

Please email: Jennifer.Jardine@gmmh.nhs.uk to book a place on a workshop

Workshops: will be via Zoom for 1hour and reimbursed £25

Dates (daytime and early evening available) Please get in touch!

A clinical trial is a research study that evaluates an intervention (e.g. medical, surgical, or behavioural intervention). Our mental health includes our emotional, psychological, and social well-being. Data is information that is collected, analysed and used to help decision-making.

The links between mental and physical health are important but little understood because information about physical and mental health are rarely collected together.

GM Digital are working with people across the UK to create understanding and agreement about how to collect **mental health data** safely and easily in all clinical trials. A secure website will be developed to collect this data in physical health trials anonymously. This mental health data will be a selection of questionnaires that are gold standard, widely used in research and that can be linked with information in other datasets.

# **Background to the project:**

# **How do I get involved?**

This project aims to build powerful and safe information from which researchers can improve understanding of links between physical and mental health/illness:

**Do you have any physical health problems for which you have received treatment?**

**This could be long-term conditions such as arthritis or more recent problems such as a skin condition or infection for which you sought medical help.**

We want to know what people feel about researchers routinely collecting information about emotional and mental wellbeing. By this we mean asking people to fill in some short questionnaires about how they are feeling.

# **Why should I get involved? How does it benefit others?**

We would like to hear from patients, carers and members of the public with experience of physical health problems. **Your opinion is really important to us.**

The information collected in this project will benefit lives because researchers will be able to really understand the links between physical and mental health; who does well and who doesn’t in a trial, why interventions work/don’t work based on their mental health and wellbeing. This will enable people to receive the best service available.

*Workshops held via Zoom*

*1 hour*

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# **Creating a Common Mental Health Dataset**