

## Online Survey: Participant Information Sheet

### The COVID-19 Resilience Project

We invite you to participate in a research project about the impact of the challenges faced during the COVID-19 pandemic on the wellbeing and mental health of NHS staff. You will be asked to complete a 30-minute online survey. If you wish, you can also opt-in to complete follow-up surveys after 4, 8, and 12 months, to help us track the longer-term impact of stressful work and personal circumstances experienced because of the COVID-19 pandemic. This study will allow us to better understand how to effectively support the psychological wellbeing of NHS staff during this difficult time and during future crises.

#### About the research

**Who is organising this research?** This research is organised by researchers based at Greater Manchester Mental Health NHS Foundation Trust (GMMH), The University of Manchester, The University of Sheffield, Manchester Metropolitan University, Pennine Care NHS Foundation Trust, Lancashire & South Cumbria NHS Foundation Trust, and Kings College London. The research is sponsored by Greater Manchester Mental NHS Foundation Trust (GMMH).

**What is the purpose of the research?** The implications of the COVID-19 pandemic on NHS services in the UK are extensive. NHS staff are frontline respondents, and exposed to many new challenges in both their professional and personal lives due to the pandemic. This study will allow us to understand the impact of these challenges on several measures of mental well-being, and whether there are important factors that may protect or aggravate mental well-being. Ultimately, this research aims to guide initiatives and resources that could be used to better support the needs of NHS professionals that are directly or indirectly affected by the COVID-19 pandemic.

**Why have I been chosen?** You can take part if you are a member of NHS staff whose job role involves direct patient contact and care provision in the UK.

**Do I have to take part?** No, participation is voluntary. If you decide to take part, you can access the study via the link given which will direct you to the online survey.

#### What would my involvement be?

**What will taking part involve?** At the start of the survey you will be asked questions related to your demographics and home environment. This will be followed by questions related to your work environment, mental health and well-being, and various questions about factors that can influence

how you cope with stressful circumstances in your personal and professional life. The survey should take around 30 minutes.

You will also be given the option to opt-in to receive invitations about follow-up surveys and interviews, to help us better understand how the psychological wellbeing of staff changes over time as this crisis unfolds. A subset of participants will be invited to complete a shorter version of the survey two weeks after the completion of the initial survey (taking no longer than 10 minutes), testing the reliability of the survey. Participants will also be invited to complete the survey 4 months, 8 months and 12 months after the completion of the initial survey. Additionally, a subset of participants will also be invited to take part in qualitative interviews over the phone or video, the interviews will be about your experiences during the pandemic. Your participation in the follow-up surveys/interviews is voluntary, and you will be able to withdraw at any point of the study.

**What happens if I don't want to carry on with the study?** If you decide you do not wish to take part in the study, you can withdraw at any time by pressing the 'Exit' button or by closing your browser window without giving a reason. Any information you have provided prior to your decision to exit the survey will be kept and analysed as data will be anonymised and difficult to identify and remove. If you have provided us with your contact details for follow-up assessments, by contacting the research team you can request the deletion of your contact details.

**What happens to the results of the survey?** We will prioritise the dissemination of findings that have the highest potential to guide ongoing support strategies for NHS workers and will share our findings with NHS colleagues responsible for provision of initiative / programmes to support staff well-being in the aftermath of the COVID-19 pandemic. Throughout the project, we will host free webinars/ online lectures to disseminate emerging findings in more detail. We will also use the information in journal papers and presentations. Any information that would allow people to identify you as an individual or link it back to you personally will not be used.

**What are the benefits of taking part?** By sharing your experiences, you are helping us understand the challenges faced by NHS staff as a result of the COVID-19 outbreak, this information will then help us make recommendations on how to best support NHS staff during this crisis and similar crises in the future.

**What are the risks of taking part?** It is possible that you may find answering some questions about the difficulties you are facing upsetting. However, we will provide you with information about available support and relevant resources.

**Who has reviewed the research project?** This research has been reviewed and approved by North East - Newcastle & North Tyneside 2 Research Ethics Committee (ref 20/NE/0137) and the NHS Health Research Authority.

### Data protection and confidentiality

**What information will you collect about me?** In order to participate in this research project, we will need to collect survey data as mentioned above. If you decide to receive invitations to the follow-up assessments we are hoping to conduct, we will ask you to provide personal information that could potentially identify you. Specifically, we will require contact information (your email address). Only members of the research team will have access to your email address and we will delete it permanently at the end of the study so that your data will be fully anonymised.

**Who will see my information?** Personal information/data will only be viewed by individuals from The University of Manchester and GMMH. Anonymised survey data will be shared with collaborators and members of the research team, as well as NHS support providers and research teams conducting similar research in order to improve support provision in the future. We will request your consent for data sharing.

**How are you storing and using my information?** Any personal information we collect about you will be stored securely in-line with the General Data Protection Regulation and will be kept for no more than 10 years after the end of the study. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure.

If you would like to know about the way we use your personal information, you can find out more information at [www.hra.nhs.uk/information-about-patients/](http://www.hra.nhs.uk/information-about-patients/). In addition please refer to your Trust policies on GDPR.

**What if I want to make a complaint?** If you have a concern about any aspect of this study, you can speak with the research team who will do their best to answer your questions. Please contact:

**Kate Allsopp**, Greater Manchester Mental Health NHS Foundation Trust. Email: [Kate.Allsopp1@nhs.net](mailto:Kate.Allsopp1@nhs.net).

If you want to contact another member of the research team. Please contact:

**Filippo Varese**, University of Manchester. Email: [Filippo.Varese@manchester.ac.uk](mailto:Filippo.Varese@manchester.ac.uk)

If you wish to make a formal complaint to someone independent of the research team or if you are not satisfied with the response you have gained from the researchers in the first instance, then please contact:

**Customer Care Team Manager - Greater Manchester Mental Health NHS Trust: 0161 358 0600 or 0800 587 4793**

**What do I do now?** If you have any queries about the study please contact Kate Allsopp or Filippo Varese.

**If you are interested in taking part in the online survey, please click here:**

<https://tinyurl.com/covid19resilience>

**For more information, please visit our study website at:**

[www.manchester.ac.uk/covid19-resilience-project](http://www.manchester.ac.uk/covid19-resilience-project)

**This information sheet is for you to keep. Thank you for your time.**