

Ground Rules

Before starting the UpLift intervention, there are a few ground rules we would like you to follow:

- Please log into everything with your pseudonymised code
- During the sessions, please keep your microphone muted and videos off. However, we will ask for contributions and you are welcome to ask questions and unmute your microphone, you can use the raise hand function on Microsoft Teams so we know you wish to contribute, or use the chat function
- Please treat contributions from all participants as confidential. However, we do encourage everyone to take responsibility for your own actions and use your own judgement about sharing particularly sensitive information
- Please keep us updated if you are unable to attend your scheduled session.
- Please do not discuss/share materials with colleagues in the other intervention group to protect the integrity of the randomised control trial.

