

1.1. Risk assessment matrix

The following is an example of a risk matrix which could be used for research with older people or people with a disability who live in residential care or supported accommodation, where the research involves carrying out some physical activity with the participants.

Risk	Affect			Likelihood					Severity					Rating			
	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
Discomfort: which can involve body and/or mind: e.g. minor side-effects of medication, discomfort related to measuring blood pressure, and mild anxiety induced by an interview.																	
Person is hungry, tired, hot or cold during research	✓	✓	✓			✓				✓				✓			
Lack of familiarity between participants and researcher	✓					✓					✓				✓		
Lack of confidence or uncertainty about role and tasks for participants	✓						✓			✓					✓		
Mild anxiety about being observed and interviewed by the researcher	✓		✓			✓					✓				✓		

Risk	Affect			Likelihood					Severity					Rating			
	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
Anxiety or stress related to changes in scheduling, where a research site visit is cancelled for unforeseen reasons	✓	✓	✓			✓				✓					✓		
Physical harms: including potential for injury, illness, pain, chemical exposure, infection.																	
Injury or harm on site	✓	✓	✓				✓						✓		✓		
Psychological harms: including feelings of worthlessness, distress, guilt, anger or fear related, for example, to disclosure of sensitive or embarrassing information.																	
Feeling unwelcome or fearful within the xxx	✓	✓	✓		✓					✓					✓		
Feeling shame or exclusion due to not being able to read research information and consent forms	✓				✓						✓				✓		
Feeling anger or distress as a result of time spent in xxxx	✓		✓		✓					✓					✓		

	Affect			Likelihood					Severity					Rating			
Risk	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
Feeling shame or distress about outcomes of xxxx.	✓	✓	✓		✓						✓			✓			
Devaluation of personal worth: including being humiliated, manipulated or in other ways treated disrespectfully or unjustly.																	
Feeling devalued by other participants or residents relating to performance or effort in the xxxx.	✓		✓		✓						✓			✓			
Being or feeling excluded or not heard during xxxx activities	✓		✓	✓							✓			✓			
Social harms: including damage to social networks or relationships with others; discrimination in access to benefits, services, employment or insurance; social stigmatisation.																	
Participant needing to leave the house on a temporary or permanent basis due to relocation or illness during the project duration.	✓				✓						✓			✓			
Participants not feeling confident	✓				✓					✓				✓			

	Affect			Likelihood					Severity					Rating			
Risk	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
attempting tasks in front of other participants, residents or the researcher																	
Participant experiences stigma as a result of participation, from residents within the household that are not participating or enjoying the xxxx.	✓			✓							✓				✓		
Economic harms: including the imposition of direct or indirect costs on participants.																	
Needing to pay for related materials and works or costs related to the development and maintenance of the xxx. (NB: All associated costs are allocated	✓	✓	✓	✓							✓			✓			

	Affect			Likelihood					Severity					Rating			
Risk	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
within the project budget)																	
Legal harms: including discovery and prosecution of criminal conduct; mandatory reporting requirements.																	
Participant discloses risk or harm to self or other resident	✓		✓			✓					✓				✓		
Participant injures themselves or another person during research	✓	✓	✓		✓							✓			✓		
Reputational harms including loss of reputation and credibility to any and all parties, and to the research findings.																	
Reputational harm due to participation in the research, such as amongst residents or staff.	✓	✓	✓	✓								✓			✓		
Ethical conduct is not adhered to, such as breach of confidentiality	✓		✓	✓							✓				✓		
Loss of reputation, in the unlikely event of catastrophic injury to any	✓	✓	✓	✓								✓			✓		

	Affect			Likelihood					Severity					Rating			
Risk	Participant	Researcher	xxxx staff	Unlikely	Seldom	Occasional	Likely	Definite	Insignificant	Minor	Moderate	Critical	Catastrophic	Low	Medium	High	Extreme
party involved in the research																	

