



## **UpLifting the occupational well-being of NHS staff: A Randomised Controlled Trial Workshop Booking and Attendance**

Welcome to the UpLift Trial.

Thank you for agreeing to participate in this important study that focuses on improving the occupational health and well-being of NHS staff. This is a 6 week course of interactive webinar workshops and online interventions with a 6 month follow-up period.

You have now consented and created an account that allows you to access the UpLift App and book your place on the webinar workshops.

You should have received an email which allows you to select the time and day you wish to attend your coping skills workshop each week. Where possible we would like you to stick to this fixed schedule each week, for a total of 6 weeks. Of course, we understand that you may need to change your schedule on certain weeks, so please contact the research team if this is the case and we can enable you to attend your weekly session at an alternative day or time.

The workshops will not run if they have very few participants, so we please ask you to let us know as soon as possible if you cannot attend or wish to change your day or time of attendance. Our contact details are on this website.

Each week you will be sent a link to access the workshop session you have selected. Please log on at least 2 minutes before the start time, to enable us to start on time. You will then be in the workshop for an hour. The workshop will include a presentation from a facilitator, and it will also be interactive, so please feel free to ask questions and get involved using the chat function.

Once the workshop session has finished, you will have access to the online UpLift app which enables you to further explore the lessons provided in the webinar and benefit from skills practice exercises, which will help you to transfer the knowledge and strategies gained into your daily life. You can access the app via the LOGIN facility on this website. Each week's intervention will be unlocked by your webinar facilitator.

If you attend a minimum of four workshop sessions and four app interventions, you will receive a CPD certificate from the University of Sheffield and will be entered into a prize draw for a £100 amazon voucher. And if you complete every single questionnaire and at least four online skills practices via the UpLift App by the six month follow-up stage, you will be entered into a prize draw for a massive £200 amazon voucher. Imagine if you were the lucky winner!

We hope you enjoy the workshops and online interventions. This is a great opportunity to find ways to help you cope with workplace stress and reduce the risk of burnout, and you will be contributing to very important research which could benefit others in the future. At various points throughout the course there will be questionnaires to complete which will help us to monitor your progress and help with our

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research. Your contribution is very valuable so it's important that you do complete these questionnaires.

We look forward to working with you, and if you have any questions please do not hesitate to contact us.

See you soon at the start of the trial in week 1.

**Contact details for enquiries**

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**Thank you for taking time to consider participating in this study.**