study and were willing to take part, they were asked to provide informed consent.

Interview data was completely anonymized through the transcription process (conducted by April Shaw, researcher) with place names, personal names and any other identifiable information replaced with meaningful identifiers or pseudonyms.

The women consented to:

1. all anonymised research material deposited and retained in two archives (Enlighten: Research Data, University of Glasgow and the UK Data Service, University of Essex) once the project was completed.
2. Individuals being referred to by pseudonym in any publications arising from the research.

## **Copyright and intellectual property ownership**

**Please state who will own the copyright and IPR of any new data that you will generate.**

April Shaw (named researcher) owns the Intellectual Property Rights (IPR) and copyright of all data generated by this project.

## **Responsibilities**

**Outline responsibilities for data management within research teams at all partner institutions**

April Shaw (named researcher) is responsible for all aspects of data management

including design, collection, transcription, quality control and delivery of data for sharing and archiving. The cost has not been calculated but is likely to be low to medium.

## **Management and curation of data**

### **Outline your plans for preparing, organising and documenting data.**

Data in Enlighten: Research Data, the University of Glasgow's Data Repository, will be issued with a Digital Object Identifier (DOI). This can be included as part of a data citation in publications, allowing the datasets underpinning a publication to be identified and accessed. DOIs will also be linked with appropriate records in Enlighten: Research Publications, the University's publication repository, to enhance visibility of datasets. Metadata about datasets held in the University Registry will be publicly searchable and discoverable and will indicate how and on what terms the dataset can be accessed. Information about datasets from the Registry will be displayed on researcher profile pages on the University of Glasgow webpages which will also increase the visibility of the datasets.