

Section 1. Participant Information and Consent

Study Title: Thriving, not just surviving: a Core Outcome Set to measure wellbeing in medical students in a post-Covid 19 era. Online Survey.

Researchers: Dr Gemma Simons and Mr Raymond Effah

ERGO number: 55730

You are being invited to take part in the above study. To help you decide whether you would like to take part or not, it is important that you understand why the research is being done and what it will involve. Please read the information below carefully and ask questions if anything is not clear or you would like more information before you decide to take part in this research. If you are happy to participate you will need to select "Yes" in response to the question "Do you give your consent to take part in this survey?".

What is the research about?

This research is part of a portfolio of work from the Centre for Workforce Wellbeing, a collaboration between Health Education England and the University of Southampton. The research also forms part of PhD and MMedSci research projects. Being a medical student is demanding and has just become even more so with the risk of exposure to Covid 19, change in how your programme is delivered and potential moral injury from things you experience, or hear about on placement. A Core Outcome Set of wellbeing measures for medical students is being developed so that when interventions for your wellbeing are researched and evaluated we can compare like with like and share things that really work.

Why have I been asked to participate?

Because you are a Medical Student.

What will happen to me if I take part?

After you have read this information sheet, you will be asked to give consent, so that we know you understand the study and want to participate.

You are being asked to take part in an anonymous survey. This involves considering and answering questions on how you think wellbeing should be measured, and your own wellbeing, for a maximum of 30 minutes.

You can also choose whether to be invited to take part in a Delphi study to reach a consensus on how medical student wellbeing should be measured. This will involve receiving an email with further information asking if you would like to take part, and one reminder email, if you have not responded. This will only happen if you consent to that question in the consent form. Your participation in the Delphi Study is optional and is not a prerequisite to participating in this online survey.

Are there any benefits in my taking part?

There are no direct benefits to taking part in this study. The study aims to improve the way we measure medical students' wellbeing, to make medical students' pastoral care and experience of medical school better.

Are there any risks involved?

The tools selected are not diagnostic, but screening tools and no harm has been demonstrated in asking about psychological symptoms. The BMA offer a 24/7 confidential counselling and peer support service (0330 123 1245) for all medical students and the Samaritans offer a 24/7 free support line on 116 123 to all. The University of Southampton Student Life Team can be contacted 24/7 on 02380 598180 or via email studentlife@soton.ac.uk. You should contact your GP if you are concerned about your mental health, or call 111 out of hours.

What data will be collected?

You will be asked your programme, year and some personal information about your age, gender, ethnicity and religion before answering the wellbeing questions, so we can ensure all medical student groups are represented. The number of people that answered each question and the percentage that gave each answer will be recorded; results of individuals will not be displayed and your name will not be linked to any of your answers.

Will my participation be confidential?

Yes. For the online survey you do not have to provide your name and email address unless you would like to take part in the Delphi Study. If you do provide them your participation and the information we collect about you during the course of the research will be kept strictly confidential. Your consent form and a decryption file will be the only place that your personal information (your name and email address) is listed. This will be password protected, stored on the secure University network and only accessed by Dr Simons. The Investigators involved with this study will not disclose, or use for any purpose other than performance of the study, any confidential information disclosed.

Members of the University of Southampton may be given access to data for monitoring purposes and/or to carry out an audit of the study to ensure that the research is complying with applicable regulations. Individuals from regulatory authorities (people who check that we are carrying out the study correctly) may require access to data. All of these people have a duty to keep information, as a research participant, strictly confidential.

Do I have to take part?

No. It is entirely up to you to decide whether to take part.

What happens if I change my mind?

You have the right to change your mind and withdraw at any time without giving a reason and without your participant rights being affected. In the case of online surveys once participants submit their anonymous answers, they are no longer able to withdraw their data.

What will happen to the results of the research?

Research findings made available in any reports or publications will not include information that can directly identify you without your specific consent.

Where can I get more information?

Dr Gemma Simons (Clinical Research Fellow).

Email: c4ww@soton.ac.uk

Tel: 02382 310776

Centre for Workforce Wellbeing, Academic Centre, College Keep, 4-12 Terminus Road, Southampton, Hampshire, SO14 3DT.

What happens if there is a problem?

If you have a concern about any aspect of this study, you should speak to the researchers who will do their best to answer your questions.

If you remain unhappy or have a complaint about any aspect of this study, please contact the University of Southampton Research Integrity and Governance Manager (023 8059 5058, rginfo@soton.ac.uk).

Thank you for taking the time to read the information sheet and for considering taking part in the research.

University of Southampton Data Protection Privacy Notice

The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when you agree to take part in a research study, we will use information about you in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, 'Personal data' means any information that relates to and is capable of identifying a living individual. The University's data protection policy governing the use of personal data by the University can be found on its website (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>).

This Participant Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about you.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at <http://www.southampton.ac.uk/assets/sharepoint/intranet/Is/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20>

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University's policies in line with data protection law. If any personal data is used from which you can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason ('lawful basis') to process and use your Personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the 'Data Controller' for this study, which means that we are responsible for looking after your information and using it properly. The University of Southampton will keep identifiable information about you for 15 years after the study has finished after which time any link between you and your information will be removed.

To safeguard your rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, in order for the research output to be reliable and accurate. The University will not do anything with your personal data that you would not reasonably expect.

If you have any questions about how your personal data is used, or wish to exercise any of your rights, please consult the University's data protection webpage (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>) where you can make a request using our online form. If you need further assistance, please contact the University's Data Protection Officer (data.protection@soton.ac.uk).

Question 1.1

Do you give your consent to take part in this survey?

- Yes. I have read and understood the information page and have had the opportunity to ask questions about the study. I agree to take part in this research project and agree for my data to be used for the purpose of this study. I understand my participation is voluntary and I may withdraw at any time for any reason without my participation rights being affected. I understand that if I withdraw from the study that it will not be possible to remove the data once my personal information is no longer linked

to the data. In the case of this online survey once participants submit their anonymous answers, they are no longer able to withdraw their data.

Question 1.2

Do you agree to be contacted by the researcher to consider taking part in further surveys?

- Yes. I agree to be contacted about taking part in further surveys in this study (optional)
- No

Question 1.3

What is your name? (optional)

Section 2. Case Report Form

Question 2.1

Are you a Medical Student?

- Yes
- No

Question 2.2

What is your email address? (needed to invite you to future surveys, if you consented to this)

Section 3. Demographics

Question 3.1

What BM Programme are you on?

- BM4
- BM5
- BM6
- BMEU
- BMIT

Question 3.2

What year are you in?

- 1
- 2
- 3
- 4
- 5
- 6

Question 3.3

How old are you (years)?

Question 3.4

How would you describe your gender?

- Female
- Male
- Other
- Prefer not to say

Question 3.5

If you selected other, please describe:

Question 3.6

What is your ethnicity? Chose the option that best describes your ethnic group or background

- | | |
|---|--|
| a) White | d) Black/African/Caribbean/Black British |
| <input type="radio"/> Welsh/English/Scottish/Northern Irish/British | <input type="radio"/> African |
| <input type="radio"/> Irish | <input type="radio"/> Caribbean |
| <input type="radio"/> Gypsy or Irish Traveller | <input type="radio"/> Any other Black/African/Caribbean background |
| | e) Other ethnic group |

- Any other White background
- b) Mixed/Multiple ethnic groups**
- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed/Multiple ethnic background
- c) Asian/Asian British**
- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background
- Arab
- Any other ethnic group, please describe
- Do not state

Question 3.7

If you selected other, please describe:

Question 3.8

What is your religion?

- No religion
- Christian (including Church of England Catholic Protestant and all other Christian denominations)
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Other
- Prefer not to say

Question 3.9

If you selected other, please describe:

Section 4. How often could you give 5 minutes to measure your wellbeing?

Question 4.1

How often roughly could you give 5 minutes to measure your wellbeing?

- Every hour
- Every 2 hours
- Every 4 hours
- Every 6 hours
- Every 12 hours
- Every 24 hours
- Every other day
- Every four days
- Every week
- Every 2 weeks
- Every month
- Every 2 months
- Every 4 months
- Every 6 months
- Every year

Section 5. What format would be best for you generally, for the measurement of wellbeing?

Question 5.1

What format of measurement of your wellbeing would be best for you?

	Strongly disagree	Disagree	Moderately disagree	Mildly disagree	Neutral	Mildly agree	Moderately agree	Agree	Strongly agree
Conversation, face to face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conversation, voice only call	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conversation, video call	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Survey, paper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Survey, downloaded app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Survey, online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any other completely new formats to suggest (optional)?

Question 5.3

If you put a free text answer above: Would this format of measuring wellbeing, work for you generally (optional)?

	Strongly disagree	Disagree	Moderately disagree	Mildly disagree	Neutral	Mildly agree	Moderately agree	Agree	Strongly agree	N/A
Other (described in your free text answer to the question at the start of this section)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 6. What should the measurement of wellbeing in medical students be used for?

Question 6.1

Should the measurement of wellbeing in medical students be used for the following:

	Strongly disagree	Disagree	Moderately disagree	Mildly disagree	Neutral	Mildly agree	Moderately agree	Agree	Strongly agree
Research?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Governance nationally (General Medical Council)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Governance locally (university audit/evaluation of interventions)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Individual feedback (person reflected their own wellbeing)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patient safety (data about an individual for fitness to practice)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An introduction to exploring wellbeing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Question 6.2

Are there any other completely new categories (optional)?

Question 6.3

If you put a free text answer: Should the measurement of wellbeing in medical students be used for your answer (optional)?

	Strongly disagree	Disagree	Moderately disagree	Mildly disagree	Neutral	Mildly agree	Moderately agree	Agree	Strongly agree	N/A
Other (described in your free text answer to the question at the start of this section)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 7. How should we measure wellbeing in medical students?

Question 7.1

Do you think the following type of measure of wellbeing in medical students might be feasible, valid and reliable and used in general:

	Strongly disagree	Disagree	Moderately disagree	Mildly disagree	Neutral	Mildly agree	Moderately agree	Agree	Strongly agree
A biomarker (e.g. hair cortisol levels)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A measure taken by someone else (e.g. sickness absence days)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A measure taken by you (e.g. Public health)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

surveillance wellbeing scale)?

A descriptive measure taken by you (e.g. reflective writing about your wellbeing over the last 12 months)?

A measure taken by someone else in real-time (joined a Teams teaching session that day)?

A measure taken by you in real-time (e.g. 12 Item General Health Questionnaire (GHQ12))?

A descriptive measure taken by you in real-time (e.g. a daily blog)?

Question 7.2

Do you have any other completely new categories of types of measure to suggest, in addition to those listed above?

Question 7.3

Which determinants of wellbeing should be measured, bearing in mind the burden of the number asked about?

- Ability to do activities of daily living
- Alcohol and substance use
- Autonomy
- Available Technology and Communications
- Awe and wonder
- Belonging
- Body image and attractiveness
- Bullying and harassment
- Civility
- Competence
- Dependence on medication/treatment
- Energy and fatigue
- Faith
- Financial Resources (inc need for student/hardship loans)
- Flexible studying (duration, intensity, pattern, location, tasks)
- Health and Social care available to you
- Health and Social care available to patients you see
- Home Environment
- Hope and optimism
- Influence on policy (national and university)
- Inner peace
- Meaning in life
- Mobility
- Negative feelings
- Other students' support
- Pain and discomfort
- Personal relationships
- Physical environment (green space)
- Physical environment at University/Clinically (office, changing, parking, rest facilities)
- Physical safety and security (inc PPE provision, violence at work)
- Positive feelings
- Practical social support (inc care of dependents)
- Purpose in life
- Recreation and leisure
- Respect
- Self esteem
- Sex life
- Sleep and rest
- Student to university/clinical staff member ratio
- Thinking, learning, memory and concentration
- Transport

-
- University administration
- University pastoral support
- University study Skill Support
- Wholeness and integration
- Work ability
- Workload
- Other

Question 7.3b

If other, please describe:

Section 8. Who would you feel comfortable discussing your wellbeing with?

Question 8.1

At a 30 minute conversation, I would feel comfortable discussing measurement of my wellbeing with...

(Tick any that apply)

- No one, I would not want to discuss it
- No one, I would rather use a website
- No one, I would rather use an app
- An individual identified by me
- A medical student in the same year
- A medical student in a higher year
- Personal Academic Tutor
- Pastoral Tutor
- University Student Life Service
- BMA wellbeing support services
- Clinical Supervisor
- Other

Question 8.1b

If other, please describe:

Section 9. Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)

Question 9.1

Below are some statements about feelings and thoughts.

Please choose the button that best describes your experience of each over the **last 2 weeks**.

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling interested in other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've had energy to spare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling loved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been interested in new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling cheerful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 10. Generalised Anxiety Disorder 7 Questionnaire

Question 10.1

Over the **last 2 weeks**, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 11. Patient Health Questionnaire 9

Question 11.1

Over the **last 2 weeks** have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling down, depressed or hopeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble falling or staying asleep, or sleeping too much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling or having little energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor appetite or over eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating on things, such as reading the newspaper or watching television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoughts that you would be better off dead or of hurting yourself in some way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 12. Oldenburg Burnout Inventory

Question 12.1

In answering these questions consider "work" to be any activity related to studying medicine and not paid, or voluntary, work outside of this.

	Totally disagree	Disagree	Agree	Totally agree
I always find new and interesting aspects of my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are days when I feel tired before work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It happens more and more often that I talk about my work in a negative way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After work, I tend to need more time than in the past in order to relax and feel better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tolerate the pressure of my work well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lately, I tend to think less while studying and do it automatically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find my work to be a positive challenge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During work, I often feel emotionally drained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Over time, one can become disconnected from this type of work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After work, I have enough time for my leisure activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I feel sickened by my work tasks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After my work, I usually feel worn out and weary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| This is the only type of work I can imagine myself doing | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Usually, I can manage the amount of my work well | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I feel more and more engaged in my work | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| When I work, I usually feel energised | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Thank you so much for taking part in this survey.

Please note the following resources are available to you:

- Your GP for any health concerns, or 111 out of hours.
- The Samaritans offer a 24/7 support line for all on 116 123.
- The BMA offer a 24/7 confidential counselling and peer support service on 0330 123 1245 for all doctors and medical students.
- The University of Southampton Student Life Team can be contacted 24/7 on 02380 598180, or via email studentlife@soton.ac.uk, by all students.

Best wishes

The Centre for Workforce Wellbeing Team
E-mail: c4ww@soton.ac.uk