**Participant Information Sheet**

**Study Title**: Exploring the Wellbeing of Doctors: Survey

**Researcher**: Dr Gemma Simons and Aimee O’Neill

**IRAS number: 266831**

**ERGO number: 49247**

You are being invited to take part in the above 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 before you decide to take part in this research. If you are happy to participate you will be asked to sign a consent form.

**What is the research about?**

This research is part of a portfolio of work from the Centre for Workforce Wellbeing, a collaboration between Health Education England and the University of Southampton. The research also forms part of two PhD research projects.The importance of doctors’ wellbeing to us as individuals and to everyone using our national health and social care system is evidenced by 80% of doctors being at high risk of burnout and 11,576 doctor vacancies. Policy documents recommend interventions at a system, group and individual level to try improve wellbeing. Many trusts are keen to “do something” and are spending money on interventions to improve on the 6% of staff that said their trust takes positive action on health and wellbeing in the 2018 NHS Staff survey. This study aims to explore doctors’ opinions on the interventions that could improve their wellbeing as well as the outcome measures that could be used to evaluate them.

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

Because you are a doctor attending a local trust.

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

After you have read this information sheet you will be asked to initial and sign aconsent form, so that we know you understand the study and want to participate.

You are being asked to take part in an anonymous questionnaire. This involves considering and answering questions for 30 minutes on how you think wellbeing should be measured and improved in doctors. You will be asked either to use an app on your smartphone, a provided tablet, or a paper form if the survey is conducted face to face. You will be emailed a link to an online survey if it is not face to face. All of these methods will allow you to provide anonymous answers to the questions. You will be asked not to talk to other doctors about the survey while completing the survey. You can also choose whether to be invited to further surveys or a follow-up face-to-face interview with a researcher. This will only happen if you initial that part of the consent form. Your participation in further surveys and the interview is optional and is not a prerequisite to participating in this survey.

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

There are no direct benefits to taking part in this survey. The study aims to improve our understanding of doctors’ experiences and priorities for interventions that could improve their wellbeing and the measures that could be used to evaluate them. This could result in the design and implementation of user-endorsed, well-evidenced wellbeing interventions, which ensures that the suite of interventions offered by the National Health Service are helpful to you and your colleagues.

**Are there any risks involved?**

There are no anticipated risks associated with the answering the survey questions.

**What data will be collected?**

Your consent form and a decryption file will be the only place that your personal information (your name) is listed. You will be asked your role, and some personal information about your gender, ethnicity and religion before answering the wellbeing questions. The number of people that answered each question and the percentage that gave each answer will be recorded, along with free text answers. Your name will not be linked to any of your answers.

**Will my participation be confidential?**

Yes. Your participation and the information we collect about you during the course of the research will be kept strictly confidential. All consent forms and the decryption file will be stored securely in a locked filing cabinet, in a limited access room in the limited access Academic Centre, College Keep, University of Southampton. The Investigators involved with this study will not disclose, or use for any purpose other than performance of the study, any confidential information disclosed to those individuals for the purpose of the study. All electronic data will be anonymised and stored on the secure University of Southampton network and require password input for access. Members of the University of Southampton may be given access to data 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 data. All of these people have a duty to keep information, as a research participant, strictly confidential.

**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 sign a consent form to show you have agreed to take part.

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

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. However, if you decide to withdraw from the study it will not be possible to remove the data that is no longer linked to your personal information.

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

Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

**Where can I get more information?**

Dr Gemma Simons (Clinical Research Fellow) & Aimee O’Neill (Senior Research Assistant)

[c4ww@soton.ac.uk](mailto:c4ww@soton.ac.uk)

02382 310776

Centre for Workforce Wellbeing, Academic Centre, College Keep, 4-12 Terminus Road, Southampton, Hampshire, SO14 3DT.

**What happens if there is a problem?**

If you have a concern about any aspect of this study, you should speak to the researchers 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](mailto:rgoinfo@soton.ac.uk)).

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