

# A study to identify working conditions and work cultures associated with psychological distress and suicidality among junior doctors working in the NHS

## Participant Information Leaflet - Interview

### We invite you to take part in a research study

- Before you decide whether to take part, we would like to tell you why the research is being conducted and what it will involve.
- Please take the time to read this information sheet.
- Please ask if there is anything that is not clear or if you would like more information.
- If you decide to take part please complete the **reply slip** and email it back to us: f.kokab@bham.ac.uk

### Important things you need to know

- We would like to invite you to take part in a study which aims to identify specific working conditions and contexts associated with higher levels of psychological distress and suicidality, as well as potential protective factors.
- We would like to invite any doctor (pre-consultancy) which may include foundation and junior doctors.
- We are also seeking to identify the value and limitations of current individual, collegial (define this) and organisational support, and the care pathways for mental wellbeing currently available to support foundation/junior doctors in their working environments.
- This study is being conducted by researchers at Universities of Birmingham, Keele, Manchester, Birbeck and University College London.

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### How to contact us

If you have any questions about the study or would like more information please talk to:

Farina Kokab  
University of Birmingham  
Murray Learning Centre  
Edgbaston  
Birmingham  
B15 2TT  
T: 0121 414 7496  
E: F.kokab@bham.ac.uk

There is an answering machine available 24 hours a day, so please leave a message and someone will return your call as soon as possible

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## Why we are doing this study?

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### What are we studying?

The study aims to identify working conditions and contexts associated with higher levels of psychological distress and suicidality among foundation/junior doctors, as well as potential protective factors.

### Why do we think this is important?

Foundation/junior doctors face a high degree of work related pressures, and may be at high risk of stress or distress, anxiety, depression, self-harm and thoughts of suicide.

We believe that working the working conditions and work cultures of foundation/junior doctors may be associated with psychological distress, including suicidality. We therefore want to explore these factors in this study in order to inform the development and feasibility of a support intervention for junior doctors early on in their clinical training.

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## 2 Why am I being asked to take part?

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You are invited to participate in this study if you identify as a junior doctor working in the NHS.

We would like to interview foundation/junior doctors who have experienced:

- Distress or mental ill health (such as anxiety, depression, bipolar disorder).
- Self-harm thoughts and behaviour, thoughts of suicide, or previous suicide attempt (not within 6 weeks of taking part, nor actively suicidal).

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## 3 What is involved?

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A single interview with the researcher. This can be done by telephone, skype or in person (at a place of your preference).

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## 4 What will happen to me if I take part?

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If you are interested in taking part in this study, please complete the enclosed **reply slip** and return it to the study team in the prepaid envelope provided (you do not need a stamp). You will then be contacted by a researcher who will ask you some questions to check whether you are suitable for the study.

At this point you will also have the opportunity to raise with the researcher any questions you might have about the study. You are under no obligation to participate in this study at any point, and can withdraw from the study without giving a reason.

If you agree to participate in an interview, this will be recorded (with your permission). Your personal details and any identifying information will be removed from transcripts made of the interview recordings and your name will not appear in any written reports of the research.

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## 5 Possible benefits and disadvantages of taking part

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### What are the possible benefits of taking part?

Taking part could help improve the support offered to foundation/junior doctors in the future.

### What are the possible disadvantages of taking part?

Taking part in the study will take approximately one hour of your time. We can offer £40 reimbursement for your time.

Some of the topics discussed in this interview may be upsetting or cause you distress.

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## 6 More information about taking part

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### Do I have to take part?

No, it is up to you to decide whether to take part or not. Please feel free to contact us if you would like more information, or to ask us any questions. Details of the researcher are on the front page of this information sheet.

You will be asked to sign a consent form if you decide to take part. This will be done before the interview if conducted by telephone or skype, and we will ask you to send the consent form to the research team. The consent form will be signed at the time of a face to face interview.

Even if you agree to take part in the study, you are free to withdraw at any time, without giving a reason. However, when the interview recording has been transcribed and anonymised, this will still be used even if you decide to withdraw from the study.

### Limits to Confidentiality

If you communicate any intent to harm yourself, we may need to contact your GP/PHP/study team specialists. We will discuss this with you before the interview and ask for your preferences in such an event.

The research team also has a legal obligation to share information with the GMC if you 'disclose substandard or unsafe practices which unequivocally compromise patient safety'. Please note that we will always make every effort to contact you and discuss with you any need to break confidentiality in this way before contacting anyone else.

### Will I receive any payment for taking part?

We can also offer reimbursement of £40 to cover your time.

### What will happen to information collected about me during the study?

We will treat any information you give us confidentially. We will store all of your information safely and securely. We will not mention your name in any publications about the study and we will make sure that no individuals can be identified in the study results.

We will keep the information you give us as part of the current study for 10 years after the study ends.

### What if there is a problem?

If you have concerns about the study or if there is anything you would like to ask about the study, please get in touch with us. Our contact details are at the front of this information sheet. If you would prefer to speak to the Chief Investigator, Dr Ruth Riley (r.riley@bham.ac.uk)

We do not expect any harm to come to you from being in this study. However, if you wish to complain or have any concerns about any aspect of the way you have been approached or treated during the course of the study, the normal NHS complaints processes are available to you through the Patient Advice and Liaison Service (PALS) 0800 052 0219.

### What will happen to the results of the study?

When the study has finished and the results have been published, we will send a summary of the study results to everyone who has taken part in the study. We will also keep our study website up to date with news of the programme.

### Who is organising and funding the study?

This study is organised by a group of Universities (Birmingham, Keele, Birkbeck, University College, London and Manchester).

The study is funded by the Department of Health's National Institute for Health Research, Research for Patient Benefit.

The study has been reviewed by the Health Research Authority. This is to protect your safety, rights, wellbeing and dignity. This study was looked at and approved by the University of Birmingham's ethical review board.

## Is there anyone else I can talk to about the study?

Please contact INVOLVE (Tel: 02380 595628) for general information about research.

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## 7 What do I need to do now?

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### What do you need to do if you would like to take part in the study?

Please fill in and sign the **reply slip** and post or email this to the project researcher.

If you decide to take part in the study, a researcher will contact you to discuss this. If you are suitable for the study, we will contact you to confirm this.

### Do I need to do anything if I don't want to take part in the study?

No, you do not need to do anything if you do not want to take part in the study. If you do not want to take part, you don't have to, it's up to you.

## Thank you for taking the time to consider taking part in this study.

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## 7 Useful information

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If you wish to speak to someone following any issues raised in this interview, please contact the 24 hour BMA Counselling service on: 0330 123 1245 - 24 hours a day, 7 days a week.

For doctors living in London, we advise you to contact the NHS Practitioner Health Programme on 020 3049 4505. This is a free and confidential service for doctors with a mental health, addiction or physical health problem affecting their work. They also have 24/7 crises text service text PHP to 85258.

You may also wish to contact the Samaritans on 116 123. You do not have to be suicidal to call.

Alternatively, please contact your GP or we can provide you with the contact details of specialists on the study team who will be willing to speak to you and advise you.

If you would like to talk to someone about an addiction problem, you can contact the following helplines:

Frank drugs helpline on 0300 123 6600

Drinkline, a free helpline on 0300 123 1110 (weekdays 9am – 8pm, weekends 11am – 4pm).

If you have experienced harassment, bullying or victimisation in the workplace during the interview, we will advise you to contact your local HR adviser or the BMA who can offer confidential advice on: 0300 123 1233, phone lines are open from 08.30-18.00 Mon-Fri.

Harassment, bullying and victimisation in the workplace is illegal. You will be eligible to receive advice or counselling through Human Resources if you wish. If you are a trainee and are experiencing harassment, bullying and victimisation in the workplace, we also recommend that you seek advice from your supervisor or the Guardian of Safe Working.



