* Who do I contact if I am interested in finding out more?

Please contact the researcher, Jackie Fox, using the details below. She will answer any questions you may have. If you are interested in being part of the study, Jackie will arrange to meet with you to complete some questionnaires.

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Discipline of Occupational Therapy,

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091 495021 8



A feasibility study and pilot randomised controlled trial of the Redesigning Daily OccupationsTM programme in an Irish primary care context



Are you a woman experiencing anxiety or a stress-related condition?

Do you feel your life is out of balance, over-burdened or lacking meaningful activity?

Would you like to take part in a research study designed to see if a group programme could help?

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* What do we already know?

We know that many women present to their GP experiencing anxiety and stress. Many of these women will be experiencing a hectic lifestyle, may feel overburdened, be juggling multiple roles or might not be happy with their life balance. It is known that there is a link between how satisfied you are with your daily activities and your health and wellbeing.

* What is this study about?

This study is being completed by the researcher as part of a PhD in Occupational Therapy in the National University of Ireland, Galway. It is a feasibility study. This means that it is exploring whether rolling out this programme would be possible or useful in the future.



2

* What are the benefits to me?

If you are randomly selected to participate in the Redesigning Daily OccupationsTM programme, you will have the opportunity to experience a programme that has been shown to have positive outcomes for women with stress and anxiety in Sweden. Whether you take part in this programme or not, your participation will help the researcher to gather valuable data which may lead to improving services in the future.



* Are there any down-sides?

The main down-side or cost to you is time. Everyone that is participating in the study will be invited to two meetings with a researcher to complete questionnaires. If you are selected to take part in the programme, you will be asked to attend a 2.5 hour group once a week for 10 weeks. These groups will take place within normal working hours of 9am-5pm so you may have to make arrangements with work or childcare. You will also have the option to attend a once-off group interview to talk about your experiences.

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* What will this research lead to?

This study will explore whether it would be possible to roll out this programme on a wider scale, or if further research is necessary. Where programmes are found to have good results, they can lead to improvements in services. The results will be published so that other researchers and service providers will benefit from them.

* How am I protected?

Your emotional wellbeing and your confidentiality are protected in several ways. Firstly, you can be assured that all group facilitators and researchers are fully qualified occupational therapists who have received training in all aspects of delivering this programme. Secondly, if for any reason you find any aspect of the group upsetting, the group facilitator will be able to support you, and you will continue to receive all the usual care from your GP. Thirdly, all of your information, including all of your completed questionnaires and audio-recorded information, will be kept securely locked away for the duration of the study. When the researcher no longer needs to contact you, all names and contact details will be destroyed.



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* What is the Redesigning Daily OccupationsTM programme?

This programme was designed in Sweden where it has shown some promising results for women with stress-related conditions. It is a group programme – participants attend one group a week for ten weeks. The focus of the groups is on analysing your own pattern of daily activities and exploring how to achieve better balance and satisfaction in daily life. You will learn strategies to identify your own triggers for stress, and get support from a group to make changes

* What is a pilot randomised controlled trial?

A randomised controlled trial means that if you are interested in taking part, you will be randomly selected to receive one of two things; the Redesigning Daily OccupationsTM programme OR your GP care as usual. A pilot means that this is a small study, designed to see if a larger one would be worthwhile in the future.



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* If I agree to take part, what would I have to do?

You would be asked to complete several questionnaires, which should take no more than an hour. Then you will be randomly chosen to either take part in the Redesigning Daily OccupationsTM programme, or to receive your usual care from your GP. At the end of 10 weeks, whether you took part in the groups or not, you will be asked to complete the questionnaires again.



* If I am not randomly chosen to receive the Redesigning Daily OccupationsTM programme, what will happen?

If you are not randomly chosen to take part in the programme, you are providing valuable information which will allow the researcher to make comparisons between those who do the programme and those who do not. You will continue to be free to see your GP as usual, including taking any usual medications. You will be contacted at the end of the 10 week programme to complete the questionnaires again.

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* Is anything else involved?

When the group programme is finished, you will be contacted to see if you would be willing to take part in an interview. This is to find out more about your experiences in the group and in the research process. The interview will take place in a group of other women who have also been part of the research and will be audio-recorded.

* Can I change my mind?

Yes, you can change your mind about taking part in the research at any time. This does not affect any services you may already be receiving from your GP or any other health service.



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