

# Signed off work because of your health?

**The CAMEOS study is being run by the University of Manchester in partnership with the occupation health provider OH Assist and Southern Health NHS Foundation Trust. The study aims to help people who are at risk of long term sickness absence to remain in employment and improve feelings of well-being.**

## What is it?

Have changes in your health meant that you have not been into work for three weeks or more?

We want to find ways to help people signed off because of health problems to feel better and get back to work.

Taking part is completely voluntary and confidential.

For further information please go to the website:

[WWW.](#)

## What to do next

If you think you may be interested or just want more information, you can contact us by email or telephone or by returning the consent to contact form in the enclosed envelope:

NAME

EMAIL

PHONE NUMBER

## The CAMEOS study

### A study about supporting employees on long term sickness absence

#### We invite you to take part in a study

Before you decide, it is important for you to understand why the research is being done and what it will involve.

Please take time to read the following information and ask us if there is anything that is not clear or if there is more you would like to know. Discuss it with others if you wish. Take time to decide whether or not you want to take part.

As well as receiving this information pack, you will be contacted by telephone in about one week by a person who works for Southern Health Clinical Research Network. They have access to your contact details but will not pass them on to the research team unless you agree. The purpose of the call will be to check that you received this information and to see if you would like a member of the research team to call you directly to talk to you about taking part. No pressure will be put on you to take part.

#### The CAMEOS study - the essentials

Health problems are often a cause of sickness absence (time away from work off sick).

We want to find ways to help people signed off because of any health problems to feel better and get back to work.

The new type of support draws on current best practice in which patients talk to someone who has been specially trained to assess a person's needs and help that person access help and support.

We are inviting employed people who have been given Fit Notes by their GP or occupational physician for 3 weeks or more to take part and to see if this support really helps people feel better and makes it easier for them to return to work.

In the study some people will receive the new type of support. Others will get the care the NHS or their employer usually provides. These people will be selected by chance, like tossing a coin.

The study is being run by the University of Manchester.

#### What do I do now?

If you want to take part, fill in the contact and consent forms and post them to us in the envelope provided.

#### Contents

1. Why are we doing this study?
2. Why am I being asked to take part?
3. What will happen to me if I take part?
4. What if I refuse to take part?
5. What will I need to do if I take part?
6. Possible benefits and disadvantages
7. More information about taking part

#### How to get in touch with us:

If you have any questions, please contact:

xxx  
University of  
Manchester  
M13 9PL

Tel:xxx

**Please turn over to read the full information about the study**

## 1 Why are we doing this study?

Significant periods of sickness absence can lead to long-term impacts on work, health and quality of life. Although there is some support for people through occupational health and employee assistance, we don't know which types of support help people most. This study is testing a new way of helping people.

This support will begin with a 60 minute assessment. You will agree what support you need and choose between different ways of helping you feel better. If you think it will help, and with your permission, we may also share information with your GP and or your employer (only if you agree).

After the first appointment, we will contact you and talk to you up to 6 times by telephone over a period of 12 weeks and each session will last around 45 minutes.

The research team will also call you at 16th and 24th week after the start of the intervention to see how you are getting on. We may ask for some information from your employer about your participation in the trial and your absence history.

For some people, this support will help them return to work. However, you will not be under pressure to return to work.

## 2 Why am I being asked to take part?

We are working in partnership with your employer and we have asked them to write and offer any employees who are currently on sickness absence the chance to take part in this study.

We aim to recruit around 100 people to the study.

It is entirely up to you whether or not you decide to take part. Taking part is voluntary.

## 3 What will happen to me if I take part?

If you agree to take part, one of the research team will ask you a few questions to make sure this study is right for you.

You will be asked to complete a survey about how you are feeling and your current health. You will be asked to complete this again, after 12 weeks. You will be given a £20 gift voucher for each survey completed.

You will then be told which group you have been randomly assigned to.

- **Group 1** will be given the new type of support.
- **Group 2** will be given the care they would usually receive from the NHS or employer.

We can't offer everyone the new type of support, so these people will be selected by chance, like tossing a coin.

We will also ask a few people to take part in an interview at the end of the study to talk about their experiences and to see what they thought of the support. If you indicate that you would be willing to take part in an interview then you will be contacted closer to the time to see if you are still willing to do an interview.

Again if you change your mind, you will still be free to withdraw at any time without giving a reason. With your agreement, all interviews will be audio recorded.

## 4 What if I refuse to take part?

Nothing - you will receive your usual care from your GP or employer. No other aspect of your care will be affected.

## 5 Possible benefits and disadvantages

We cannot promise that taking part will help you personally. However, the information we get from this study may help us improve the support people receive when they are on, or at risk of long-term sickness absence.

We are not aware of any side effects, disadvantages or risks to you for taking part in this research.

## 6 More information about taking part

### Changing your mind

If you decide to take part, you can still change your mind at any time, without giving a reason. Saying no to the study, or taking part and later changing your mind, will not affect your care.

### Your GP

If you agree to take part, we will inform your GP. We will also contact your GP if we have any concerns about your health during the study.

### Who is running and funding the study?

This study is being run by the University of Manchester. The research has been funded by the National Institute for Health Research.

All people who take part will get access to a summary of the results. You can also request copies of any published data by contacting the study co-ordinator.

All research in the NHS is looked at by an independent body, called a Research Ethics Committee, to protect your safety, rights, well-being and dignity. This research has been reviewed and approved by the Greater Manchester Central NHS Research Ethics Committee. (Ref:14/NW/1008).

### Confidentiality

Any information you provide to us in the CAMEOS study will be treated in confidence.

The information will be stored securely at the University of Manchester.

When we publish the results of the study, your name will not be mentioned and we will ensure that no-one taking part can be identified from the study results. If you decide to stop taking part in the study, the information you had provided up to that point would be used.

All information related to this study will be kept for 10 years at the University of Manchester.

### What if there is a problem?

If you are concerned about any aspect of the study, please contact the CAMEOS co-ordinator Cassandra Kenning, who will do her best to answer your questions.

If they are unable to resolve your concern or you wish to make a complaint, please contact the University Research Practice and Governance Co-ordinator: 0161 2757583 or 0161 2758093.

[research.complaints@manchester.ac.uk](mailto:research.complaints@manchester.ac.uk).

### Harm

In the event that something does go wrong and you are harmed during the research you may have grounds for a legal action for compensation against the University of Manchester or NHS Trusts but you may have to pay your legal costs. The normal National Health Service complaints mechanisms will still be available to you.

### How to get in touch with us:

If you have any questions, please contact:

xxx

Centre for Primary Care  
Williamson Building  
University of Manchester  
M13 9PL

Tel: xxx

Email: xxx