**Online Participant Information Sheet and Consent form**

**Study Title:** An investigation of Compassion Satisfaction, Compassion Fatigue and Emotional Wellbeing in frontline healthcare professionals

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number: 63308)

***You are being invited to take part in the above research study. To help you decide whether you would like to take part or not, it is important that you understand why the research is being done and what it will involve.***

***Please read the information below carefully and ask questions if anything is not clear or you would like more information about before you decide to take part in this research. You may wish to discuss it with others, but it is up to you to decide whether or not to take part.***

***If you are happy to participate, you will be asked to confirm that you consent to participate in the study by checking the consent boxes below. A copy of your consent will then be emailed to you.***

**What is the research about?**

The researchers are Trainee Clinical Psychologists, currently undertaking the Doctorate in Clinical Psychology (DClinPsych) programme at the University of Southampton. The research is part of our doctoral thesis investigating compassion satisfaction, compassion fatigue and emotional wellbeing in frontline healthcare professionals. Compassion fatigue is a psychological concept referring to the negative impact of working clinically, and it is characterised by high levels of stress and emotional exhaustion and a decrease in empathy and compassion for the self and others. Research suggests that compassion to the self and others is a resilience factor to compassion fatigue. This research is interested in the relationship between compassion fatigue, compassion satisfaction and emotional wellbeing in different frontline staffing groups.

**Why have I been asked to participate?**

This study is targeted towards individuals self-identifying as frontline heathcare professionals working in forensic or physical health settings. You have been asked to participate because you responded to an advertisement regarding participation in this study and you may meet the full eligibility criteria outlined below.

**Eligibility Criteria**

***Inclusion Criteria:***

You are eligible to participate in this study if you currently work as a frontline healthcare professional in a forensic setting or in a hospital, community based service or ambulance care, and have direct patient contact. You will need to have been employed for at least six months, be over the age of 18 years and have internet access to access online questionnaires. The online questionnaires are also mobile friendly. You will need to have a good level of English to be able to access the online questionnaires; if you are able to read through this information sheet and understand the consent statements below, your English is considered sufficient.

***Exclusion Criteria:***

Unfortunately, if you are currently participating in a compassion focused intervention for yourself at the time of this study, you will not be eligible to participate in the study as this could affect the conclusions made in the study. You will also not be eligible to participate in this study if you have difficulties with understanding or speaking English. This is because this study is an online-based study and the study materials will be presented in English, without translation or the use of interpreters being possible. However, if you have been able to read to this point, you will be considered to have sufficient English to be eligible to provide informed consent to participate in this study.

**What will happen to me if I take part?**

There are three parts to this study (Parts A, B and C); you have the option to consent to participate in just Part A, Parts A and B or to participate in all Parts of the study. You also have the option to consent to be entered into a prize draw to win one of 18 £25 Amazon gift vouchers as a thank you for your participation.

**Part A:** If you decide to take part in this study, you will be asked some demographical questions and will complete some questionnaires that will take approximately 35 minutes to complete. You will then be asked whether you would like to consent to participate in further parts of the study. If not, your participation in the study will end here.

**Part B:** If you decide to participate in this part of the study as well, you will be randomly allocated to either a 2-week Compassionate Mind Training (CMT practices) group or a waitlist group.

If you are in the training group, you will be sent a link to online CMT practices each day. After the 2 week training period you will be sent a link to repeat the questionnaires you completed in Part A again. After another 2 weeks you will receive another email asking you to complete the measures a third time. You will also be aksed to complete some likert-scale type questions about your experiences of the intervention, and we will take this into consideration for this and future studies.You will then be sent a debriefing statement.

If you are in the waitlist control group you will be sent an invite to repeat the measures from Part A, 2 weeks and 4 weeks subsequent to the first time you completed them. After you have completed the measures the third time (4 weeks after Part A), you will be sent a link to access the online CMT training. You will then be sent a debriefing statement.

**Part C:** Frontline healthcare professionals who identify as being from black and minority ethnic (BAME) backgrounds and who worked during the COVID-19 pandemic will have the option to participate in this part of the study as well, which involves answering some open-ended questions about what helped and what challenged levels of compassion and wellbeing, as well as exploring what support might be useful at work in the future. It is expected that Part C of the study will take approximately 15 minutes.

**Are there any benefits in my taking part?**

There are no direct benefits to taking part in the research. Your participation will help improve our current understanding of compassion fatigue, compassion satisfaction and emotional wellbeing and improve the interventions aimed at reducing compassion fatigue and increasing compassion satisfaction and emotional wellbeing in professionals working in forensic and physical health settings.

Upon your completion of the study, you are able to enter a prize draw to win **one of 18 £25 Amazon gift vouchers** to say thank you for participating in this study.

**Are there any risks involved?**

There are no major risks of participating in this study, although some of the questions in the questionnaires and the intervention may temporarily increase some temporary emotional discomfort and a heightened awareness of uncomfortable feelings (i.e. compassion fatigue and experiences at work). Any discomfort should be temporary, however, if you become too uncomfortable while participating, you are able to withdraw from the study at any point. Also, if you feel any distress at any point in the study and would like some support, you are able to contact the Samaritans, free at any time, from any phone, on 116 123.

**What data will be collected and will my participation be confidential?**

Demographic information such as your age, gender, ethnicity, questions about your professional role, years of clinical experience, whether your role is full-time/part-time/voluntary, will be collected. You will also be asked for your email address, which will be kept separately and password protected, to send study reminders to, maintain contact during the study and to match you to your data across the time points for the analyses.

Your participation in this study, data and the information we collect about you during the course of the research will be kept strictly confidential. Only members of the research team and responsible members of the University of Southampton may be given access to data about you for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to your data. All of these people have a duty to keep your information, as a research participant, strictly confidential.

All data will be stored securely on a password protected document in line with the General Data Protection Regulation (2018) and the University of Southampton policy and will be destroyed after 10 years. Details provided for the prize draw will be destroyed once the draw has taken place. Signed consent forms will be stored in a form protected by a password and Qualtrics' high-level data security processes and technologies. All participants will be sent a copy of their completed consent form.

**Do I have to take part?**

No, it is entirely up to you to decide whether or not to take part. If you decide you want to take part, you will need to check the consent box at the bottom of this form to show you have agreed to take part. If you consent to take part, a copy of your consent will then be emailed to you. You can decide if you want to do Part A (Questionnaires only), Parts A and B (Questionnaires and random allocation to compassionate mind training) or Parts A, B and C if you identify as from BAME background and worked during COVID-19 pandemic (Questionnaires, random allocation to compassionate mind training and open-ended questions about your experience). It is also up to you whether you want to be entered into the prize draw.

**What happens if I change my mind?**

Your participation is voluntary and you have the right to change your mind and withdraw at any time without giving a reason during the study. You can withdraw your survey responses up to the submission of the survey by closing the survey window. You will not be able to withdraw your data after submission of your responses. This applies to each section of the study (Parts A, B and C). If you withdraw from the study, we will keep the demographic information about your professional role to explore in the analyses whether there are any group differences in those participating and those withdrawing.

**What will happen to the results of the research?**

Your personal details will remain strictly confidential. It is possible that de-identified results of this research will be reported as part of a larger research program, published in a peer-reviewed academic journal and/or published as part of the open science framework, disseminated in staff newsletters/social media accounts of participating Trusts/organisations and presented at conferences. The research findings made available in any reports, publications or presentations will not include any information that can directly identify you. As per the University of Southampton policy, the data will be stored for a period of 10 years, and it will be permanently destroyed after this time.

If you would like to receive a copy of the study results, please check the relevant box below.

**Where can I get more information?**

If you have any questions of require further information after reading this information sheet, please do not hesitate to contact one of the Chief Investigators.

Professionals working in Forensic settings contact [s.beattie@soton.ac.uk](mailto:s.beattie@soton.ac.uk)

Professionals working in health settings contact [l.timings@soton.ac.uk](mailto:l.timings@soton.ac.uk)

Professionals from BAME backgrounds working in any setting contact [j.howard-field@soton.ac.uk](mailto:j.howard-field@soton.ac.uk)

**Contact details of the research team**

Research Supervisors

Dr Margo Ononaiye, [m.s.ononaiye@soton.ac.uk](mailto:m.s.ononaiye@soton.ac.uk)

Dr Catherine Brignell, [c.brignell@soton.ac.uk](mailto:c.brignell@soton.ac.uk)

Dr Peter Phiri, [peter.phiri@southernhealth.nhs.uk](mailto:peter.phiri@southernhealth.nhs.uk)

The University of Southampton is the sponsor for the study and the data controller.

**What happens if there is a problem or something goes wrong?**

Each participant will be assigned to an investigator who wll oversee their participation in the study. There is a system in place for the investigators to oversee and review the data. While there are no major risks of participating in the study, if you become too uncomfortable while participating, you are able to withdraw from the study at any point. Also, if you feel any distress at any point in the study and would like some support, you are able to contact the Samaritans, free at any time, from any phone, on 116 123.

If you have a concern about any aspect of this study, you should speak to the Chief Investigators or the research team who will do their best to answer your questions. If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, rgoinfo@soton.ac.uk).

**Thank you for taking the time to read the participant information sheet and considering taking part in this research.**

If you wish to participate in **Part A** of thestudy, please check the consent box below. A copy of your consent will then be emailed to you. By checking the box you are consenting that:

1. You have read and understood the above information and have had the opportunity to ask questions about the study.
2. You agree to take part in this research project and agree for your data to be used for the purpose of this study.
3. You understand your participation is voluntary and you may withdraw at any time during the data collection period without your legal rights being affected.
4. You understand that should you withdraw from the study then the demographic information collected about you may still be used for the purposes analysing any group differences in those participating and withdrawing from the study.
5. You understand you will not be directly identified in any reports of the research

Please check this box to indicate that you consent to participating in Part A of the study (Questionnaires only).

Please check this box to indicate that you consent to be entered into a prize draw to win one of 18 £25 Amazon gift vouchers at the end of your participation; this is optional.

Please check this box to indicate that would like to receive the findings of this project; this is optional.

Please check this box to indicate that would like to receive further information about Part B of the study (compassionate mind training).

Please check this box to indicate that you identify as being from a BAME background, worked during the COVID-19 pandemic and would like to receive further information about Part C of the study (open-ended questions).

Please check this box to indicate that you identify as being from a BAME background, worked during the COVID-19 pandemic and would like to receive further information about both Part B (compassionate mind training) and Part C (open-ended questions) of the study.

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(**After PART A has been completed)**

**Thank you for your participation in Part A. If you would like take part in compassionate mind training that may help with psychological wellbeing (Part B), please check the consent box below. A copy of your consent will then be emailed to you.**

If you decide to participate in this part of the study as well, you will be randomly allocated to either a 2-week Compassionate Mind Training (CMT practices) group or a waitlist group.

If you are in the training group, you will be sent a link to online CMT practices each day. After the 2 week training period you will be sent a link to repeat the questionnaires you completed in Part A again. After another 2 weeks you will receive another email asking you to complete the measures a third time. You will also be aksed to complete some likert-scale type questions about your experiences of the intervention, and we will take this into consideration for this and future studies.You will then be sent a debriefing statement.

If you are in the waitlist control group you will be sent an invite to repeat the measures from Part A, 2 weeks and 4 weeks subsequent to the first time you completed them. After you have completed the measures the third time (4 weeks after Part A), you will be sent a link to access the online CMT training. You will then be sent a debriefing statement.

By ticking the box you are consenting that:

1. You have read and understood the above information and have had the opportunity to ask questions about the study.
2. You agree to take part in this research project and agree for your data to be used for the purpose of this study.
3. You understand your participation is voluntary and you may withdraw at any time during the data collection period without your legal rights being affected.
4. You understand that should you withdraw from the study then the demographic information collected about you may still be used for the purposes analysing any group differences in those participating and withdrawing from the study.
5. You understand you will not be directly identified in any reports of the research

Please check this box to indicate that you consent to participating in Part B of the study (compassionate mind training)

Please check this box to indicate that would like to receive the findings of this project; this is optional

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(**After PART A has been completed)**

**Thank you for your participation in Part A. If you would like take part in some open-ended questions about your experience of working during the COVID-19 pandemic (Part C), please check the consent box below. A copy of your consent will then be emailed to you.**

Frontline healthcare professionals who identify as being from black and minority ethnic (BAME) backgrounds and who worked during the COVID-19 pandemic will have the option to participate in this part of the study as well, which involves answering some open-ended questions about what helped and what challenged levels of compassion and wellbeing, as well as exploring what support might be useful at work in the future. It is expected that Part C of the study will take approximately 15 minutes.

By ticking the box you are consenting that:

1. You have read and understood the above information and have had the opportunity to ask questions about the study.
2. You agree to take part in some additional questions about your experiences of working during the COVID-19 pandemic and agree for your data to be used for the purpose of this study.
3. You understand your participation is voluntary and you may withdraw at any time during the data collection period without your legal rights being affected.
4. You understand that you may be quoted directly in reports of the research and your statements may be presented in quotes although you will not be directly identified (e.g. that your information will be allocated to a random number and your name will not be used).

Please check this box to indicate that you consent to participating in Part C of the study (open-ended questions).

Please check this box to indicate that you identify as being from a BAME background and worked during the COVID-19 pandemic.

Please check this box to indicate that would like to receive the findings of this project; this is optional.

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**Data Protection Privacy Notice**

The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, ‘Personal data’ means any information that relates to and is capable of identifying a living individual. The University’s data protection policy governing the use of personal data by the University can be found on its website (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>).

This Participant Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about you.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at <http://www.southampton.ac.uk/assets/sharepoint/intranet/ls/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20Participants.pdf>

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University’s policies in line with data protection law. If any personal data is used from which you can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason (‘lawful basis’) to process and use your Personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the ‘Data Controller’ for this study, which means that we are responsible for looking after your information and using it properly. The University of Southampton will keep identifiable information about you for 10 years after the study has finished after which time any link between you and your information will be removed.

To safeguard your rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, in order for the research output to be reliable and accurate. The University will not do anything with your personal data that you would not reasonably expect.

If you have any questions about how your personal data is used, or wish to exercise any of your rights, please consult the University’s data protection webpage (https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page) where you can make a request using our online form. If you need further assistance, please contact the University’s Data Protection Officer ([data.protection@soton.ac.uk](mailto:data.protection@soton.ac.uk)).

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