

RESEARCH WELLBEING PLAN

This document was submitted by Dr Sarah Cassidy and Dr Emma Nielsen at the University of Nottingham and Professor Jacqui Rodgers, Dr Jane Goodwin and Lucy Isard at Newcastle University.

If you have any questions about this document, please get in touch with the authors.

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Sarah Cassidy, Emma Nielsen, Jacqui Rodgers, Jane Goodwin and Lucy Isard, "Research Wellbeing Plan"



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Research Wellbeing Plan

This plan was developed by Dr Sarah Cassidy and Dr Emma Nielsen at the University of Nottingham and Professor Jacqui Rodgers, Dr Jane Goodwin and Lucy Isard at Newcastle University. The purpose of the plan is to help autistic people and those who support them when taking part in research discussing difficult topics, such as mental health problems, self-harm, suicidal thoughts and behaviours. However, this plan could be used in any situation where it is important to think about looking after participants' mental health and wellbeing. This plan can be adapted and tailored by research teams for use in their specific studies.

The study you are participating in may include thoughts or discussion about difficult topics. Participants' wellbeing and safety is our priority. As such, we wish to remind participants that we would like them to prioritise their own wellbeing first, and only contribute in ways that they feel are safe and do not negatively impact their personal wellbeing. At the suggestion of members of similar groups, we will all complete a wellbeing plan as a way of helping us to safely manage our involvement in the research.

Participants are asked to complete the plan below at a time when they feel they are well and able to think clearly about what they may find helpful. We will store a copy of the plan on a password protected computer. Participants will be given the option to share a copy of the plan with a trusted person.

Your name and contact details will be kept separate from the research data.

Your name:

Your contact number:

Your e-mail address:

[INSERT DETAILS OF STUDY ACTIVITIES AND AVAILABLE DATES TO PARTICIPATE HERE]

The results of this study may be published in academic journals and conference proceedings. It would be helpful to know a little more about you, so that we can give a summary of the group membership. You will not be personally identified.

Your age:

Your gender:

Your ethnicity:

The language we use to talk about autism

Do you have a preference for person-first (e.g., adult with autism) or identity-first language (e.g., autistic adult)?

Yes/ No

If yes, which do you prefer?

Person-first/ Identity-first

How would we know if you were becoming distressed or finding participating in the study difficult?

What key signs should we be aware of? For example, some people might become quiet or feel that they need to leave.

How can we best support you if you become distressed or find participating in the research difficult?

What would you like us to do? For example, if you have to leave, would you like one of the research team to check in with you, as soon as possible? Is there a way that you could tell us if you needed to take a break?

Are there any adjustments that we could make so that participating in the study easier for you?

For example, do you prefer to type your answers rather than speak them?
Would you like to know ahead of time which questions we will ask you?

What do you plan to do after taking part in the study?

Sometimes it can be helpful to have a plan to do something that you enjoy or are interested in after taking part in research activities like focus groups, interviews, completing questionnaires, etc. What helps you to relax? What positive things do you say to yourself when you are distressed?

What support do you have?

Sometimes it can be helpful to think about what support you already have and who you might be able to talk to if you find things difficult or just want to think about something different. This could be a friend, relative, or professional.

Contact details of a trusted person

Please complete the section(s) below with the details of a trusted person, or people, that we could contact if we were concerned that you might be finding things difficult. We will only contact them if we are worried about your safety and would always try to discuss this with you first.

Their name:

Their relationship to you:

Their phone number:

Their e-mail address:

Their name:

Their relationship to you:

Their phone number:

Their e-mail address:

Sharing your wellbeing plan

Would you like us to share a copy of your wellbeing plan with a trusted person? **Yes/ No**

If yes, please tell us:

Their name:

Their relationship to you:

Their phone number:

Their e-mail address:

Contact details for the research team

Insert contact details for the research team here.

Participants have told us that including photos of the research team members can be helpful.

You can contact us Monday to Friday between 9am and 5pm. If you would like to contact us outside these hours please email or phone or leave a message. If you leave your details please suggest a suitable time for us to call you back.

Supporting Organisations

Insert details of relevant support organisations here that participants might find useful (e.g., Crisis Text Line UK). Be aware that different participants may benefit from different means of contacting sources of support (e.g., telephone support, e-mail contact, text-based support).

For more information about the development of this plan please contact Sarah Cassidy (sarah.cassidy@nottingham.ac.uk) or Jacqui Rodgers (jacqui.rodgers@newcastle.ac.uk)