

Psychological impact of the Coronavirus (COVID-19) pandemic and experience: An international survey

Please find below a selection of messages for different channels, including newsletters, social media, press release and direct letters/emails for ethical approval. Please note that some information will not be relevant or needed for certain audiences. However, every effort will be made to include the key information wherever possible. Below also includes some suggestions for amends relating to specific audiences.

Messages for newsletters

Psychological impact of the Coronavirus (COVID-19) pandemic and experience: An international survey

Following a highly successful first and second phase which saw over 112,000 participants, researchers from Southern Health NHS Foundation Trust are leading a collaboration group are launching the third phase of their global study into the psychological impact of the Coronavirus pandemic and changing restrictions. The study is linked to the Medical Research Council global health research programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth.

Phase one results gave valuable insights in to how different people, genders and communities were coping with the global pandemic and the third phase enables more people to take part and ensures an even greater range and comparison between the three phases. You can take part by completing the short questionnaire exploring the psychological impact of the coronavirus and changing restrictions, their effect on our emotions, behaviour and wellbeing. The aim of the survey is to better understand how the coronavirus and the impact that changing restrictions are having on our day to day lifestyle, what is helpful and what may be causing some people to be affected more than others in terms of their wellbeing.

The survey is open to anyone over the age of 16 and able to complete the online questionnaire. If you completed the survey in previous phases, you can take it again this time as it is important to understand how people have adapted and changed. We would encourage everyone, including staff, patients, friends and family to take part.

The survey takes around 10 minutes to complete and you can take it directly here: bit.ly/PIOC19-3

Please ensure you select Southern Health NHS Foundation Trust when asked where you heard about the survey. [You can find out more on the research pages on the website.](#)

Audience specific amendments:

- **Clinical based audiences**

For more clinical based audiences e.g GP or research newsletters extra focus will be given to points

around funding and ethical approvals as these audiences will be aware of these points and may have a professional interest in them. Example: *“The survey is linked to the Medical Research Council global health research programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth. It has full Health Research Authority approval and is open to anyone over the age of 16 and able to complete the online questionnaire.”*

- **Relevant collaborators**

Where possible an effort will be made to acknowledge relevant collaborators and partners who are using the survey. For example, a message for staff at Hospitals NHS Foundation Trust, who are using the survey, could acknowledge them. E.g *“Hampshire hospitals NHS Foundation Trust is part of a collaboration group, led by colleagues at Southern Health, conducting a global study into the psychological impact of the Coronavirus pandemic and lockdown.”*

Social Media

Tweets:

Can you spare 10 minutes to complete a questionnaire to help increase our understanding of how coronavirus and changing restrictions is affecting your mental health and wellbeing? Take the survey here: bit.ly/PIOC19-3 @hantsconnect @HHFTnhs @NHSSotonCityCCG @NHSSEHantsCCG

What impact are the changes to restrictions having on your mental health and wellbeing? Can you spare 10 min to complete a questionnaire to help increase our understanding of how [#Coronavirus](#) and the [#lockdown](#) is affecting people? bit.ly/PIOC19-3 @italkHants @BBCRadioSolent @SolentMind

How is coronavirus impacting you? What is helping or perhaps harming your mental health and wellbeing? Can you spare 15 minutes to complete a questionnaire to help increase our understanding of how coronavirus and the changing restrictions are affecting people? bit.ly/PIOC19-3

Over 112k people have taken part so far, helping us gain vital data. Can you spare 10 mins to complete a questionnaire to help increase our understanding of how coronavirus and the lockdown is affecting your mental health and wellbeing? Take the survey here: [@hantsconnect](#) [@HHFTnhs](#) [@NHSSotonCityCCG](#) [@NHSSEHantsCCG](#) [bitly bit.ly/PIOC19-3](https://bit.ly/PIOC19-3)

Did you take part in one of our surveys on how coronavirus and changing restrictions are affecting our mental health and wellbeing earlier this year? If you didn't you can take part here and if you did, you take part again as it is important to understand how people have adapted or changed. bit.ly/PIOC19-3

Facebook:

How has COVID-19 impacted your health and wellbeing? What has been helpful and what has not been helpful for your mental health?

Researchers from a collaboration group, led by Southern Health, are asking people to complete a short questionnaire to help better understand how the coronavirus and changing restrictions are affecting us all and the impact on our day to day lifestyle. The study is linked to the Medical Research Council global health research

programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth and hopes to find out what is helpful for people during this time and also what may be causing some people to be affected more than others in terms of their wellbeing.

Can you spare 15 minutes to help? Click on the link to the questionnaire for more information.

Can you help increase our understanding of the impact of coronavirus and changes to restrictions on our mental health?

A global group of researchers, are asking people to complete a short, 15 minute questionnaire about the impact coronavirus has had on their lives and how people are coping with restrictions changing. They will use this information to support our understanding of how our mental health and wellbeing may be being affected by the pandemic but also what may be helpful for people. Over 112,000 participants have taken part so far, helping us gain valuable data and understanding. If you haven't taken part, please do. If you took part in previous phases, you can take part again as your feedback during this phase is still important!

Click on the link to the questionnaire for more information.

Social Media specific amendments

- Social media allows us to 'tag' relevant people into messages to help us credit/acknowledge their contributions. All social media tweets and messages will aim to tag a cross section of collaborators, funders and relevant stakeholders including:
 - Medical Research Council - @The_MRC
 - Portsmouth University - @Portsmouthuni
 - Health Research Authority - @HRA_latest
 - Wessex Research - @arc_wessex and @NIHRresearch
- Graphics and visuals allow us to put key information in an image which frees up more room for text. Using this technique allows us more space to mention other information such as approval or funding and tag more key stakeholders (see above) to increase our reach.

Letter and email text

DearXXXX

Psychological Impact of COVID-19

Following a highly successful first phase which saw over 112,000 participants, researchers from Southern Health NHS Foundation Trust are leading a collaboration group are launching the third phase of their global study into the psychological impact of the Coronavirus pandemic and changing restrictions. The study is linked to the Medical Research Council global health research programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth. It invites people to take part in a short questionnaire exploring the psychological impact of the coronavirus and changing restrictions, their effect on our emotions, behaviour and wellbeing.

The aim of the survey is to better understand how the coronavirus and the impact the changing restrictions are having on our day to day lifestyle, what is helpful and what may be causing some people to be affected more than others in terms of their wellbeing.

Phase one gave valuable insights in to how different people, genders and communities were coping with the global pandemic. The insights we have gained so far have already led to us re-thinking the way we support different groups. This third phase enables more people to take part, ensuring an even greater range and comparison.

The survey takes around 10 minutes to complete and is open to anyone over the age of 16 who is able to complete the online questionnaire.

It is up to you to decide whether to take part or not. You are free to withdraw from the study at any time, without giving a reason and without consequence. This survey is completely voluntary and you can stop completing it at any time. You also do not have to answer any questions you don't want to, you can just skip them.

If you would like to take the survey you can use the following link: bit.ly/PIOC19-3

If you would like to find out more about the different types of research Southern Health is conducting, you can visit our website at: www.southernhealth.nhs.uk/research

Thank you for your time and we hope you are staying safe and well during this difficult period. Please remember that services remain open and if you need support you should access it as soon as you need to.

Kind regards,

Research Team

REC reference: 20/HRA/1934

Press Release

Southern Health leading global study into the psychological impact of Coronavirus

Researchers from Southern Health NHS Foundation Trust are leading a collaboration group in a global study into the psychological impact of the Coronavirus pandemic and changing restrictions.

Phase one and two data gave valuable insights in to how different people, genders and communities were coping with the global pandemic.

This third phase enables more people to take part, ensuring an even greater range of data for clinicians to use to improve the way they support people during these difficult times. Now that restrictions are easing it will be interesting to know how people feel about things opening up and how this affects their mental health and wellbeing.

The study, which is available online and open to anyone over 16, aims to explore the impact coronavirus and changing restrictions are having and will continue to have on our emotions, behaviour and wellbeing.

As the country takes each step of the government roadmap, which has already seen delays, continuing to studying how people are reacting and coping plays an important part in shaping how the NHS responds.

The study is linked to the Medical Research Council global health research programme led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth, the study involves a whole range of partners across the NHS. This includes local colleagues from Portsmouth Hospitals, University Hospital Southampton, Solent NHS Trust and Hampshire Hospitals. Mirroring the truly global scale of the pandemic, the study is also being shared by partners across the world, including, Canada, India, Greece, Singapore and Holland amongst others. The study aims to not only look at how the virus has impacted on our own mental health across the UK but then compare it to others from different countries.

Professor Rathod added: The global platform and use of validated questionnaires allows the study to assess the wider impact of culture, political landscapes and impact of different responses in different countries. As a result we will be able to understand and strengthen our ongoing responses and those for any future crisis."

With Over 350 sites across the UK and dozens across the globe already running the survey it is hoped the study will provide researchers and the NHS with much wider view of how the pandemic and changing restrictions have affected people. This data can then be used to adapt and improve our responses to future crisis, allowing a more personalised approach to psychological support.

For more information on Southern Health's Research Department please visit:

www.southernhealth.nhs/research

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Notes to editors:

The study has been fully ethically approved by the Health Research Authority.

The study is linked to the Medical Research Councils global health research programme (MR/N006267/1) which is led by the Portsmouth-Brawijaya Centre for Global Health, Population, and Policy, University of Portsmouth.

Southern Health's Research Department run studies across mental and physical health.

About Southern Health NHS Foundation Trust

We provide community health, specialist mental health and learning disability services for people across the south of England. Covering all of Hampshire we are one of the largest providers of these types of service in the UK. We employ around 6,000 staff who work from over 200 sites serving a population of around 1.3 million people. These sites include community hospitals, health centres, and inpatient units. Our aim is to provide high quality, safe services, which improve the health, wellbeing and independence of our patients and service users.

www.southernhealth.nhs.uk

Twitter: @Southern_NHSFT