



Wellbeing Impact Study of HS2 (WISH2)

Consent Form

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 Organisations: RAND Europe & The University of Cambridge

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Thank you for considering taking part in this research. Please read the **Participant Information Sheet** for WISH2 (included in your envelope) before completing this form. If there is anything you do not understand, or you have any questions, you can contact Dr Katherine Morley (email: wish2@randeurope.org, phone: 01223 353329, post: RAND Europe, Westbrook Centre, Milton Road, Cambridge, CB4 1YG, UK).

If you **do not** wish to take part in the research or be contacted again in future, please complete the **refusal slip** on the next page and return it using the pre-paid envelope. **You can refuse to participate by doing nothing**, but if you do not send the slip back to us, we may contact you about this study again in the future.

If you **do** wish to take part, please **read the statements below and if you agree sign and date the form. Please send this form and your completed survey back to us using the pre-paid envelope provided.** If you would like a copy of the signed consent form to keep, please let us know using the contact details above. You can also download an unsigned copy from: www.wish2.org/for-research-participants

If you prefer, you can complete this form and the survey online (see page 3 of this document), or by telephone using the contact details above.

1. I have read and understood the Participant Information Sheet (version 2.3) for this study.
2. I have had time to think about the information, ask questions, and have had any questions answered well.
3. I understand my participation is voluntary and I am free to withdraw from this study at any time without giving any reason, and without affecting my medical care or legal rights.
4. I agree to my General Practitioner being informed of my participation in the study.
5. I consent to completing the survey for this study, and to being invited to complete surveys for this study in the future by the WISH2 research team.
6. I understand that my GP practice will share my personal information (such as name, date of birth, contact details, NHS number) with members of the WISH2 research team. I give permission for these individuals to have access to my information.
7. I understand my GP practice will share information from my medical record about prescriptions for anti-depressant medication and diagnoses of anxiety or depression with the WISH2 research team for this study.
8. I understand that the information held and maintained by NHS Digital and other central UK NHS bodies may be used to help contact me or provide information about my health status.
9. I understand that the WISH2 research team will share my personal information (such as name, date of birth, postcode, and NHS number) with NHS Digital to enable NHS Digital to provide information about my health status.
10. I understand that de-identified information collected about me (excluding my medical records, name, contact details, and NHS number) may be shared anonymously with other researchers to support future research. As with this project, I would not be identifiable in any published research findings.

[CONSENT BARCODE]

Signatures

Name of participant (*print*).....

Signature of participant..... Date.....

Future contact:

We would like to contact you to update you about the findings from this study, and to invite you to take part in up to two surveys in the future. Please let us know your preferred contact details for this:

 Email

Preferred email:

 Text message

Preferred phone:

 Post

Preferred address:

Personal information

The information below has been provided by your GP. The research team will not have access to it unless you send this form back to them. Please correct any errors.

	GP record information	Corrections
Title		
First name		
Surname		
Date of birth (dd/mm/yy)		
Gender (M/F/Mx)		
Address		
Postcode		
Home telephone		
Mobile		
Email		
NHS number		
GP practice name		

REFUSAL SLIP

Only fill out this slip if you do not wish to take part in the WISH2 study

You can refuse to participate **without completing this slip** by not sending anything back to us at all. But this means we might contact you about the study again when we send out surveys in the future.

If you want to make sure we never contact you about the study again, send us this slip using the pre-paid envelope you received with this form. We will only use your information to let your GP know you do not want to participate (so you are not contacted again). We will not share your personal information with anyone else. We will not keep it after we have notified your GP practice.

I **do not want to take part** in the WISH2 study or be contacted about it in future (*please tick*)

Your name (*print*).....

[REFUSAL BARCODE]

Your signature.....

Date.....

WELLBEING IMPACT STUDY OF HS2: WAVE 1 SURVEY

The Wellbeing Impact Study of HS2 (WISH2) is an independent research project about how the High-Speed 2 railway (HS2) line may affect the mental health and wellbeing of people who live near the line. You can find more about the project on our website: <https://wish2.org/>.

The survey has questions about your views on the impact of HS2, your health and wellbeing and healthcare use, your community and general questions about you. It should take 20-30 minutes to complete.

If you find any of the topics covered in this survey distressing, please contact your GP or one of the following support services:

- Samaritans: <https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/>
- Mind: <https://www.mind.org.uk/information-support>
- Citizens Advice: <https://www.citizensadvice.org.uk>

If you would prefer to complete the survey online, go to this website:
<https://bit.ly/WISH2Consent>

You will need to enter your logon code:
<mailmerge: TOKEN>

START OF PAPER SURVEY Ignore this if you are doing the survey online

Your views on the impact of HS2

This first section is about your familiarity with HS2 and how you think it might impact your life.

High Speed Two (HS2) is a planned high-speed railway line intended to create rail links between London and major cities in the Midlands and North of England.

Construction on the first phase, between London and Birmingham, started in 2020.

Q1: How closely do you follow the progress of HS2 planning and/or construction?

(Tick one)

- Very closely
- Somewhat closely
- Not very closely
- Not at all

[SURVEY BARCODE]

Q2: Does the current uncertainty around HS2 planning and/or construction impact your life today?

(Tick one)

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Q3: When HS2 Phase 2 is in operation, how often will you use HS2 on average?

(Tick one)

- Never
- Monthly or less
- 2-4 times per month
- 2-3 times per week
- 4 or more times per week

Q4: At the end of 2021, changes to the HS2 Phase 2b route were announced. The route from East Midlands Parkway to Leeds, and between Warrington and Manchester may not go ahead as originally planned. Were you aware of this before doing this survey?

(Tick one)

- Yes
- No

Q5: On balance, have these changes to the HS2 Phase 2b route impacted your life today?

(Tick one)

- Yes, and the impact has been positive
- Yes, and the impact has been negative
- No



Adapted from image by User:Cnrb, CC BY-SA 3.0, via Wikimedia Commons

Q6: Which of the following things about HS2 Phase 2 will potentially have an impact on you in the next 1 to 2 years?

(Please tick one column per row)

	Very positive impact	Somewhat positive impact	Neutral	Somewhat negative impact	Very negative impact	Don't know
1) Local environment (e.g. access to parks, walking trails, visual appeal)						
2) Noise pollution (e.g. traffic or construction noise)						
3) Air pollution (e.g. dust from construction)						
4) Light pollution (e.g. temporary construction lighting, flood lighting)						
5) Traffic/travel times for commuting journeys (work or school)						
6) Traffic/travel times for non-commuting journeys						
7) Cost of public transport						
8) Employment						
9) Local businesses						
10) House prices						
11) Community networks and social circles						
12) Ability to access local services (e.g. healthcare, social care/support, sports/leisure or cultural facilities)						

Your health and wellbeing

This section is about your health and wellbeing, and your ability to do day-to-day activities. These questions may be sensitive for some people; we want to highlight that there is no right or wrong answer.

Q7: Which, if any, of the following long-term conditions do you have?

(Tick all that apply)

- A heart condition, such as angina or atrial fibrillation
- Arthritis or ongoing problem with back or joints
- Autism or autism spectrum condition
- Blindness or partial sight
- A breathing condition such as asthma or COPD
- Cancer (diagnosis or treatment in the last 5 years)
- Deafness or hearing loss
- Diabetes
- Alzheimer's disease or other cause of dementia
- High blood pressure
- Kidney or liver disease
- A learning disability
- A mental health condition
- A neurological condition, such as epilepsy
- A stroke (which affects your day-to-day life)
- Another long-term condition or disability
- I do not have any long-term conditions

Q8: Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

(Please choose a number between 0 and 14)

Q9: Please indicate which statements best describe your own health state today: Mobility

(Tick only one)

- I have no problems in walking about
- I have some problems in walking about
- I am confined to bed

Q10: Please indicate which statements best describe your own health state today: Self-care

(Tick only one)

- I have no problems with self-care
- I have some problems washing or dressing myself
- I am unable to wash or dress myself

Q11: Please indicate which statements best describe your own health state today: Usual activities (e.g. work, study, housework, family or leisure activities)

(Tick only one)

- I have no problems with performing my usual activities
- I have some problems with performing my usual activities
- I am unable to perform my usual activities

Q12: Please indicate which statements best describe your own health state today: Pain or discomfort

(Tick only one)

- I have no pain or discomfort
- I have moderate pain or discomfort
- I have extreme pain or discomfort

Q13: Please indicate which statements best describe your own health state today: Anxiety or depression

(Tick only one)

- I am not anxious or depressed
- I am moderately anxious or depressed
- I am extremely anxious or depressed

Q14: In the last 12 months, have you been prescribed anti-depressants?

(Tick only one)

- Yes
- No
- Unsure

Q15: Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks. Please tick one box for each row.

	None of the time	Rarely	Some of the time	Often	All of the time
1) I've been feeling optimistic about the future					
2) I've been feeling useful					
3) I've been feeling relaxed					
4) I've been feeling interested in other people					
5) I've had energy to spare					
6) I've been dealing with problems well					
7) I've been thinking clearly					
8) I've been feeling good about myself					
9) I've been feeling close to other people					
10) I've been feeling confident					
11) I've been able to make up my own mind about things					
12) I've been feeling loved					
13) I've been interested in new things					
14) I've been feeling cheerful					

The next 3 questions ask about your alcohol use. The image below is a guide for the number of units of alcohol in different types of drinks

One unit of alcohol



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

Drinks more than a single unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



75cl Bottle of wine (12%)

Q16: How often do you have a drink containing alcohol?

(Tick only one)

- Never
- Monthly or less
- 2-4 times per month
- 2-3 times per week
- 4 or more times per week

Q17: How many units of alcohol do you drink on a typical day when you are drinking?

(Tick only one)

- 0-2
- 3-4
- 5-6
- 7-9
- 10 or more

Q18: How often have you had 6 or more units (if female) or 8 or more (if male) on a single occasion in the last year?

(Tick only one)

- Never
- Monthly or less
- 2-4 times per month
- 2-3 times per week
- 4 or more times per week

Your healthcare use

This section is about your use of healthcare services such as GP and hospital visits.

Q19: In the last 12 months, how many times have you talked to, or visited a **GP or family doctor** about your own **physical health**?

(Tick one; do not count any visits to a hospital)

- No visits
- One or two
- Three or more
- Don't know

Q20: In the last 12 months, approximately how many times have you attended a **hospital or clinic** (as an out-patient or day patient) for a **physical health** problem?

(Tick one)

- None
- One or two
- Three to five
- Six to ten
- More than ten

Q21: In the last 12 months, how many times have you talked to, or visited a **GP or family doctor** about your own **mental health**?

(Tick one; do not count any visits to a hospital)

- No visits
- One or two
- Three or more
- Don't know

Q22: In the last 12 months, approximately how many times have you attended a **hospital or clinic** (as an out-patient or day patient) for a **mental health** problem?

(Tick one)

- None
- One or two
- Three to five
- Six to ten
- More than ten

Your residence and community

This next set of questions ask about how you feel about the place where you live.

Q23: Does your household own your accommodation outright, is it being bought with a mortgage, is it rented or does it come rent-free?

(Tick only one)

- Owned outright
- Owned/being bought on mortgage
- Shared ownership (part-owned part-rented)
- Rented
- Rent free
- Other

Q24: How many people in total live in your household?

(Please write one number; count yourself and any children)

Q25: How long have you personally lived at your current address?

(Tick only one)

- Less than 12 months
- 12 months or more but less than 2 years
- 2 years or more but less than 3 years
- 3 years or more but less than 5 years
- 5 years or more but less than 20 years
- 20 years or longer

Q26: Does your accommodation experience any pollution, grime or other environmental problems caused by traffic or industry?

(Tick only one)

- Yes
- No

Q27: How do you feel about... (Please tick one box for each row)

	Terrible	Displeased	Mostly dissatisfied	Mixed	Mostly satisfied	Pleased	Delighted
1) The range of opportunities to be involved with community groups, clubs or organisations that are available in your area							
2) The range of opportunities for voluntary participation that are available							
3) The range of leisure opportunities that are available to you							
4) The opportunities that you have to participate in leisure activities							
5) The range of opportunities for accommodation that are available							
6) Your personal financial situation							
7) The range of educational opportunities that are available to you							
8) Opportunities to improve your health							
9) The extent to which you are included in society							
10) The opportunities you have to contact your family							
11) The range of opportunities for making new friends							
12) The range of opportunities to meet people							
13) The environment in your local area (access to parks, walking trails, visual appeal etc.)							

Q28: What do you think about... (Please tick one box for each row)

	There are plenty of opportunities	There are good opportunities	Mixed	Opportunities are quite limited	Opportunities are extremely restricted
1) The general availability of community groups, clubs or organisations in your area					
2) The opportunities available in your area to undertake voluntary participation					
3) The general availability of opportunities available in your area to undertake sports and entertainment					
4) Your opportunities to access suitable housing					
5) Your opportunities to find suitable work in this local area					
6) The range of opportunities to secure additional income that are available					
7) Your opportunities to increase your personal income					
8) The general availability of the educational opportunities					
9) The range of opportunities to improve your health that are available					
10) The range of opportunities to contact your family					
11) The opportunities to meet people in your area					

General questions about you

These questions are about your employment and how you travel

Q29: Which of these is currently most applicable to you?

(Tick only one)

- Self-employed
- In paid employment (full-time or part-time)
- On a government training scheme
- Retired from paid work altogether
- On maternity leave
- Unemployed
- Full time student/at school
- Long term sick leave or unable to work for health-related reasons
- Looking after family or home
- Something else:

If you chose self-employed, in paid employment, or on a government training scheme in Q29:

Q30: How do you feel about the range of opportunities for work that are available to you?

(Tick one)

- Terrible
- Displeased
- Mostly dissatisfied
- Mixed
- Mostly satisfied
- Pleased
- Delighted

If you chose self-employed, in paid employment, or on a government training scheme in Q29

Q31: How do you usually travel to work?

(Tick only one; if you work from home on some days, answer for the days you travel to your workplace)

- Underground, metro, light rail, tram
- Train
- Public bus, minibus or coach
- School or local authority bus, minibus or coach
- Motorcycle, scooter or moped
- Car or van
- Taxi/minicab
- Bicycle
- On foot
- There is no travel involved
- Other (specify):

If you chose unemployed, on maternity leave, or full-time student/at school in Q29

Q32: How do you feel about the range of opportunities to find suitable work?

(Tick one)

- Terrible
- Displeased
- Mostly dissatisfied
- Mixed
- Mostly satisfied
- Pleased
- Delighted

Q33: ALL PARTICIPANTS: Do you look after, or give any help or support to, family members, friends, neighbours or others because of either: long-term physical or mental ill health /disability or problems related to old age?

(Tick one; do not count anything you do as part of paid work)

- No [skip to Q35]
- Yes, 1 to 9 hours a week
- Yes, 10 to 19 hours a week
- Yes, 20 to 34 hours a week
- Yes, 35 to 49 hours a week
- Yes, 50 or more hours a week

If you chose **yes** (any number of hours) to Q33

Q34: How do you usually travel when you are helping or supporting others?

(Tick the most used one; include travel with people you help)

- Underground, metro, light rail, tram
- Train
- Public bus, minibus or coach
- School or local authority bus, minibus or coach
- Motorcycle, scooter or moped
- Car or van
- Taxi/minicab
- Bicycle
- On foot
- There is no travel involved
- Other (specify):

Q35: What is your ethnic group? (Tick only one)

A. White

- British/English/Scottish/Welsh/Northern Irish
- Irish
- Gypsy or Irish Traveller
- Any other White background

B. Mixed or Multiple ethnic groups

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other mixed background

C. Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background

D. Black, Black British, Caribbean or African

- Caribbean
- African
- Any other Black background

E. Other ethnic group

- Arab
- Any other ethnic group

Q36: Would you be interested in taking part in an interview or focus group to discuss the impacts of HS2 on mental health and wellbeing in further detail with the research team?

- Yes
- No

Q37: Would you prefer to go into a prize draw for a £50 Select Shopping Voucher or for us to donate money to charity on your behalf?

We have a fixed amount of money that we can give to participants to thank you for taking part in this study. We will divide this money between the prize draw and charity donations based on the percentage of participants who choose each option (like token-based charity donations made by supermarkets).

- Prize draw

OR

Charity donation to:

(Tick only one)



Mind supports millions of people every year through our helpline, information services and online communities. Mind also have a network of local Minds providing face-to-face services tailored to communities across England and Wales.



The Campaign Against Living Miserably (CALM) is a national charity dedicated to preventing male suicide by helping men who are down or in crisis, promoting culture change so that any man considering suicide feels able to seek help and campaigning for better understanding of suicide and prevention.



Best Beginnings works to give every child in the UK the best start in life. Supporting the mental health of pregnant women and new mothers has a direct and long lasting impact on women and also on their children's lives.



YoungMinds is the UK's leading charity championing the wellbeing and mental health of children and young people. Driven by their experience, YoungMinds creates change so that children and young people can cope with life's adversities, find help when needed, and succeed in life.



Place2Be provides in-school support to improve the emotional wellbeing of pupils, families and school staff, and expert training for professionals working with children. The charity helps children cope with emotional challenges so they can have brighter futures.

THANK-YOU FOR COMPLETING THIS SURVEY

PLEASE PUT THIS SURVEY BOOKLET INTO THE REPLY-PAID ENVELOPE THAT CAME WITH THIS SURVEY AND POST IT BACK TO US

If you found any of the topics covered in this survey distressing, please contact your GP or one of the following support services:

- Samaritans: <https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/>
- Mind: <https://www.mind.org.uk/information-support>
- Citizens Advice: <https://www.citizensadvice.org.uk>

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NOT FOR RESEARCH USE