

### Step 1

- If you haven't already you need to complete the consent questionnaires by following this link:  
[https://sheffieldpsychology.eu.qualtrics.com/jfe/form/SV\\_ekA5Df7iO6nGFGR](https://sheffieldpsychology.eu.qualtrics.com/jfe/form/SV_ekA5Df7iO6nGFGR)

### Step 2

- Once the consent questionnaires are completed you will be sent an email with your group allocation (group 1 or group 2)
- In the same email you will be provided with your own personal pseudonymised code. Please use this to log into the UpLiftTRIAL app - a dedicated login facility is provided on this [www.uplifttrial.com](http://www.uplifttrial.com) website. Please also use it for all future communications to ensure your data is anonymous. Grounded research will keep a copy of your code so if you forget it please contact [rdash.groundedresearch@nhs.net](mailto:rdash.groundedresearch@nhs.net)
- The UpLiftTRIAL app provides weekly interactive interventions and skills practices to support the workshops and will help you transfer the knowledge and strategies learned into your daily life. (Recommended use on modern browsers/devices).

### Step 3

- You can now log into the UpLiftTRIAL app, via the login facility provided on this [www.uplifttrial.com](http://www.uplifttrial.com) website. Use your pseudonymised code for the Login ID, and for first time entry, use your pseudonymised code followed by 'Upl1ft' for the Password (e.g. if your unique identifier is '12345678', your initial password will be '12345678Upl1ft'). You will then be able to create your own password for subsequent logins.
- The last step in the process before the workshops start is to complete the baseline questionnaires. These can be found on the UpLiftTRIAL app under 'Introduction' on the home page.
- You cannot attend the workshops if you have not completed the above steps

We know that you will potentially work with people who have been randomized to a different intervention group. We ask that you do not share or discuss materials from the interventions with people in different groups. This is to strengthen the design of the study and allow a clearer result,

and therefore we can be sure that any effects that occur from the trial are due to the individual interventions.

**Contact details for enquiries**

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