

**Participant Information Leaflet: Learning from health care staff experiences of attempting to take their own life: how we co-create lives worth living**

We are looking for people who work or have worked in healthcare who have had personal experience of attempting to take their own life to take part in a research study. We want to explore the impact that this event has had on, your life and your work and learn from you what has made your life worth living now. People do not have to have had a diagnosis or support from mental health clinicians to take part. Please read and consider the following information before deciding whether to take part.

**What is the purpose of the project?**

This project aims to explore people's positive experiences of factors that facilitate and understand what makes life worth living following attempted suicide in healthcare staff. We are interested in hearing your experience and your views so that we can support others in the journey, reduce stigma and prevent suicide.

**Who can take part?**

In order to take part, you must meet the criteria:

- a) Have worked in healthcare
- b) Have attempted suicide on at least one occasion with the last attempt being 5 years ago or longer
- c) Be 18 years or older
- d) Not currently at risk of harm to yourself or others

By signing the consent form, you are declaring that you meet the criteria to participate in this study.

**What will the project involve?**

The project will involve you completing an anonymous online survey based around your experience.

Should you wish to, as a second element of the research, there will be an opportunity to volunteer for the possibility of a 40 – 60-minute interview with the researcher who is a clinician with over 30-years of experience in suicide research, policy and practice, about your experiences. If you are selected for these interviews, they will take place face-to-face or online, depending on your preference, on a date and time convenient to you. You will be reimbursed for any travel costs incurred if you are invited to be interviewed. The questions will focus on the wisdom and recovery you have had. The interviews will be audio recorded, and you will remain anonymous in any results which are published.

We anticipate there will be a short film made to disseminate the overall results related to this project. All information you provide will remain anonymous and you will not be identifiable from any data shared.

### **How will I be supported if I take part?**

The aspects of your experience which you chose to share will be completely up to you and based on your wisdom of safety around the impact that such self-disclosure may have on you. Following the survey, you will be provided with the details for the North East and North Cumbria staff wellbeing hub which can offer you further support. You will get access to an experienced clinician who will be able to provide you with a listening ear and help you decide what might be needed next if anything. If you eventually take part in the interviews, a conversation will occur with the experienced Researcher following the interview and you will be provided with contact details for the North East and North Cumbria staff wellbeing hub.

#### Contacting the Staff Wellbeing Hub

Call our confidential helpline: 0191 223 2030

or self-refer using our [online form](#)

Or email [hubstheword@cntw.nhs.uk](mailto:hubstheword@cntw.nhs.uk)

### **What will happen to the information?**

All survey data and material gained at interviews will be anonymised, meaning you will not be identifiable from the data. You will be asked in the consent form if we have permission to publish your direct quotes or scenarios made during the interview in our findings. These quotes will remain anonymous, and you will not be identified as their author. What you choose to disclose during the research will remain anonymous and personally confidential.

Your interview data will be stored on secure devices that require password access and will only be accessed by the research team. They will not have your name attached either and will be protected in a password protected folder on a shared drive that only the research team will have access to and will know the password to. Once the interview has been transcribed, the audio recording will be permanently deleted. The interview data will be permanently deleted one year following study completion. Your contact details will be stored on a secure device, which can only be accessed by the research team and will be retained during the study for us to send you a copy of the report of the study results if you wish to know them, otherwise this will be deleted. These contact details will be permanently deleted after we have sent you this report.

We know that suicide in health and care staff is an unresearched area but also an area of concern. Your wisdom as suicide survivor will be hugely valuable. Your input will hopefully tell us what facilitated your journey from attempted suicide in making a life worth living and help us understand how we can support others in the future. We also hope that the research will challenge the stigma around this topic and highlight any positives that emerged.

### **Right to withdraw**

If you decide you would no longer like to take part during the online survey, then you can exit the survey at any point and your data will not be saved. If you have submitted your survey, as all the data is anonymised, we will not be able to remove this information. For those taking part in the potential follow up interview, if you require a break this will be facilitated and if at any point you feel uncomfortable, the interview can discontinue at any point. You will have the right to withdraw your participation up until 4 weeks following your interview. If you provide an interview, you will be given a unique code, which will match your anonymised interview. If you would like to withdraw from the study, contact the Chief Investigator or Researcher within 4 weeks following your interview, on the contact details provided below, and provide them with the code so that they can destroy that interview data. You do not have to provide any reason for withdrawal.

### **Disclosure**

The focus of the questions will be around your experiences and factors that facilitated a life worth living and explore any challenges or stigma to this. You **will not be required to discuss any traumatic event**. It is up to you if you choose to share the reasons for the attempted suicide. What you choose to share about the attempt itself is also up to you. These two factors are not the focus of the research.

### **Benefits of participation**

Although there are no obvious direct benefits to participants, you will be invited to share your experiences and to engage in positive reflection on your experiences during the interview. Previous research suggests that experience sharing and positive reflection may have positive internal effects for participants. We do, however, hope that your ideas and contribution will benefit others in the long run by challenging stigma around suicide in public sector workers and helping us to create a hopeful narrative about transforming this experience and finding a meaningful and bearable life.

### **How do I take part?**

If you would like to participate in this study, please use the link to access the online survey. The survey will be accessible for up to **six weeks** once the research advert is circulated. We would like to learn from your experiences and hope as many people as possible would feel able to participate in the survey, so pass on to others who may be interested in your networks of people who work in healthcare. However in order to get a deeper understanding, we will be inviting a few people to be interviewed further around these questions. If you would like to take part in the interviews, you will be invited after the survey to enter contact details and the research team may contact you to arrange a date and time to explore themes in more detail. Not everyone will be contacted for interview. We hope to recruit a group of participants which is representative of various age,

profession, age at attempts, gender, ethnicity, faith/religion, family/friends' history of suicide, and disability to get a fuller understanding of individual experiences.

If we do not require your participation, you will receive an email from the researcher, which will explain this to you and thank you for your time and interest. The contact numbers of the Chief Investigator and Researcher will be on this email should you want to contact them with any further questions. If your interview participation is not required, we will immediately delete your personal information once we contacted you. Note, you do not have to volunteer to be approached for interview. You may just want to contribute to the survey.

Individuals who are invited to interview will be contacted within 6 weeks of closure of the online survey. You will be asked to confirm your interest in participating, complete and return consent form. There will be a deadline of 2 weeks to confirm your participation by letting the research team know, by either emailing the Chief Investigator or Researcher. If you do not reply within this time frame, it will be assumed that you are no longer interested in participating and another individual will be invited to participate in your place.

You will be required to complete the consent form before you can participate. These consent forms will also be stored on a secure server that requires password access. The consent form will outline the information provided in this leaflet. The consent form and any email correspondence we have with you will be permanently destroyed once the study has ended.

If you would like more information or have any questions about this study, please contact the Chief Investigator or the Researcher on the telephone numbers or email addresses below.

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### The Research Team Key Collaborators

Name	Job Title	Employer	Role	Tasks
Dr. Angela Kennedy	Clinical Director Staff Wellbeing Hub	CNTW	Chief Investigator	To oversee, direct and have the final decision on all aspects of the study.

Dr Paras Patel	Research lead	CNTW	Researcher	Involved with study design, recruitment of sample, reporting of findings.
Dr. Graham Towl	Psychologist	Self-employed – HCPC registered Practitioner Psychologist	Researcher	Involved with study design, recruitment of sample, obtaining consent, conducting of interviews, note taking and recording of interviews, reporting of findings.