

# The psychosocial impact of the COVID-19 pandemic on NHS affiliated staff – monitoring the response to the pandemic and the evaluation of local and national staff support programmes

<b>Submission date</b> 11/09/2020	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 30/09/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 30/08/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

COVID-19 is a condition caused by the coronavirus (called SARS-CoV-2) that was first identified in late 2019. This virus can infect the respiratory (breathing) system. Some people do not have symptoms but can carry the virus and pass it on to others. People who have developed the condition may develop a fever and/or a continuous cough among other symptoms. This can develop into pneumonia. Pneumonia is a chest infection where the small air pockets of the lungs, called alveoli, fill with liquid and make it more difficult to breathe.

In 2020, the virus has spread to many countries around the world and neither a vaccine against the virus or specific treatment for COVID-19 has yet been developed. As of April 2020, it is advised that people minimize travel and social contact, and regularly wash their hands to reduce the spread of the virus.

Groups who are at a higher risk from infection with the virus, and therefore of developing COVID-19, include people aged over 70 years, people who have long-term health conditions (such as asthma or diabetes), people who have a weakened immune system and people who are pregnant. People in these groups, and people who might come into contact with them, can reduce this risk by following the up-to-date advice to reduce the spread of the virus.

This study will investigate the impact of the COVID-19 pandemic on the psychological health and wellbeing of NHS staff in England.

### Who can participate?

All staff working at or with a participating NHS Trust

### What does the study involve?

A combination of online questionnaires and, with a smaller group of participants, more detailed telephone interviews. Participants will complete questionnaires about their health, distress, and work environment at the start of the study and 4 and 8 months later. The follow-up over time is

to see whether the participants' mental health improves or worsens and to identify which groups of staff may need tailored support. The questionnaire has been produced alongside healthcare staff in local NHS Trusts. The researchers have formed a study steering panel consisting of representatives whose support they have already gained (e.g., unions, employers, and different staff groups). They will feedback emerging results to participating Trusts, networks, their partners, and NHS England, from which they have full encouragement, to help them prepare for future psychological health and workforce planning needs.

What are the possible benefits and risks of participating?

Although there are no immediate individual benefits of taking part, participants 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. The results will feed directly into supporting the NHS workforce during the pandemic. It is hoped that this research will help bring about improvements in policies and practices for NHS colleagues now and in the future. The researchers do not foresee any risks occurring from participation but if the questions lead to any distress they direct all participants who would like emotional support or find completing the survey causes distress to reach out to someone they trust. They also provide suggestions of outside support which can be accessed.

Where is the study run from?

This study is a collaborative effort led by a research team at King's College London and King's Health Partners supported by expert clinicians, frontline staff and researchers across different NHS Trusts and Universities, and the NIHR Maudsley Biomedical Research Centre (UK)

When is the study starting and how long is it expected to run for?

April 2020 to April 2022

Who is funding the study?

1. King's College London (KCL) (UK)
2. NIHR Biomedical Research Centre at the Maudsley (UK)
3. Rosetrees Trust (UK)
4. University College London (UCL) (UK)
5. Medical Research Council (MRC) (UK)

Who is the main contact?

Rupa Bhundia  
NHSCHECK@kcl.ac.uk

## Contact information

### Type(s)

Scientific

### Contact name

Prof Simon Wessely

### ORCID ID

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### Contact details

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London  
United Kingdom  
SE5 9AF  
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### **Type(s)**

Public

### **Contact name**

Miss Rupa Bhundia

### **Contact details**

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London  
United Kingdom  
SE5 9AF  
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NHSCHECK@kcl.ac.uk

## **Additional identifiers**

### **Integrated Research Application System (IRAS)**

282686

### **Central Portfolio Management System (CPMS)**

46176

## **Study information**

### **Scientific Title**

NHS CHECK: The psychosocial impact of the COVID-19 pandemic on NHS affiliated staff – monitoring the response to the pandemic and the evaluation of local and national staff support programmes

### **Acronym**

NHS CHECK

### **Study objectives**

To establish a cohort of NHS-affiliated staff to investigate the short, medium- and longer-term psychosocial impact of the COVID-19 pandemic on staff performance and wellbeing.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

REC review not required as this study involves NHS staff  
Approved 24/04/2020, Health Research Authority (HRA) (address and tel not provided; approvals@hra.nhs.uk), ref: 20/HRA/2107

## **Primary study design**

Observational

## **Study design**

Multicentre cohort study

## **Study type(s)**

Other

## **Health condition(s) or problem(s) studied**

The psychosocial impact of the COVID-19 pandemic on NHS affiliated staff – monitoring response to the pandemic and the evaluation of local and national staff support programmes

## **Interventions**

Baseline online survey launched in April 2020 followed by repeated surveys at month 4, 8 and 12. The 4-month survey includes an evaluation of staff support programmes. A subset of participants will also be invited to participate in psychiatric diagnostic interviews between month 4 and month 8.

## **Intervention Type**

Other

## **Primary outcome(s)**

General (non-psychotic) psychiatric morbidity, resilience, anxiety, depression, wellbeing, moral injury and burnout measured using online survey at baseline, month 4 and 12

## **Key secondary outcome(s)**

Tiered and tailored staff support programmes being implemented locally and nationally, evaluated using online survey at month 4

## **Completion date**

23/04/2022

# **Eligibility**

## **Key inclusion criteria**

1. Affiliated NHS member of staff, working at, or with, the participating NHS Trusts during the COVID-19 pandemic
2. Aged 18 and over
3. Able to give informed consent to take part in research
4. Able to understand and communicate in English
5. Have access to the internet to complete the surveys
6. Have access to an email address to facilitate survey registration and receive survey links

## **Participant type(s)**

Health professional

## **Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

All

**Key exclusion criteria**

1. If participants are not an affiliated NHS member of staff, working at, or with, the participating NHS Trusts
2. Aged under 18
3. Unable to give informed consent to take part in research
4. Unable to understand and communicate in English
5. No access to the internet to complete the surveys
6. No access to an email address to facilitate survey registration and receive survey links

**Date of first enrolment**

24/04/2020

**Date of final enrolment**

23/04/2022

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Guy's and St Thomas' NHS Foundation Trust**

Westminster Bridge Rd

London

United Kingdom

SE1 7EH

**Study participating centre**

**King's College Hospital**

Denmark Hill

Brixton

London

United Kingdom

SE5 9RS

**Study participating centre**  
**South London and Maudsley NHS Foundation Trust**  
Maudsley Hospital  
Denmark Hill  
London  
United Kingdom  
SE5 8AZ

**Study participating centre**  
**Avon and Wiltshire Mental Health Partnership NHS Trust**  
Avon and Wiltshire Mental Health Partnership NHS Trust  
Bristol  
United Kingdom  
BS16 2EW

**Study participating centre**  
**Gloucestershire Hospitals NHS Foundation Trust**  
United Kingdom  
GL1 2EL

**Study participating centre**  
**East Suffolk and North Essex NHS Foundation Trust**  
Turner Rd  
Mile End  
Colchester  
United Kingdom  
CO4 5JL

**Study participating centre**  
**University Hospitals of Derby and Burton NHS Foundation Trust**  
Uttoxeter Road  
Derby  
United Kingdom  
DE22 3NE

**Study participating centre**  
**Nottinghamshire Healthcare NHS Foundation Trust**  
Duncan Macmillan House  
Porchester Road  
Nottingham

United Kingdom  
NG3 6AA

**Study participating centre**  
**University Hospitals of Leicester NHS Foundation Trust**  
Infirmary Square  
Leicester  
United Kingdom  
LE1 5WW

**Study participating centre**  
**Cambridgeshire and Peterborough NHS Foundation Trust**  
Cambridge  
United Kingdom  
CB21 5EF

**Study participating centre**  
**Norfolk and Norwich University Hospitals NHS Foundation Trust**  
Colney Lane  
Norwich  
United Kingdom  
NR4 7UY

**Study participating centre**  
**Cambridge University Hospitals NHS Foundation Trust**  
Hills Road  
Cambridge  
United Kingdom  
CB2 0QQ

**Study participating centre**  
**Sheffield Health and Social Care Trust**  
Fulwood House  
Old Fulwood Road  
Sheffield  
United Kingdom  
S10 3TH

**Study participating centre**

**Lancashire and South Cumbria NHS Foundation Trust**

Sceptre Point  
Sceptre Way  
Walton Summit Rd  
Walton Summit Centre  
Preston  
United Kingdom  
PR5 6AW

**Study participating centre**

**Tees Esk and Wear Valleys NHS Foundation Trust**

Middlesborough  
United Kingdom  
TS6 0SZ

**Study participating centre**

**Devon Partnership NHS Trust**

Wonford House  
Dryden Rd  
Exeter  
United Kingdom  
EX2 5AF

**Study participating centre**

**Cornwall Partnership NHS Foundation Trust**

Carew House, Beacon Technology Park  
Dunmere Rd  
Bodmin  
Cornwall  
United Kingdom  
PL31 2QN

**Study participating centre**

**Royal Papworth Hospital NHS Foundation Trust**

Papworth Rd  
Trumpington  
Cambridge  
United Kingdom  
CB2 0AY

**Sponsor information**

**Organisation**

King's College London

**ROR**

<https://ror.org/0220mzb33>

**Funder(s)****Funder type**

Charity

**Funder Name**

Rosetrees Trust

**Alternative Name(s)**

Rosetrees, Teresa Rosenbaum Golden Charitable Trust

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

United Kingdom

**Funder Name**

Medical Research Council

**Alternative Name(s)**

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

**Funder Name**

University College London

**Alternative Name(s)**

University College London in United Kingdom, Collegium Universitatis Londinensis, UCL

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

United Kingdom

**Funder Name**

King's College London

**Alternative Name(s)**

King's, Collegium Regium apud Londinenses, Collegium Regale Londinense, Collegium Regale Londiniense, KCL

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Universities (academic only)

**Location**

United Kingdom

**Funder Name**

NIHR Biomedical Research Centre at the Maudsley

## Results and Publications

**Individual participant data (IPD) sharing plan**

The data-sharing plans for the current study are unknown and will be made available at a later date.

**IPD sharing plan summary**

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Preprint results</a>	non-peer-reviewed baseline mental health survey results in preprint	22/01/2021	19/03/2021	No	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes