

Consent form for participants recruited into Enhancing resilience and wellbeing in GP trainees through developing mindful practice

**Principal investigator: Prof Jeremy Dale
Version 2 - 24th September 2018**

**Please
insert initials in
every box**

1. I have read the information sheets (version 2, September 2018) on the above project and have been given a copy to keep. I have had the opportunity to ask questions about the project and understand why the research is being performed and any foreseeable risks involved.

2. I understand that my participation is voluntary.

3. I agree to take part in the Focus Groups.

4. I agree that during the Focus Groups audio information will be recorded.

5. I agree anonymized direct quotes from the audio recording will be used in the written report.

6. I agree to take part in the Mindfulness Programme

7. I agree to keep an anonymous mindfulness diary

.....
Name of participant
(BLOCK CAPITALS)

.....
Date

.....
Signature

.....
Name of person taking consent
(if different from researcher)

.....
Date

.....
Signature

.....
Name of researcher

.....
Date

.....
Signature