



Now lockdown is easing, are you having trouble adjusting?

Many people are having problems with adjusting to the easing of lockdown restrictions. Researchers at University of Hertfordshire want to learn the reasons why.



University of Hertfordshire **UH**



WE HOPE THIS FINDS YOU WELL. WE WOULD LIKE TO INVITE YOU TO TAKE PART IN OUR STUDY INVESTIGATING WHY SOME PEOPLE ARE FINDING IT DIFFICULT TO ADJUST TO THE EASING OF PANDEMIC RESTRICTIONS. YOUR PARTICIPATION INVOLVES COMPLETING A BRIEF ONLINE SURVEY WITH QUESTIONS RELATING TO HOW YOU ARE COPING AND YOUR THINKING STYLE. THE RESULTS OF THIS WORK WILL INFORM FURTHER RESEARCH IN THIS AREA AND SUPPORT INTERVENTIONS IN THE FIELD OF MENTAL HEALTH.

THE SURVEY IS OPEN FOR ALL THOSE AGED 18 YEARS AND OVER WHO WOULD LIKE TO PARTICIPATE AND SHOULD TAKE APPROXIMATELY 20 MINUTES TO COMPLETE. ALL RESPONSES FROM THE STUDY WILL BE KEPT CONFIDENTIAL AND ALL INFORMATION YOU PROVIDE WILL BE ANONYMISED SO THAT YOU CANNOT BE IDENTIFIED FROM ANY REPORTS THAT RESULT FROM THE STUDY. AGREEING TO DO THE SURVEY DOES NOT MEAN THAT YOU HAVE TO COMPLETE IT; YOU ARE FREE TO WITHDRAW AT ANY TIME WITHOUT GIVING A REASON. THIS STUDY HAS BEEN APPROVED BY THE UNIVERSITY OF HERTFORDSHIRE HEALTH AND HUMAN SCIENCE ETHICS COMMITTEE WITH DELEGATED AUTHORITY (ECDA) (PROTOCOL NUMBER: aLMS/SF/UH/04219(1))

PLEASE DO NOT HESITATE TO CONTACT US IF THERE IS ANYTHING THAT IS UNCLEAR OR THAT YOU WOULD LIKE TO DISCUSS, USING THE DETAILS BELOW. WE THANK YOU IN ADVANCE FOR YOUR SUPPORT. STAY WELL AND HEALTHY. OPEN THIS LINK TO PARTICIPATE:

https://herts.eu.qualtrics.com/jfe/form/SV_50eareRWhwX9f01

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