

INFORMATION SHEET

Study title: Perceptions of Migrant Workers in Science & Technology Sector in South East England, U.K. on Work Stress and the Impact on Health and Well-being

As part of MPH Public Health dissertation, qualitative research will be conducted to gain a better understanding of work-related stress and the impact on health & well-being.

In order to instrument the research study to gain insights of the local population, volunteer participants are needed to take part in the study. You have been invited to take part in the research study if you are interested and if this is suitable. It is important that you have a clear understanding of why the research is being conducted and what it will involve.

Please take time to read the following information and feel free to ask any questions or if there is anything that you do not understand. Please also feel free to discuss with your family, friends or your GP (physician) as appropriate. Participation is voluntary and you should only take part if you are happy to participate.

1) Background and the purpose of the study

There are growing demands in the workplace today with technology-based work settings, administrative compliance and competitive labour market in the global economy. Evidence from the U.K. statistics shows prevalence of 1.4 million workers suffering from work-related ill health in 2017/18 of which stress, depression or anxiety account for 44% of the cases reported (HSE, 2018a). In terms of working days, 30.7 million days were lost due to work-related health conditions and injuries in 2017/18 in the U.K. and 57% of cases were related to work stress, depression or anxiety (HSE, 2018b). Work-related poor health and working days lost caused by occupational stress have been increasing in the U.K. since 2014/15 (HSE, 2018b).

The cost of work-related poor health (incidence/new case) in the U.K. is approximately 15 billion GBP annually in 2016/17 where the cost for the employers is 3 billion GBP, and it costs the government 3.4 billion GBP, and the cost for the individuals is 8.6 billion GBP (HSE, 2018a). This includes workplace injuries and other health conditions, yet excluding long lasting illnesses. Therefore, the impact of work stress and social costs are tremendous and this ought to be addressed adequately to help sustain the health status of the workers and to mitigate work-related stress in our society.

South East of England has the highest Gross Domestic Expenditure on Research & Development (GERD) in the U.K. of 6.7 billion GBP in 2016 (ONS, 2018), employing a large number of highly skilled workers including migrant workers. Meanwhile, along with Brexit under way, workers have more to consider about the future of the innovation sector and how it might impact their work in the U.K. The study attempts to explore the perceptions of migrant workers on general understanding of work stress in science and technology sector and how it might impact health & well-being and quality of life.

Furthermore, work stress is not well understood and the views and understanding of work stress might vary by individual. The study aims to gain insights so that possible interventions can be recommended at the individual, organisational and policy levels in our community for evidence-based approach of public health.

2) Why have I been invited to the study?

You have been invited to the study so that the researcher has the opportunity to gain a better understanding of your views and understanding of work stress as a professional working in the local region. Such perspectives are essential for addressing the needs of migrant workers for stress coping in the workplace and to help sustain health and well-being of the workers.

3) Do I have to take part?

You do not have to take part if you do not wish. Participation is voluntary and if you decide to discontinue at any time, you are free to do so and no questions will be asked.

4) What will happen if I take part?

If you decide to take part in the study:

- Suitable date/time will be arranged for the interview at a location that is convenient for you. (One-to-one interview for about 30 minutes in Oxford area or other locations in Oxfordshire.)
- The interview will cover questions relating to general understanding of work stress and the impact on health and well-being.
- The interview will be audio recorded for data analysis purposes.

5) Expenses and payments

You will not have to incur any costs for the study. Due to voluntary nature of the study, there will be no payments made for participating in the study, but travel expenses (e.g. train, bus, parking, petrol) will be reimbursed. Refreshments will be provided at the interview venue.

6) Are there any risks in taking part?

There are no risks if you decide to take part in the study. If you feel uncomfortable at any point of the interview, please let the researcher know right away. Researcher will make sure that you feel comfortable throughout the research process to secure your safety and well-being.

7) Are there any benefits in taking part?

There might not be immediate benefits if you participate in the study though, the researcher will be there to listen and to reassure that your '*voice*' has been heard. Your contribution through participation can help raise awareness in the community for a better understanding of occupational health and safety.

8) What if I am unhappy or if there is a problem?

If you are unhappy or if there is any problem, please feel free to let the researcher know by contacting via e-mail or phone call and the researcher will be there to help you. If you have a complaint, which you feel

should be addressed further, you should contact the Research Participant Advocate (U.S. number +1-612-312-1210) or email liverpoolethics@ohecampus.com. When contacting the Research Participant Advocate, please provide details of the name or description of the study, the researcher(s) involved, and the details of the complaint you wish to make.

9) Will my participation be kept confidential?

Your participation will be kept anonymous and confidential. To protect your privacy, only the type of occupation and your gender will be asked for research purposes. No personal details will be asked. Information collected will be only accessible by the researcher, Principal Investigator (Dissertation Advisor), Dissertation Reviewers and the Faculty Manager at the University of Liverpool. The data collected will be stored in a password protected computer for 5 years and then will be discarded.

10) What will happen to the results of the study?

The results of the study can be made available to you by e-mail or post if you wish. The results will be published in the University of Liverpool online library and it can only be accessed by the University online students and staff.

11) What will happen if I stop taking part?

If for some reason you do not want to continue participating in the study, you are free to discontinue without any questions being asked. The data up to the time might still be kept if you are happy to give consent. Otherwise the information will be discarded and will no longer be included in the research.

12) Who can I contact if I have further questions?

If you have further questions or concerns, please feel free to contact the researcher at the following.

Momoko Zamami
E-Mail: momoko.zamami@online.liverpool.ac.uk
Phone: +44 (0)7725 735336, +44(0)1235 411120

Thank you for your consideration.

Sincerely yours,

Momoko Zamami
MPH Programme
University of Liverpool Online

References

Health and Safety Executive (2018a) *Health and Safety at Work*. Summary statistics for Great Britain 2018.

Health and Safety Executive (2018b) *Work related stress depression or anxiety statistics in Great Britain*, 2018. Annual Statistics.

Office for National Statistics (2018) *Gross domestic expenditure on research and development*, UK: 2016.