

## Information Sheet for Participants



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### **Study Title: NHS CHECK: Health & Experiences of staff working at NHS Trusts**

We would like to invite you to participate in NHS CHECK, an online survey asking about the experiences of staff working in participating NHS Trusts. Please take time to read the following information before deciding to take part and contact the research team on [nhscheck@kcl.ac.uk](mailto:nhscheck@kcl.ac.uk) if you have any questions.

### **What is the purpose of this study?**

This study began in 2020, and its original aim was to explore the impact of the COVID-19 pandemic on the short- and long-term health and wellbeing of NHS staff. Using data collected by the first four NHS CHECK surveys, we have so far published 18 scientific papers that have influenced national and international guidance, including parliamentary briefings on mental health support and NICE Wellbeing at Work guidance.

By distributing this fifth NHS CHECK survey, our current aim is to explore the health and wellbeing of NHS staff more broadly, keeping in mind the main challenges currently facing those in the profession.

### **Why have I been chosen?**

You have been invited to take part because you have completed at least one of the four earlier NHS CHECK surveys. We would like to hear from you, even if you are no longer working in the NHS.

### **What will happen if I take part?**

You will be asked to complete a 15–20-minute survey about you, your work and your current health and wellbeing. As you completed at least one earlier NHS CHECK survey, many of the questions may be familiar. Please read the instructions given throughout the survey, as these will tell you how to answer each question.

When you completed an earlier survey(s), we asked you to provide your name, email address, and phone number. This has allowed us to contact you again to share this survey. If you choose to take part, we will ask you if you would like to update your name, email, or phone number so that we can contact you again in the future. We may do this, for example, to share any future surveys or other relevant studies that we conduct, or to share the results of this survey 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 in this survey. 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 their experiences of working with the NHS and anonymously express their feelings about the profession. Our results will feed directly into supporting the NHS workforce. We hope this research will help continue to 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](http://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 website at <https://www.nhs.uk/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](http://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](http://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.

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](mailto: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](mailto: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](http://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](http://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?**

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### **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](mailto: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](mailto:nhscheck@kcl.ac.uk).