



Compassionate Mindful Resilience Course – Research Participation Information Sheet

A warm welcome to the Compassionate Mindful Resilience course. We are delighted that the course is being researched by Newcastle University and would like to invite you to take part in the research, to help us demonstrate the effectiveness of the course.

To help you understand a bit more about the course, please read the information below, and if you do have further questions then please contact Michael Atkinson from Newcastle University (michael.atkinson@ncl.ac.uk).

Research information:

Research Project Title: Effects of the 4-session Compassionate Mindful Resilience (CMR) Programme on Health and Social Care Staff

What is the aim of the project?

This research sets out to explore how the 4 session Compassionate Mindful Resilience (CMR) programme as designed by MindfulnessUK impacts on participants' levels of mindfulness, self-compassion, and resilience. The intention will also be to use these research outcomes to become recognised as an efficacious course with the British Association of Mindfulness-Based Approaches (BAMBA), the professional, accrediting body for mindfulness courses. In this way, more teachers will be trained to deliver the CMR throughout the country and across the globe.

Why have I been chosen?

You have been chosen as you are currently a participant attending the Compassionate Mindful Resilience (CMR) programme.

Do I have to take part?

No, participation is entirely voluntary. If you choose to participate you can withdraw at any time during the study. If you wish to withdraw your data after participating, please email the lead academic researcher, michael.atkinson@ncl.ac.uk, with your memorable unique code (see below) to withdraw any data collected.

What do I have to do?

You will be invited to complete the following three scales, rating where you are against a number of statements:

- The Mental Toughness Questionnaire (MTQ48)
- The 5 Facet Mindfulness Questionnaire
- The Self-Compassion Scale

How do I access the questionnaires?

The following link will take you to the questionnaires

http://nclpsych.eu.qualtrics.com/jfe/form/SV_7aCnr6XIDmJ5PaC

How long will it take?

The average time it takes to complete is 20 minutes.

When do I complete the research?

Your course leader will invite you to complete the questionnaire 3 times -

1. At the start of the course (either prior to the start or on the day of the first session)
2. At the end of the course
3. 3 months after the course has ended

How will you know which are my answers?

To identify the before and after scales we will ask you to create a unique, anonymous code which you will be asked to enter into the survey. Please remember to make a note of what this code is.

***Reminder your code is the first 2 letters of your mother's maiden name and last 4 digits of your mobile phone number*

Will my responses be shared with MindfulnessUK?

All data will remain anonymous and stored securely at Newcastle University via the survey software Qualtrics. All data will remain confidential.

Who should I contact if I have more information about the research?

Michael Atkinson michael.atkinson@ncl.ac.uk