



## Invitation to Be in a Research Study on Well-Being

### ***Why participate in this study?***

Since the COVID-19 pandemic began, we need tools to increase our resistance to stress. Unusual pressures are being placed on all members of the community, especially healthcare workers. We want to learn if a 1-hour virtual Community Resiliency Model<sup>®</sup> training will reduce stress and improve mental well-being.

### ***What does it involve?***

If you are an Emory healthcare worker, you are eligible for the study (pharmacists, nurses, physicians, chaplains, nursing assistants, therapists, support staff, and more). If you are currently in a separate resiliency study, if you are a Winship staff member enrolled in the CME on resilience, or if you have done this resilience training before, you should not volunteer for this study.

To best measure the impact of the class, we need to have 2 groups: one gets a virtual 1-hour class and the other does not. *Note: If we find improvement in well-being and stress among those in the group that does the resiliency training, we will make the class available to all persons in the study.*

There is also a separate virtual showing and discussion of the film, *Resilience*, as part of the class. This film provides a perspective on the impact of stress and trauma in our lives.

If you enroll in the study, you will need to complete an electronic consent and a questionnaire about stress and mental health. You will be asked to complete 2 more follow-up surveys subsequently. The surveys concern well-being and work engagement.

### ***How is this study going to help you?***

The class may be directly helpful to you in your daily work and personal life. We will share our research findings with you and welcome your input at all times.

### ***Are there risks involved?***

Each survey will take about 5 minutes of your time. It is unlikely that you would experience any discomfort as a result of participating. If you are dealing with depression or anxiety related to work or your personal life currently, we urge you to get help through the Faculty Staff Assistance Program or community resources. There are also good resources on-line for promoting your sense of well-being. There is no compensation for participation. Your confidentiality will be protected. If you have questions, please email our research team: lgrabbe@emory.edu.

### ***What Should I Do Next?***

We thank you in advance for your participation! Go to this link to sign up for this study.

<https://redcap.emory.edu/surveys/?s=F3YD3HWXX3>