



## University of Sussex

### **Increasing Engagement With Online Stress Management Interventions**

Thank you very much for showing an interest in this University of Sussex study.

We are looking for people who:

- Have elevated levels of stress.
- Who are employed by one of the participating organisations.
- Are willing to complete an 8-week online stress management programme.
- Are willing to complete up to 4 on-line assessments over the course of the study.

The 8-week programme is delivered entirely online at a time to suit you. There will be no face-to-face meetings. You will need to spend about 1 hour a week completing the programme.

If you are randomised into the control group, you will be able to use the online programme after 18 weeks.

We do not place any restrictions on you while you are participating in this study. You can access all your usual care such as your GP, occupational health practitioner or mental health professional.

For more information on the study please follow this link or paste the address in your web browser <https://www.workguru.org/members/information-sheet-participants.pdf>

To see if you have an elevated level of stress, and meet the inclusion criteria for the study, please complete the questionnaire by following this link or pasting the address in your web browser

[https://universityofsussex.eu.qualtrics.com/SE/?SID=SV\\_etb4fpWXdMC67CB](https://universityofsussex.eu.qualtrics.com/SE/?SID=SV_etb4fpWXdMC67CB)

If you have any questions, please contact the lead researcher Stephany Carolan [sc587@sussex.ac.uk](mailto:sc587@sussex.ac.uk)