



## **Job Demands, Personal Resources, and Wellbeing in General Practitioners After Covid-19**

### **Participant Information Sheet**

#### **Introduction**

My name is Tyler Lloyd, and I am completing this project as part of my Honours Degree in Psychological Science (under the supervision of Dr Peter Hassmen). I am investigating the role that job demands and positive psychology factors play in Australian general practitioners' wellbeing and professional quality of life.

#### **What is this research about?**

This research assesses the relationship between general practitioners' workplace demands and stress in the wake of COVID-19 to see if self-compassion (the warmth and understanding we show ourselves when we suffer, fail, or feel inadequate) has any beneficial effect. Understanding the scope of the current situation while potentially identifying a protective factor could allow for the development of policies and interventions to increase GP's wellbeing moving forward.

#### **What does this research involve?**

You will be asked to complete an anonymous online Qualtrics survey which will take approximately 10-15 minutes to complete. Once the survey is completed, you will have the option of continuing to a separate website, where you can choose to input your email address to receive a summary of findings as well as enter a draw for one of three \$50 gift cards.

#### **What are the risks associated with this research?**

This research has been assessed as low risk by Southern Cross University's Human Research and Ethics Committee. However, if any question leads you to feel uncomfortable or causes you distress, you are free to skip that question, take a break, or withdraw from the research entirely by closing the survey.

If you require additional support, please contact one of the following organisations:

**RACGGP GP Support Program** – 1 300 361 008

**Lifeline** – <https://www.lifeline.org.au> – 13 11 14

**Beyond Blue** – <https://www.beyondblue.org.au> – 1300 22 4636

### **My responsibilities to you.**

All survey responses are entirely anonymous. The opportunity to provide contact details to enter the draw or receive a summary of results is not linked to responses. Contact details will be deleted once the results summary has been sent and the prize draws completed.

### **The likelihood and form of dissemination of the research results, including publication.**

This research is being conducted as an Honours thesis but may be published as a peer-reviewed journal article or presented at conferences in the future.

### **Informed Consent**

Completing and submitting the online survey will be considered implied consent. Consent can be withdrawn at any time prior to submission. Data collected from this research may be used in future research.

### **Inquiries**

Principal Researcher: Tyler Lloyd [T.lloyd.25@student.scu.edu.au](mailto:T.lloyd.25@student.scu.edu.au)

Principal Supervisor: Dr Peter Hassmen [Peter.Hassmen@scu.edu.au](mailto:Peter.Hassmen@scu.edu.au)

### **Feedback to Participants**

If you would like a summary of the research when it is finished, please click on the Feedback link at the end of the survey. This will take you to a separate page, not connected to the survey, where you can leave your email address.

### **Ethics Approval**

This research has been approved by the Human Research Ethics Committee at Southern Cross University. The approval number is 2023/098.

### **Complaints**

If you have concerns about the **ethical conduct** of this research or the researchers, write to the following:

*The Ethics Complaints Officer  
Southern Cross University  
PO Box 157  
Lismore NSW 2480  
Email: [ethics.lismore@scu.edu.au](mailto:ethics.lismore@scu.edu.au)*

All information is confidential and will be handled as soon as possible.

### **Survey access**

The survey can be accessed by following the link below.  
[www.gpwellbeing.com/survey](http://www.gpwellbeing.com/survey)