



Hello,

My name is Judy Song and I am a member of a research team from the University of Victoria, Division of Medical Sciences, and the Island Medical Program, a site of the UBC Medical Program, that is examining burnout in healthcare professionals, specifically doctors and nurses. The project is supervised by Dr. Jane Gair and Dr. Olave Krigolson. We are currently seeking volunteers to participate in our study that will begin shortly.

Participation in this study involves four phases. First, baseline testing will take place at the University of Victoria in the lab of Dr. Olave Krigolson, or at the Medical Sciences Building or a location in the Royal Jubilee Hospital. At baseline testing, you will be asked to complete several self-report questionnaires. This will be followed by EEG testing using a MUSE headset, which is a portable EEG machine. Participants will then be randomly assigned to one of two treatments, who are receiving different information in the same format, or a waitlist group who will receive an intervention course at a later date. Secondly, once baseline testing is complete for all participants, a time will be set for a weekly course. This course will run for four weeks with one 2.5 hour session each week. This course will cover topics and activities related to stress and burnout in healthcare professionals. Administration of the course will be completed on an online platform, so you can be wherever is most comfortable and convenient for this portion. During the course, you will be asked to maintain a journal. Third, when the course is complete, you will be asked to return to the lab to complete the same testing as before. There will be follow-up surveys sent electronically three, six and twelve months following the intervention and an optional phone interview at the three month mark. Please note that you may participate in the research whether or not you can anticipate if you will be able to complete the follow-up surveys. Please do not feel obligated to complete all surveys, but we hope that you can.

Participation in this study should be an educational opportunity, but also lead to a better understanding of burnout in healthcare professionals. There are mild risks for physical discomfort in using the MUSE headset and psychological discomfort in the self-reflection that is involved in the course. However, individuals are free to step away from the study at any time, resources for counseling services will be provided, and the course will be taught by a qualified instructor. If you would like more information or to set-up a call, please email me at museresearch@uvic.ca. I am happy to answer further questions you may have. Thank you in advance for your consideration and I hope you choose to participate in our study. If you would like to participate in our study, send an email to museresearch@uvic.ca.

Cheers,

The Research Team