

RDaSH Centre for Psychological Research



UpLifting the occupational well-being of NHS staff: A Randomised Controlled Trial

UpLiftTRIAL App Login Process

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.

The UpLiftTRIAL app has been created to support this trial and to support you. Online interactive interventions and skills practices are provided in line with the weekly workshops to help you transfer the knowledge and strategies gained into your daily life.

You will be required to access the app each week following the workshops, and your workshop facilitator will remind you about this. The app also provides the questionnaires which you will need to complete at various time points throughout the trial – these will help the research team monitor progress and evaluate the benefits of the interventions.

The UpLiftTRIAL app is available for you throughout the six week course and throughout the six month follow-up phase. Do use the app often and in particular the skills practices, to ensure you gain the most out of your workshops and to maximise the benefits of the interventions. The skills practices will help you implement strategies and enable you to monitor your progress throughout.

Prior to commencing the trial, you will need to register your account on the UpLiftTRIAL app using your unique identifier/pseudonymised code. You'll need to create a password, which you should keep safe and remember along with your unique identifier as these will be needed to enter the app. To login to the app follow the steps below:

- Click the dedicated LOGIN facility on this website
- Login ID – Enter your unique identifier code
- Password – For first time login enter your unique identifier code followed by 'Up1ft', e.g. if your unique identifier is '12345678', your initial password will be '12345678Up1ft'.
- Click LOGIN and you will now be able to create your own password for subsequent logins.
- Subsequent logins – enter your Login ID and the password you created.
- If you forget your password, contact the Grounded Research team.

(The UpLiftTRIAL app recommended use on modern browsers/devices)

When you login to the app first time, go to 'Introduction' on the homepage to view a 'Welcome' video from the Grounded Research Team. Following this, you will need to complete the set of baseline questionnaires which should take around 20 minutes. These questionnaires will need to be completed before moving on.

Email: rdash.groundedresearch@nhs.net

Interventions and skills practices are available on a weekly basis and will be unlocked by your workshop facilitator. Any data you enter to the app is strictly anonymised – so please be aware when entering free text that you do not enter any personal information at any point.

Please also be sure not to discuss or share materials with colleagues in the other intervention group to protect the integrity of the randomised control trial.

We hope you enjoy the workshops and the 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. Your contribution is very valuable so do remember to complete the questionnaires at the four time points throughout the trial.

As a final note, 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

Thank you again for participating, and if you have any questions, please contact the Grounded Research team.

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