

Version 2

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

### **Mindfulness Programme for GP Trainees**

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## **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. GP trainees, similarly to all medical and surgical trainees, are subject to a heavy workload and high expectations, and this can lead to lack of time to care for themselves. Finding the time to develop and sustain resilience might feel like an additional pressure, and yet it could establish techniques that might support lifelong wellbeing and job satisfaction.

### **What is the Mindfulness Programme for GP trainees?**

The aim of the Mindfulness Programme for GP Trainees is to explore the feasibility of introducing a mindfulness course as part of vocational training, and to assess its impact on resilience and wellbeing. As a current GP trainee in which the programme is being piloted, you have the opportunity to participate in it.

Mindfulness is defined as a capacity for enhanced and sustained moment-to-moment awareness of one's own mental and emotional state and being, facilitating increasing awareness and responding skillfully to mental processes that contribute to emotional distress and maladaptive behavior. Several mindfulness-based interventions (MBI) have been applied in different settings. The programme we are using is the Mindful practice curriculum, based on the Mindfulness-Based Stress Reduction (Kabat-Zinn et al., 1985) programme. This training is specifically adapted for physicians.

The aim of the programme is to teach and reinforce patient-centered care using secular contemplative practices, narrative medicine, reflective questioning and appreciative inquiry. During 6 sessions each one 1 hour, consist of modules that include a particular theme such as, professionalism, how doctors think, witnessing suffering, medical errors, well-being and burnout, breakdowns in communication, and handling conflict compassionately.

There is a didactic component in which information and research data relevant to the theme are presented and then participants engage in a brief period of contemplative practice. These include guided mindfulness practice as well as other exercises. Participants then engage in a narrative exercise in which they recall a clinical experience related to the theme and spend a period of time writing about their experience. After writing, GP trainees will pair up or divide into small groups, taking turns telling and listening to each other's stories using techniques of reflective questioning. The sessions close with simple mindfulness exercises to practice on their own at home and during clinical practice.

The effectiveness, acceptability and feasibility of this programme will be evaluated with a series of validated questionnaires. You will be randomly allocated to participate in the Mindfulness Programme in either October 2018 or January 2019, for the period of two months. You will be asked to fill in the validated questionnaires at three different time points; October 2018, December 2018 and March 2019. You will also fill in the post-intervention evaluation immediately after the last session of the programme. You will be asked to keep a mindfulness record, recording any mindfulness practices between October 2018 and March 2019.

## **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 and fill in the survey before and after the Mindfulness Programme. The overall Programme will take place between October 2018 and March 2019.

If you decide you would like to withdraw from this study, you can do that at any point and all the collected information from you will be discarded.

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

Your participation will allow us to assess feasibility, acceptability and an impact of Mindfulness Programme when applied to GP trainees. You may gain new useful skills in resilience and overall improved wellbeing.

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

You will not be reimbursed for your time in this study. As a token of gratitude for completion of questionnaires, following completion of the second and final survey you will be entered into a prize draw for an Amazon voucher.

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

At the beginning of the Programme, you will be given a Unique Study Number. This will enable us to link the information from your surveys to the information from the mindfulness records. In addition, we will be able to assess how your scores change after the intervention. We will not use the key to

re-identify you at the end of the study. This Unique Study Number will be kept with the Consent Forms and will be stored in the secure office of the Principal Investigator. While it won't be possible to keep your involvement confidential from other members of your group, the surveys that you complete will only contain your Unique Study Number. The data from the filled questionnaires will be password protected. The Mindfulness Record sheets will contain only the Unique Study Number and will be stored in a locked cabinet in the Research Team office. This data will be kept for 12 months.

If you agree to take part in the Mindfulness Programme, we will ask you to provide us with a contact for you (either an email address or a phone number) so that we can send you the link to the surveys. 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, reference number is 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.