

## Appendix 4 – Health Professionals (Midwives and Nurses)

### Participant Information Sheet – You Matter: Finding Your Self-Compassion

#### Research title: You Matter: Finding your Self-Compassion, a mixed methods study

**This study** will be undertaken as the first cohort of studies by a team of midwifery and nurse researchers/educators from University of South Australia, Flinders University and SA Health.

**The purpose of this study** is to find out and explore what self-compassion as a component of self-care means to health professionals and promote knowledge and understanding of how compassion for oneself can enhance personal health and wellbeing.

**Previous research** has suggested that when a person has low levels of self-compassion, they have an increased risk of having moderate to high levels of anxiety and stress and this is associated with a further risk of depression. There has been limited research specifically targeting **nurses and midwives**. Therefore, there is a clear need to investigate and explore if education and training can improve **nurses and midwives'** knowledge and awareness of compassion for oneself and have a positive impact on their health and wellbeing.

**You are invited to participate** in this research study and register to attend a workshop. You will be asked to go to the study's specifically designed website 'CompassionateSelfCare.com' to read and learn more about the research and education and training.

#### Voluntary participation

Participation in this study is voluntary. You have the right to withdraw from this study at any time.

#### Benefits and risks of being in the study

Previous research has identified increased levels of anxiety and stress is associated with low levels of self-care and compassion for oneself. The demands that health professionals face every day in their personal and professional lives can be stressful and requires them to have good coping and management strategies. Providing education and training for compassionate may benefit health professionals who participate in this study and help to improve their health and wellbeing.

Health professionals who participate in this study and undertake the education and training will have the opportunity to gain three points towards Continuing

Professional Development on completion. A summary of the study findings will be published at the study website.

**Completing questionnaires:**

You will be asked to complete a pre-questionnaire online prior to undertaking the education and training and then a post questionnaire immediately and 3 months after completing the workshop.

**Opportunity to participate in a focus group or individual interview:**

You may be approached to participate in a focus group or individual interview (face-to-face, via Zoom, or telephone – depending on COVID restrictions) at 3 months after attending a workshop to explore further your views and experiences of how self-compassion strategies may have helped you in your personal and professional life.

**Confidentiality and anonymity:**

At all times, your personal information will remain confidential, and no information will be released by the researchers that may lead to your identification unless required by law. The findings of the study will be presented at professional conferences and published in scientific journals; the details of your responses will be unidentifiable and remain anonymous. Given the nature of the workshops, confidentiality of group discussions and participations cannot be guaranteed. However, all participants will be required to commit to confidentiality as a condition of participation.

**If you have any questions at all about the research study, contact:**

**Primary researchers**

Professor Mary Steen, University of South Australia, City East Campus,

Email: Prof. Mary Steen [Mary.Steen@unisa.edu.au](mailto:Mary.Steen@unisa.edu.au)

**This project has been approved by the Women's and Children's Health Network, Human Research Ethics Committee, and University of South Australia's human ethics research committee – 26 June 2021 (Application ID: 204074). If you have any ethical concerns about the project or the way it is conducted, please contact either Professor Mary Steen or the Executive officer of UniSA HREC via email [Humanethics@unisa.edu.au](mailto:Humanethics@unisa.edu.au) or Tel 8302 3118**

**Thank you for considering this invitation to participate in this research.**