

Information Sheet for Participants

You can download a copy of this information sheet here:

https://www.nhscheck.org/CHECK_participant_information_sheet.pdf



Study Title: NHS CHECK: Health & Experiences of staff working at NHS Trusts and Nightingale Hospitals.

We would like to invite you to participate in NHS CHECK, an online survey asking about the impact of the COVID-19 pandemic on staff working in participating NHS Trusts and Nightingale Hospitals. Please take time to read the following information before deciding to take part, and contact the research team on nhscheck@kcl.ac.uk if you have any questions.

What is the purpose of this study?

The research aims to study the impact of the COVID-19 pandemic on the short- and long-term health and wellbeing of NHS staff. Additionally, we aim to evaluate any staff support programmes you may have participated in during the pandemic.

Why have I been chosen?

You have been invited to take part because you are a staff member at, or working with, the NHS or any of the Nightingale Hospitals.

What will happen if I take part?

You will be asked to complete a 5-10 minute survey about you, your work and your current health and wellbeing. You can then opt to fill in a longer survey taking an additional 20-30 minutes asking you further questions about your experiences of COVID-19 and its effect on you. We will then get in touch with you in about 6, 8, 12 and 18 months' time to find out how you are doing with a further survey on your work, health and wellbeing. We will also invite some participants to take part in telephone interviews to explore their mental health.

The 8 month follow up will include questions regarding occupational and mental health outcomes for staff from Black, Asian and minority ethnic backgrounds. Some participants will also be invited to take part in interviews to explore how (through what processes) COVID-19 has affected mental and physical health.

We are asking you to provide your name and best email address. This is to allow us to contact you again, for example to provide information for the follow up survey when this is over, any future studies that might be relevant to your health and wellbeing, or to share the results of the study with you when we have them.

You of course do not have to agree to any of this, and we will still be grateful to you for just taking part this once. You can also change your mind and simply request that your name be removed from this list at any time.

All participants will also be entered into a prize draw to win an amazon voucher. There will be a total of 20 vouchers – 10 for £50 each and 10 for £250 each. Vouchers cannot be exchanged for cash and vouchers will be emailed or posted to the winners.

Do I have to take part?

Participation is completely voluntary. You should only take part if you want to and choosing not to take part will not disadvantage you in any way.

What are the possible benefits of taking part?

Although there are no immediate individual benefits to taking part, you will have the unique opportunity to contribute to some innovative and valuable research which may later be used across the world. Individuals may also find it helpful to reflect on the current situation and anonymously express their feelings concerning a stressful and unprecedented global event. Our results will feed directly into supporting the NHS workforce during the pandemic. We hope this research will help bring about improvements in policies and practices for our NHS colleagues now and in the future.

What are the possible risks of taking part?

We appreciate that you are willing to share your experiences and feelings with the research team and we do not foresee any risks occurring from your participation. If you would like emotional support, or completing the survey causes distress, we encourage you to reach out to someone you trust. We cannot however respond to information provided by you about your physical and mental health during this research, but what we can do is provide suggestions of outside support which can be found below:

The NHS website at www.nhs.uk contains resources for supporting your mental health and also has a dedicated helpline for NHS staff affected by COVID-19. To contact the NHS helpline, phone 0300 131 7000, or text FRONTLINE to 85258.

The Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/> is a free online resource from the NHS and Public Health England that offers expert help and practical tips on looking after your mental health and wellbeing.

Mind's website at www.mind.org.uk has useful resources to help you cope if you are feeling anxious, worried or isolated.

See Samaritans at www.samaritans.org if you are worried about your mental health. You can also call the Samaritans day or night if you need someone to talk to without judgement on 116 123.

The World Health Organisation at www.who.int has a document detailing mental health and psychosocial considerations during this pandemic.

We take your safety and wellbeing very seriously, and should you have any questions or concerns, please contact the research team on nhscheck@kcl.ac.uk.

How will we use information about you?

We will need to use information from you for this research project. This information will include your name and email address. People will use this information to do the research or to check your records to make sure that the research is being done properly. 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. Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.

Where can you find out more about how your information is used?

You can find out more about how we use your information. Questions, comments and requests about your personal data can be sent to the King's College London Data Protection Officer Mr Albert Chan info-compliance@kcl.ac.uk. If you wish to lodge a complaint regarding information rights, please contact the Information Commissioner's Office via www.ico.org.uk.

We will retain your data for 10 years to allow for data analysis and dissemination of our results to the wider scientific community. We may share anonymised data with our trusted research partners, via an official request for authorisation. This data will not be able to be traced back to any individual. Any data sharing and transfer arrangements are compliant with GDPR and King's College London policies. If you would like more information about how your data will be processed in accordance with GDPR please visit the links below:

www.kcl.ac.uk/research/support/research-ethics/kings-college-london-statement-on-use-of-personal-data-in-research

<https://www.kcl.ac.uk/terms/privacy.aspx>

How is the project being funded?

The research is organised and currently funded by King's College London.

Whom should I contact for further information?

If you have any questions or require more information about this study, please contact the research team via nhscheck@kcl.ac.uk.

What if I have further questions, or if something goes wrong?

If this study has harmed you in any way or if you wish to make a complaint about the conduct of the study you can email Professor Simon Wessely at King's College London at the following email address: nhscheck@kcl.ac.uk.

Thank you for reading this information sheet and for considering taking part in this research.