

Dear Dr Doctor,

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

We would like to invite you to take part in a qualitative study and would like to hear from foundation/junior doctors (pre consultancy) who have experienced:

- Psychological distress
- Mental ill health problems (such as anxiety, depression, bipolar disorder)
- Self-harm, thoughts of suicide, a history of suicide attempt(s) (but not within 6 weeks of taking part in the study), and not actively suicidal.

This study is being conducted by researchers at Universities of Birmingham, Keele, Manchester, Birkbeck and University College London. The study is funded by the National Institute for Health Research and has full ethical approval.

If you agree to take part a researcher will:

- Contact you to arrange a mutually convenient time and location to meet or undertake a face-to-face or telephone interview (this will depend on your preference)
- Talk with you about your experiences of mental ill health, seeking help/support and your views on the contributing factors. The interview should last no more than 60 minutes. We would like to digitally record this with your consent - it can take place at your home or work, or over the 'phone, depending on your preference.
- Your participation is confidential and all identifying information will be changed. You will be offered £40 as a thank you for your time or you can choose to donate this money to charity if you prefer.

The attached information booklet explains the study in more detail. All interviews will be strictly confidential. We would only ever break confidentiality if you posed a serious risk to yourself or others. You are under no obligation to take part and can withdraw at any time.

If this sounds like you and you are interested in taking part, or want to hear more, please contact the Project Researcher:

Farina Kokab,

Tel: 0121 414 7496 or email: f.kokab@bham.ac.uk

You can also contact the lead researcher:

Dr Ruth Riley (Chief Investigator) r.riley@bham.ac.uk

With thanks and best wishes.