



## Information Sheet

### Health and Wellbeing Survey

- We would like you to take part in a research study. Before you decide, you need to understand why this study is being done and what it will involve for you.
- Please take time to read the following information carefully.
- Talk to others about the study if you wish.
- Ask us if there is anything that is not clear or if you would like more information.
- Take time to decide whether or not you wish to take part.

Thank you for taking the time to read this.

#### What is the purpose of the study?

The purpose of this study is to follow approximately 7000 adults in the UK who have severe mental ill health and to collect information about their health and general well being. This study will provide valuable up to date information on the health and wellbeing of people with severe mental ill health.

#### Why have I been chosen?

You have been chosen because you have received care for mental health problems in the past.

#### Do I have to take part?

No participation is entirely voluntary. Not taking part will not affect any of your future care or treatment within the NHS. No one will know that you have not agreed to take part in the study. Even if you take part now, you can decide not to take any further part in the study by not completing any further questionnaires that we send you. You do not have to give any reasons.

### What will happen to me if I take part?

If you agree to take part you please complete the enclosed Questionnaire and return it to the researchers at the University of York. This information will be very helpful to the researchers and the NHS.

If you agree to being contacted again we may contact you about future studies you might be interested in taking part in.

### What do I have to do?

- Complete and return Questionnaire number 1 in the pre paid envelope provided.
- Continue your life as normal, continuing to take any medication as before.

### What are the possible benefits of taking part?

There are no benefits to you personally, however the information we gather from this study may help us to inform lifestyle interventions to help people with mental health problems in the future.

### What are the possible disadvantages of taking part?

You will have to make time to complete the questionnaires.

### What if there is a problem?

Any complaint about the way you have been dealt with during the study will be addressed. Contact details for your local PALS are

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

All information that you give us will be kept strictly confidential. Your name will not be mentioned in any reports. Only members of the research team will know that you have agreed to take part in the study.

As we will be sending you further questionnaires we need your name and contact details. These personal details will be stored in locked filing cabinets and all electronic copies will be stored on a secure server accessed by password – protected computers at the University of York.

We will ask your permission to contact your GP to inform them that you are involved in the study and this is only for their information.

**Your GP surgery has not given your name, personal or medical information to the University researchers,** and the only information the researcher will receive will come from you if you decide to participate.

### What will happen to the results of the study?

The data that you provide will be anonymised and may be used in the future to compare lifestyle interventions aimed at improving the health of people with mental health problems. The results of the study will be presented at conferences and submitted to a scientific journal for publication. We expect this to happen within 6 months of the end of the study. We will also write a short report for all participants and this will be sent to you and your GP. You will not be identified in any reports or publications.

### Who is organising the study?

Professor Simon Gilbody who is a Consultant Psychiatrist and researcher at the University of York is leading the study.

### Who has reviewed the study?

The study has been reviewed by Edgbaston Research Ethics Committee and the University of York Research Governance Committee.

### Contact for further information

Emily Peckham, Department of Health Sciences, ARRC Area 4, Heslington, University of York, YO10 5DD, 01904 321519, Email: [Emily.peckham@york.ac.uk](mailto:Emily.peckham@york.ac.uk)

**Thank you for taking this the time to read this information sheet.  
Please keep this copy.**

### What to do now

If you **do not** want to take part – do nothing

If you **do** want to take part - complete:

- The questionnaire and consent form

Then post them in the prepaid envelope provided.