

Participant Information Sheet

Study Title: Exploring the Wellbeing of Doctors: Individual Interviews

Researchers: 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?

You will meet with a researcher who will ask you questions relating to your workplace experiences and what could be done to measure and improve doctors' wellbeing. These interviews will vary in length but will take approximately 30 minutes. Interviews will be held at a date, time and location that fits with your shift patterns and the interviews could be held over two separate occasions if this is more convenient.

Are there any benefits in my taking part?

For your participation you will be provided with a meal or £10 Amazon voucher. The study aims to improve our understanding of doctors' experiences and priorities for interventions that could improve their wellbeing and the outcome 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?

Depending on your personal experiences and level of disclosure, the questions during the face-to-face interviews could bring to mind unpleasant memories. Should you experience any psychological distress, we will discontinue the interview process and signpost you to appropriate support services.

Your GP, for health concerns.

The BMA wellbeing support service 0330 123 1245 (24 hour phone line) for any other concerns.

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. The face-to-face interviews will be audio recorded. Audio recordings will be labelled with a number code and will be given to a typist who will type out what was said to produce a

transcript. The typist will have signed an agreement to keep everything said in the interview strictly confidential. Any personal identifiers, such as your name, the names of associates, or your role/team, will be removed from transcripts. Your transcript will only be identified through the number code. The recordings will be password protected, and only accessible by the research team and transcriber.

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, audio recordings, transcripts 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 in both or either part of this research study. If you decide 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. The interviews can be stopped at any time. If you decide to withdraw, the audio recordings and transcripts with your contributions will be removed.

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) and Mrs Aimee O'Neill (Senior Research Assistant)
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).

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

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/Is/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).