

Participant Information sheet

COPEWeR Wellbeing Survey June 2023



Dear Participant

You are invited to take part in a survey –

Workplace wellbeing and stress of dental educators and utilization of the wellbeing services.

Purpose of the study: Association of dental education in Europe (ADEE) has launched a community practice of wellbeing and resilience (COPWeR). Identification and tackling the causes of poor wellbeing by offering appropriate, timely support to the staff will enable them to improve their working environment, their students' educational journey, maximise their potential to deliver better quality patient care and improve their quality of life.

Aim: The aim of this study is to identify the wellbeing and stress of staff involved in dental education, the available support services and barriers to their utilization. Our COP plans to identify good practices for promoting staff wellbeing and to disseminate best practices to educational establishments.

Who can participate? All staff who are involved in dental education are invited to participate in this study. The data collected will be anonymously.

Consent: You can choose to participate in this study. If you consent to participate, you will be asked to fill out an online questionnaire with three parts. You are free to withdraw at any time while filling the survey without any adverse consequences. The anonymised results of the study will be presented at ADEE meetings, be published, and may lead to further research to help in promotion of staff wellbeing within Dental Schools/ Universities.

Note: If you wish to talk to someone regarding your wellbeing, please contact your local services. Those living in the UK can get more information via this website. <https://www.gov.uk/government/news/dedicated-mental-health-support-for-all-nhs-doctors-and-dentists>.

Staff from Cardiff can access support, more information is available via this link:

Staff wellbeing support – Intranet – Cardiff University

Principal investigators: Dr Shannu Bhatia, Senior Lecturer in Paediatric dentistry, Dr Ruby Long and committee members of the COP of Wellbeing and Resilience are conducting this study. They will be happy to answer any queries. Please contact them on Bhatiask@cardiff.ac.uk and LongR4@cardiff.ac.uk

Thank you

Shannu Bhatia and Committee members of ADEE Community Of Practice Of Wellbeing and Resilience (COPOWeR).