

Version 2

## **Enhancing resilience and wellbeing in GP trainees through developing mindful practice**

### **Focus Group**

**Investigators:** Prof Jeremy Dale ([Jeremy.Dale@warwick.ac.uk](mailto:Jeremy.Dale@warwick.ac.uk))

Dr Manuel Villarreal

Dr Petra Hanson

## **PARTICIPANT INFORMATION SHEET**

### **1. Why is mindfulness resilience training relevant to GP trainees?**

GPs are an occupational group who are recognised as being at risk of their mental and physical wellbeing through the pressures of work. This can adversely affect morale, job satisfaction and lead to burnout, depression and addiction. It also impacts on the quality of patient care and teamwork within the practice, and may lead to errors and complaints.

Resilience describes the ability to bounce back or recover from stress (Smith et al., 2008). Developing and strengthening resilience may lead to enhanced quality of life and enhanced career fulfilment. Although there has been much recent interest in techniques that improve physician resilience and wellbeing (such as mindfulness), the evidence to support such interventions is sparse. Additionally, there is not much evidence examining what is the trainees' perception of mindfulness practice, as well as what are the barriers to practising mindfulness among GP trainees.

### **What are Focus groups for?**

Focus groups will allow exploration of your perspectives and experiences of mindfulness training. In particular, we will explore how any previous mindfulness practice affected your wellbeing, patient care and burnout. The focus groups will facilitate our understanding of potential facilitators and barriers to engagement that can then be addressed both in the current plans for delivering the Mindfulness Programme for GP trainees, and potentially the future development of the programme.

Each focus groups will consist of 3-5 trainees. The group will meet for 30 minutes at an agreed time. Meeting via video conference will be possible in order to facilitate participation. We aim to include a total of 10-15 GP trainees. The focus groups will be carried out between October and November 2018.

### **2. Do I have to take part?**

No. It is for you to decide whether you wish to take part. If you do decide to take part we will ask you to sign an informed consent form.

You will then receive a date for the focus group meeting. The focus group discussion will be audio recorded information. This can include direct quotes, but no identifiable data will be collected from you in the focus groups. The audio recordings will be transcribed by a Warwick University Staff. If you decide you would like to withdraw from this study, you can do that at any point. However, it may not be possible to discard the transcribed information from the Focus group participants following the Focus Group recording, as identification of individual participants will not be possible.

**3. What are the advantages/disadvantages of taking part?**

Your participation will allow us to assess how mindfulness is practiced among GP trainees, and also explore any barriers to engaging in such a practice.

**4. Will I receive any payment for taking part in the study?**

You will not be reimbursed for your time in this study.

**5. Will my taking part in this study be kept confidential?**

While it won't be possible to keep your involvement confidential from other members of your focus group, the transcript from the focus group will be kept anonymous. The focus group transcripts will be kept on the password protected computer. This data will be kept for 12 months. If you agree to take part in the Focus Groups, we will ask you to provide us a contact for you (either an email address or a phone number) so that we can arrange a meeting for the focus group. We will keep this for the duration of the study only.

**6. What will happen with the results of the evaluation?**

We hope to disseminate the results in publications and meetings as we believe that they will be of interest nationally and internationally. Your specific personal details will ***not*** appear in the presentations or journals.

**7. Who should I contact if I wish to make a complaint?**

This study is covered by the University of Warwick's insurance and indemnity cover. If you have an issue, please contact the Chief Investigator of the study: [Jeremy.Dale@warwick.ac.uk](mailto:Jeremy.Dale@warwick.ac.uk)

Any complaint about the way you have been dealt with during the study or any possible harm you might have suffered will be addressed. Please address your complaint to the person below, who is a senior University of Warwick official entirely independent of this study:

Head of Research Governance

Research & Impact Services

University House

University of Warwick

Coventry

CV4 8UW

Tel: 024 76 522746

Email: [Researchgovernance@warwick.ac.uk](mailto:Researchgovernance@warwick.ac.uk)

## **8. Who is organising and funding the research?**

The chief investigator is Professor Jeremy Dale, Professor of Primary Care at Warwick Medical School. Funding has been obtained from Health Education West Midlands.

## **9. Who has reviewed the study?**

Before any research is carried out, it has to be thoroughly checked by an ethics committee. The committee makes sure that the research is appropriate to do in accordance to Good Clinical Practice (GCP) principles, regulations and guidelines. This study has been reviewed and approved by Biomedical & Scientific Research Ethics Committee (BSREC) at University of Warwick, REGO-2018-2292.

*Thank you for taking time to read this sheet and for considering participating in this research study. If you decide to participate you will be given a copy of the information sheet and a signed consent form to keep. Please ask any questions if you need to.*