



**James
Lind
Alliance**

Priority Setting Partnerships



Mental Health and the Body Clock

Taking part in this survey is entirely your choice. You can leave the survey at any stage. Your answers will be anonymous and we will not be able to identify you.

This survey is only for young people and adults living in the UK (from age 11 upwards). This is because we are unable to address questions based around the different situations/services/guidelines outside of the UK, and because some of the questions may not be relevant to young children.

If you need help completing this survey, you are welcome to ask a parent, guardian, or carer to help you. If you are aged 11-17 years old, we would encourage you to let a parent or guardian know that you are interested in this survey.

Has a disrupted body clock impacted your mental health? Or has your mental health impacted your body clock? What questions would you like answered concerning mental health and the body clock?

Your questions will help inform what future research should be focused on. Your questions will help to shape research to benefit as many people as possible.

Who are we?

The Circadian Mental Health Network is looking to understand the relationships between mental health and the body clock. This survey was put together by our Steering Group, which includes researchers, clinicians, support charity members and people with lived experience. We want to know what matters most to people experiencing difficulties related to mental health and the body clock.

We will share these answers so that research can be focused on what is important.

What are Body Clocks?

Body Clocks are internal rhythms that are essential to physical and mental functions.

These internal clocks help to prepare our body and mind to best align with our environment. Body clocks also react to our environment and can change when our environment does. For example, they can prepare our bodies and minds for when we should eat, be active, be alert, rest, sleep, wake up.... and so much more.

You can learn more about body clocks here:

www.circadianmentalhealth.org/about-the-network



Why are we doing this survey?

We are discovering more and more about the importance of the relationships between mental health and the body clock through research. We need your help to find out more. Although this survey might not directly benefit you, it will benefit the community around you.

Who do we want to hear from?

We want to know what questions really matter to you, and we especially want to hear from:

- people who have experience of mental health difficulties or a mental health condition
- people who have experience of disrupted body clocks caused by shift work and jet lag
- people who have experience of sleep disturbances, sleeping when they should be awake and disruptions of their daily routine/activities (including due to neurodivergent conditions)
- people who support those with experience of poor mental health and/or disrupted body clocks (family, friends, carers, counsellors, clinicians of people with experience of poor mental health and/or disrupted body clocks)

Participant Information Statement

Taking part in this survey is entirely your choice. You can leave the survey at any stage. The survey will likely take about 10 minutes to complete. Please answer as many questions as you are comfortable with. **Your answers will be anonymous and we will not be able to identify you** (please do not include any identifiable information in your responses, such as your name, or location; this will be removed).

As responses are anonymous, we won't be able to withdraw responses. Your survey responses will only be accessible by the Steering Group, although the summary questions created from responses to this survey will be widely shared and included in publications (for example, on the Circadian Mental Health Network website and James Lind Alliance website). If you need more information or have any questions, you can contact us anonymously via the chat box on our website: www.circadianmentalhealth.org

Types of questions of questions you might have

We want to hear all of your questions, thoughts and comments. **Please do not include any personal details (name, address, others' names) in your responses.** We can't respond to individual questions.



You can also answer this survey online at: <https://forms.office.com/e/1SL5GjMPtt>

Questions

Have you understood the information above, and do you consent to taking part in this survey? Yes No

If you need help understanding the information above, you are welcome to ask a parent, guardian, or carer to help you.

Do you live in the UK?

Yes No (thank you for your time but we cannot take your responses)

Do you have experience of:

- Mental health difficulties or a mental health condition?
- Disrupted body clock (caused by shift work and jet lag)?
- Disrupted body clock (sleeping when you should be awake and disruptions of your daily routine/activities)?
- Supporting individuals with mental health conditions or disrupted body clocks (are you family, friend, carer, counsellor, clinician, clinical support staff of people with experience of mental health conditions/disrupted body clocks)?

What would you like to know about how a disrupted body clock impacts mental health?

Disrupted body clock could include sleep disturbances/problems, issues staying awake/aware, disruptions to daily routines, shift work, jet lag, seasonal changes, when the clocks go back/forward.... and many more.

What would you like to know about how mental health difficulties impacts the body clock (e.g., issues staying awake/alert)?

Do you have any other questions about Mental Health and the Body Clock that you feel research needs to answer?

Do you have any further thoughts or experiences about Mental Health and the Body Clock you would like to share?

A bit about you

This next section asks for some information about you. This information will mainly be used to help us find out who we are reaching and hearing from, and who is being missed. However, we might also use summary information in our publications.

This is anonymous, and we will not be able to identify you. We want to hear as many different voices as possible so that research in the future can help everyone.

You do not need to answer any question you are not comfortable with.

What is your age? years old

How would you describe your gender?

Woman/Girl (including transwomen)

Non-binary

Man/Boy (including transmen)

Prefer to self-describe

Prefer not to say

Do you identify as transgender?

Yes

No

Don't know

Prefer not to say

How would you describe your sexual orientation?

Prefer not to say

What is the highest level of education you have completed?

Primary school

Middle school

Secondary/high school

Trade/technical/vocational training

Bachelor's degree

Master's degree

Professional degree

Doctoral degree

What County do you live in?

e.g., Lanarkshire, Aberdeenshire, Shetland Islands, Northumberland, Greater Manchester, West Midlands, Pembrokeshire, Fermanagh

What is your ethnic group?

e.g., White British/Scottish/Welsh/English/Northern Irish, Black British, African, Caribbean, Pakistani, Bangladeshi, Chinese, Asian, Hispanic, Arab etc.

Prefer not to say

Do you consider yourself to have a disability or long-term health condition?

Yes, you can specify below

No

Prefer not to say

What is your occupation?

If you are retired, please also include your previous occupation. If you are in school, please answer "School Student".

Are you a clinician?

Yes, please specify

No

Are you a carer of someone with mental health difficulties?

Yes

No

Thank you for taking the time to complete this survey.

You can anonymously upload your completed survey to the chat box on our website: www.circadianmentalhealth.org

You can stay updated on this project by visiting: www.circadianmentalhealth.org

If anything in this survey has caused you upset, please find below a list of support organisations.

Samaritans: www.samaritans.org/scotland/how-we-can-help/contact-samaritan/

Call: 116 123

Email: jo@samaritans.org

Papyrus : www.papyrus-uk.org/papyrus-HOPELINE247/ (for young people)

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Shout: giveusashout.org/

Text "SHOUT" to 85258

Text "YM" to 85258 (for young people)

If you have concerns about your mental health, please speak to your GP.

The National Institute for Health and Care Research (NIHR) funds the infrastructure of the James Lind Alliance (JLA) to oversee the processes for Priority Setting Partnerships (PSPs). PSPs aim to help patients, carers and clinicians work together to agree which are the most important evidence uncertainties affecting their particular interest, in order to influence the prioritisation of future research in that area.