

APPENDIX D: APMS 2023/4 FIELDWORK DOCUMENTS

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Ref:

We would be grateful for your help with the National Study of Health and Wellbeing

Dear Resident,

Since 1993 the National Study of Health and Wellbeing has been finding out how everyday stresses and strains - like lack of sleep or caring for others - affect our lives. We would like to invite your household to take part in a research interview for this study. By taking part you can help the NHS, policy makers and charities make the right decisions about important issues like health, social care and employment. The study is commissioned by NHS Digital and carried out by NatCen. Find out more by visiting our website: www.natcen.ac.uk/wellbeing.

-  **What's next?**
An interviewer from the National Centre for Social Research (NatCen) will call at your address in the next week or so to explain more about the study and ask one person aged 16 or over in your household to take part. Your interviewer will show their photo ID, so you know who they are.
-  **Why am I important?**
We want to hear about your experiences. We have chosen your address at random to make sure we get a representative picture of everyone in England. Your address cannot be replaced by anyone else's.
-  **Is the survey confidential?**
We take great care to protect the privacy of the information people give us and we take careful steps to ensure that the information is secure at all times. Your answers are put together with the answers collected from thousands of other people across England and the survey findings are published in a report. The findings will not identify anyone who took part in the survey.
-  **Why should I take part?**
Taking part is voluntary. By speaking to us, you will be helping to give a clearer understanding of the experiences and needs of people in England. As a thank you for taking part, **please find below a £10 voucher** that can be exchanged for cash at any branch of the Post Office.

For more information about the survey and what is involved, please see the back of this letter or visit www.natcen.ac.uk/wellbeing. If you would like to talk to someone about the study or don't want to take part, please call Freephone **0800 652 4572** or email wellbeingsurvey@natcen.ac.uk.

Sarah Butt
Research Director, NatCen Social Research

**National Study of
Health and Wellbeing**



You can redeem this voucher at any Post Office branch.
Counter staff will make your payment in cash.



See reverse for more information.

£10
VOUCHER

Expiry date:

How did you choose my address?

We chose your address at random from the Postcode Address File. This file is held by the Post Office and is available to the public.

Who do you want to interview?

We will interview around 11,000 adults across England. We will randomly select one person aged 16 or over at your address to take part.

Who is carrying out the survey?

NHS Digital has commissioned NatCen Social Research and the University of Leicester to design, carry out and analyse data from the survey. The survey is funded by the Department for Health and Social Care.

What is NHS Digital?

NHS Digital is the national digital, data and technology delivery partner for the NHS and social care system in England. It supplies information and data to the health service, provides vital technological infrastructure, and helps different parts of health and social care work together. NHS Digital will be merging with NHS England in early 2023.

What's involved?

An experienced interviewer from NatCen Social Research will call at your home and arrange to carry out an interview with one person selected at random

from your household. During the interview the person selected to take part will be asked questions about their health and wellbeing by the interviewer. There will also be some questions for them to answer themselves by using the interviewer's laptop. They can answer as many or as few questions as they like. The interview will be arranged for a time that suits your household.

What will happen to any information I give?

We will treat the information you give in the strictest confidence in accordance with data protection legislation. The survey findings are anonymised and nothing we publish will identify you. The results collected will help inform the planning of future health services. You can find out more by visiting www.natcen.ac.uk/wellbeing/privacy.

What has the study already found out?

The first study in this series investigating England's wellbeing was completed 30 years ago. Since then we've found out key information about the nation's health and wellbeing including the impact of ageing, caring for others, lack of sleep and stress at work.

Where can I find out more?

Your interviewer will be able to tell you more, but you can also visit www.natcen.ac.uk/wellbeing or phone us free on **0800 652 4572**.

National Study of Health and Wellbeing



NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex CM14 4LX Tel. 0800 526 397
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Find your nearest branch:
Web www.postoffice.co.uk
Tel 03457 22 33 44

Please do not write on this voucher.

Take this voucher to any Post Office. Counter staff will make your payment in cash. You do not need to show any form of identification. Your voucher is valid until the expiry date shown.

Post Office Payout



What is the study about?

Since 1993, the National Study of Health and Wellbeing has been finding out how everyday stresses, strains and joys affect our lives.

How did you sleep yesterday? Did you have a good week at work or college? Do you look after other people? By asking questions like these we can improve understanding of how such experiences can impact on our health and wellbeing.

We are going to interview around 11,000 adults aged 16 or over across England. This information will inform local and national planning and improve the services you use.

What is involved?

Taking part is voluntary. If you agree to take part, one of our interviewers will ask you some questions about your everyday life and your physical and mental health. For the most personal questions they will ask you to directly answer so the interviewer will not know your answers. You can choose to answer as few or as many questions as you like. The interview will take around 90 minutes and can be arranged at a time that suits you.

To find out more information about the survey and what is involved ask your interviewer or visit our website www.natcen.ac.uk/wellbeing



Why take part?

The study is mapping the nation's health and wellbeing. It's really important that we talk to all kinds of people. You have been chosen at random to make sure we get a representative picture of everyone in England which means we cannot replace you with anyone else. Your voice is important to us. Whatever your situation, we want to hear about your experiences and opinions.

Who is carrying out the research?

NHS Digital have commissioned NatCen Social Research to carry out this study with the University of Leicester. The Department of Health and Social Care are funding it. NHS Digital is the national digital, data and technology delivery partner for the NHS and social care system in England. It supplies information and data to the health service, provides vital technological infrastructure, and helps different parts of health and care work together. In early 2023, NHS Digital will be merging with NHS England.

The National Study of Health and Wellbeing makes a difference

This study has been investigating England's wellbeing for 30 years. Here is a snapshot of some of the things we've found out, which has helped the NHS, policy makers and charities make the right decisions about important issues like health, social care and employment. You will be asked questions about similar topics in the interview.



Who gets support?

We found that men were less likely to receive support for their mental health than women.

Younger people with mental health difficulties and those over 70 were also less likely than other age groups to get treatment and support.



Midlife Crisis

Many people really do experience a dip during their forties and fifties, with worse sleep and more stress at this time. However, we also found that people tend to feel better again by their late fifties.



Change over time

Our research has shown some areas of health improved over the past twenty years, with fewer people smoking or drinking heavily. Other areas got worse, with more people - especially young women - feeling anxious.

Our promises to you



We ensure your safety

All our interviewers carry photographic ID cards and have been checked by the Disclosure and Barring Service. The study has been reviewed and approved by an independent group of people called a Research Ethics Committee.



We guard your privacy

We will treat information you give in the strictest confidence under the General Data Protection Regulation (GDPR). We take careful steps to ensure that the information is secure at all times. The data will be used for statistical and research purposes only - results will not be presented in a form which reveals your identity. Nothing we publish will identify you or your household. You can read the study's privacy notice here natcen.ac.uk/wellbeing/privacy.



What happens to any information I give?

The answers you give are put together with the answers collected from thousands of other people across England, analysed anonymously and published in a report. The report will be freely available on the NHS Digital website (digital.nhs.uk/health-and-wellbeing-study) when published. Nothing we publish will identify you or your household. The results collected will help inform the planning of future health services.

At the end of the study we will delete the names and addresses of people who took part, unless you give us permission to keep them for follow-up research or linking to health information. We'll ask you about this separately if you choose to take part. We will keep anonymised information from the study permanently, so researchers can make use of it for many years to come. A copy of the survey dataset which does not include information that could directly identify you is created. Researchers and analysts can apply to use the data for research and statistical purposes and applicants will need to meet strict data governance standards.

You can request that your personal data is deleted at any time by using the contact details provided in this leaflet. As the dataset is anonymised we will not be able to remove your data from the anonymised dataset or publication.



Linking survey answers to other information

We will ask for your consent to link some of your NHS health information which NHS Digital hold with your survey answers. If you agree your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS Digital. You can cancel this permission at any time. This would let us add information about your health to your survey answers and details about dates and causes of death.



Follow-up research

In the future, NatCen or NHS Digital may want to contact you about follow-up research on health or health services. We will only invite you to take part in follow-up research if you give written consent for this. If you are invited to take part in any future studies, you will be free to refuse if you do not want to take part.

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Contact us

If you have any questions, or concerns about the study - or need to make a complaint - please get in touch by: calling us free on **0800 652 4572**, emailing us at wellbeingsurvey@natcen.ac.uk or write to 35 Northampton square, London, EC1V 0AX.

Serial No.:

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CONFIDENTIAL: RETURN TOP
COPY TO OFFICE, BOTTOM
COPY TO PARTICIPANT

National Study of Health and Wellbeing

CONSENT FORM: Linking survey answers to health information

Thank you for taking part in the survey and providing information about your health and wellbeing. For completeness, we would like to ask for your permission to add information from your medical and health records held by NHS Digital/UK Health Security Agency to the answers you have provided in the survey.

We need your written authorisation for any information to be linked. You do not need to give permission if you do not want to. If you give permission, NatCen Social Research will pass your name, address, and date of birth to NHS Digital who will carry out the data linkage. Your identity will only be known to certain members of the NatCen and University of Leicester (UoL) research teams and NHS Digital.

The data which would be added to your survey responses is:

- Information about you held by NHS Digital on your health, hospital in-patient care, hospital out-patient care, hospital emergency care, maternity, mental health, social care, primary care (for example when you visit your GP), diagnostic care (for example any scans or ultrasounds you may have had), cancer diagnosis and treatment, community care and diabetes.
- Details held by NHS Digital about cause and date of death.

Data will be used by the National Study of Health and Wellbeing (NSHW) Research Team consisting of researchers from NatCen Social Research, UoL and NHS Digital under restricted access arrangements (on a strict need to know basis), which make sure that the information is used responsibly and securely.

Access to the data for other qualified researchers can only be granted by NHS Digital's Data Access Request Service (DARS, digital.nhs.uk/services/data-access-request-service-dars). The information will be completely confidential and will be used for research purposes only by academic or policy researchers under restricted access arrangements (on a strict need to know basis) which make sure the information is used responsibly and securely.

As we would like to look at long term trends in people's health and wellbeing, we have not set a limit on how long we would like to keep your information. The survey has been running since 1993 and is very valuable for looking at how people's health and wellbeing changes over time.

If you require further information, have any queries, or anything is unclear, please ask your interviewer or call **0800 652 4572**.

You can cancel your consent at any time in the future by writing to NatCen Social Research, Kings House, 101-135 Kings Road, Brentwood, Essex, CM14 4LX. You don't need to give a reason to cancel.

For further information please visit: digital.nhs.uk/health-and-wellbeing-study

Giving Consent

I DECLARE – I have read or heard this information and have had the opportunity to ask questions and receive satisfactory answers.

I UNDERSTAND – All the information will be treated in strict confidence and used solely for statistical and research purposes. Access to the data for other qualified researchers can only be granted by the NHS Digital Data Access Request Service (DARS).

I AUTHORISE – NatCen Social Research passing my name, address and date of birth to NHS Digital in order to provide information held on the databases that I have consented to below.

I CONSENT – to my survey answers being linked to:

Please tick

Health information data

(Health data, hospital in-patient care, hospital out-patient care, hospital emergency care, maternity, mental health, social care, primary care, diagnostic care, cancer diagnosis and treatment community care and diabetes)

Cause and date of death data

Please sign below to indicate that you give permission

The consent will remain valid until revoked by me in writing

Participant signature

Participant name

Date

Interviewer signature

Interviewer name

Date



There may be times in everyone's life when they feel low and depressed. At such times they might feel that they cannot cope. When people feel like this it is important that they can talk to someone and seek help.

If you should feel like this, or if you are concerned for someone else, here are some contacts which might be useful.

Local Help

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

Call 111

You can call **111** when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Local organisations

They provide a range of services including support groups, help lines and information. Details can be obtained from your GP, your local library, or the internet.

Citizens Advice Bureau

Helps people resolve their legal money & other problems providing them with free information and advice. **www.citizensadvice.org.uk**

NHS

The NHS website contains a range of information relating to health, medicines, services and support. **www.nhs.uk**

National Help

Samaritans

Samaritans provide a confidential service for people in despair and who feel suicidal. **116 123** or **www.samaritans.org**

SupportLine

Confidential telephone helpline offering emotional support to any individual on any issue. **0170 8765 200** or **www.supportline.org.uk**

Maytree Respite Centre

For those in a suicidal crisis, Maytree offers short-term accommodation with befriending in a confidential, supportive and non-medical environment. **020 7263 7070** or **www.maytree.org.uk**

SANE

Provides information and support to anyone affected by mental illness. **www.sane.org.uk**





BAATN

Offers psychological services for people who identify as Black, African, South Asian and Caribbean. **www.baatn.org.uk**

Refuge

Provides information service for anyone experiencing domestic abuse, and access to 24-hour emergency refuge accommodation. **0808 2000 247**
www.nationaldahelpline.org.uk

Cruse Bereavement Care

Offers help, including a free counselling service, for bereaved people whatever their age, nationality or beliefs.

0808 808 1677 or
www.cruse.org.uk

Frank

Confidential advice and information for those who are concerned, or have questions about drugs. **0300 123 6600** or
www.talktofrank.com

Alcoholics Anonymous

If you need help with a drinking problem. **0800 9177 650** or
www.alcoholics-anonymous.org.uk

GamCare

Free information, advice and support for anyone affected by gambling problems. **0808 8020 133**
www.gamcare.org.uk

British Lung Foundation

Free information, help and advice for stopping smoking.
www.blf.org.uk/support-for-you/smoking

Beat

Provides helplines, self-help groups and online support to anyone affected by eating disorders. **0808 801 0677** or
www.beateatingdisorders.org.uk

Black Minds Matter UK

Connecting Black individuals and families with free mental health services - by professional Black therapists to support their mental health.

www.blackmindsmatteruk.com

Every Mind Matters

Simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

www.nhs.uk/every-mind-matters

Mental Health Foundation

Offers a wide range of information about mental health issues.

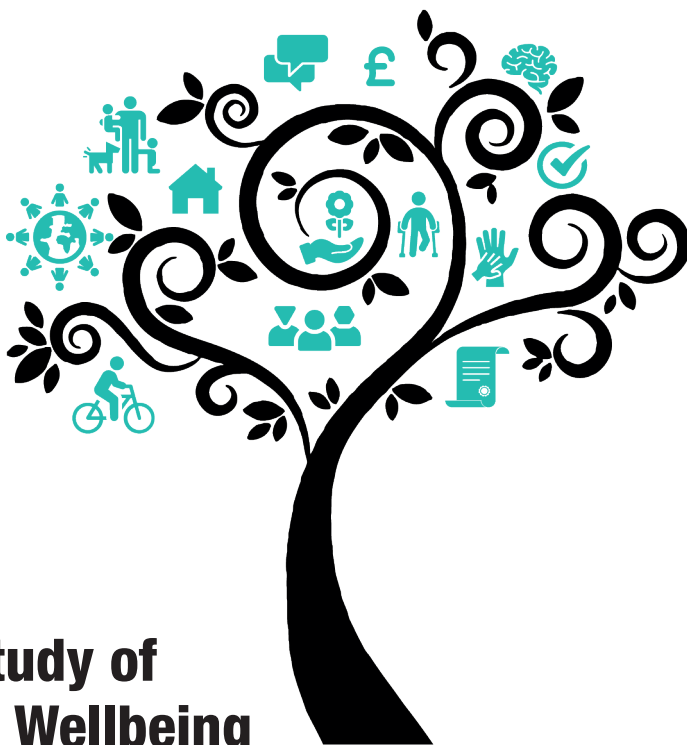
www.mentalhealth.org.uk

Helplines Partnership provides

a comprehensive list of mental health helplines in the UK.

www.helplines.org/helplines





National Study of Health and Wellbeing

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