

Appendix 24

Letter from GP to patients requesting them to complete the baseline anxiety questionnaire

To be sent on GP headed note paper
<Address><Study ID>

Dear

Study to measure well-being

In collaboration with the Universities of Bristol and Birmingham, we are undertaking research to test how well the enclosed questionnaire measures well-being in men and women aged between 16 and 39 who are registered with a general practice in Bristol and Birmingham. If these measures work well we hope to use them in larger studies in the future. This study is funded by the National Health Service. It has been reviewed and appraised by the South and West Multi-centre Research Ethics Committee. It would be of considerable help if you could complete the enclosed questionnaire.

Along with a number of other people registered at the practice you have been selected at random to receive a questionnaire. This method of random selection means that the name of everyone registered at the practice aged between 16 and 39 was listed. Everyone on the list had the same chance of being selected but only five percent were actually chosen. The process is very similar to a raffle where many tickets are 'put into a hat' and everyone has the same chance of winning but only a few are selected to receive a prize.

The questionnaire only takes, on average, five minutes to complete. When you have filled it in please could you send it back in the envelope provided. You do not need to use a stamp as the postage is paid for.

We hope you will be able to spare a few minutes to complete this questionnaire but you do not have to do so. Deciding not to take part in this research will not affect the care you receive in any way.

Your name does not appear on the questionnaire and if you complete and return it all the information you provide will be kept strictly confidential. Your answers will be added together with those of the other 1000 people being asked to take part in this study. No one will be individually identified in any published results of this study. If you wish to receive details on the results of this questionnaire study then please indicate this on the questionnaire.

If you have any questions about this study please do not hesitate to contact:

Dr Nicola Mills
Department of Social Medicine, University of Bristol, Canynge Hall, Whiteladies Road, Bristol BS8 2PR
Telephone: 0117 9287210

Thank you for your time.

Yours sincerely

The letter will be signed by a GP from the practice concerned.