

Step 1

- You should have already completed the consent questionnaires and received an email with your group allocation.
- In the same email you were provided with your own personal pseudonymised code. Please use this to log into the UpLiftTRIAL digital interventions - a dedicated login facility is provided on this www.uplifttrial.com website.
- Please also use your personal code for all future communications to ensure your data is anonymous. Grounded Research will keep a copy of your code so if you forget it please contact rdash.groundedresearch@nhs.net
- UpLiftTRIAL digital interventions provides weekly interactive sessions and skills practices to support the workshops and will help you transfer the knowledge and strategies learned into your daily life. (Recommended use on modern browsers/devices).

Step 2

- Log into the UpLiftTRIAL digital interventions, via the login facility provided on this www.uplifttrial.com website. Use your pseudonymised code for the Login ID, and for first time entry, use the password 'UpliftTrial1'. You will then be able to create your own password for subsequent logins.
- An introduction video is provided for an overview of the trial procedure.
- Make sure you have booked your timeslot for the workshops, and ensure you complete the above before you attend the first one. You will have received a booking link in your allocation email.
- If you have any questions please contact: rdash.groundedresearch@nhs.net.

We know that you will potentially work with people who have been randomized to a different intervention group. We ask that you do not share or discuss materials from the interventions with people in different groups. This is to strengthen the design of the study and allow a clearer result, and therefore we can be sure that any effects that occur from the trial are due to the individual interventions.

Contact details for enquiries

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