



## Participant Information Sheet

We recommend you read the following before giving your consent to take part.

STAGE-28 projects are designed to meet the demands of health and safety legislation where mental health has parity with physical health. As threats to physical health can be seen, acted on and checked for improvement, threats to mental health are less easy to grasp. It is threats to mental health that STAGE-28 portals are designed to help identify. They measure aspects of two psychological concerns: i) mental health (e.g., anxiety, depression) and ii) psychological wellbeing (e.g., purpose in life, personal growth). If high scores on mental health are seen as negative, high scores on psychological well-being may be positive with each counterbalancing the other. A summary of both types will be e-mailed and indicating a risk-level (Red/Amber/Green) with guidance on possible next steps and contact information.

To gain the confidence of those who actually do (or once did) the work, responses will be stored on STAGE-28's highly encrypted servers to ensure nobody outside STAGE-28 can access your scores and identify you. An e-mail address is necessary to send your results and alert you to any concern your scores imply. At the end all identifying information will be removed leaving only the scores and demographic information (e.g., age, sex, length of service) for analysis. An organisation contracting STAGE-28 to for mental health surveys will only receive a report, de-identified scores in a spreadsheet and summaries (e.g., averages and percentages) to help it meet its legal mental health obligations.

We hope these assurances encourage you to take part, aware that you can say 'No' or withdraw at any time. Just contact Dr John Durkin at STAGE-28 [john@stage-28.com](mailto:john@stage-28.com) or Dr Renae Hayward [renae@stage-28.com](mailto:renae@stage-28.com). If your data has not been processed it will be traced and deleted. If it has, your e-mail address and participation record will be deleted.

No harm is anticipated from taking part as you will be continuing to perform your role or live your life without interference or influence from us. Your contribution is in completing the portal carefully and honestly, and it should take only a few minutes. If you have any concerns or important questions please raise them with John or Renae (e-mail addresses above). More information can be found on the FAQs page of the STAGE-28 website and via links embedded in STAGE-28 emails.

.....  
Dr John Durkin  
STAGE-28 International