

National Mental Health Survey – Introduction Letter

Hello,

The Canadian Society for Medical Laboratory Science (CSMLS) and Sonography Canada (SC) would like to invite you to participate in a national study that examines mental health and the impact the COVID-19 pandemic has on our members.

Purpose: Inviting members from CSMLS and SC, this study will gauge and compare the level and impact of mental health issues, including stress and burnout, as well as mental illness of medical laboratory assistants/technicians and technologists, medical radiation technologists and therapists, and medical sonographers within the Canadian health care system.

Studies conducted by CSMLS and SC for medical laboratory professionals in 2016 and by 2018 indicated that continued monitoring of mental health issues is warranted. We would like to determine and examine the current state of mental health on our professions and provide insight and opportunities for future initiatives.

This study is intended for those individuals who are 19 years of age or older.

Time: The survey will take approximately 20 minutes to complete. You will be asked questions on different rating scales regarding your current mental health (e.g., stress, burnout, mental health issues, psychological distress) and your quality of work life (e.g., stressors, satisfaction).

Confidentiality: You will be participating in this study confidentially. All of the information provided can be considered anonymous and will be aggregated for dissemination purposes. We will not ask you to provide personal or workplace identifiable information.

Benefits: Although you may not personally benefit from participation, other than having your opinion heard, your responses will provide valuable information. It is anticipated that the study results will provide future benefit to participants by identifying the impact work environments have on mental health, which may support initiatives helping to relieve workplace burden. The information from this study will also support members from all organizations in understanding the mental health in their profession. The study results will be made publicly available.

There will be no incentive or remuneration provided to individuals participating in the study.

Risks: As this study does not collect personal identifiers and does not require in-depth discussion of a sensitive topic, there is minimal risk to participants. It is possible you may feel some psychological discomfort in filling out the survey as questions relating to your mental health status will be asked. You have the option to withdraw from completing this survey at any time by selecting the 'Exit' button at the top right-hand side of the survey screen. You may also skip any question you wish not to answer and continue with the remaining questions. However, as you will not be identifiable in the survey results, the investigators will not be able to remove any information provided after the survey is closed. Should you continue to feel discomfort, please contact your local health care services for support.



Please note that the online survey tool used in the study, SurveyMonkey, is hosted by a server located in the USA. The US Patriot Act permits U.S. law enforcement officials, for the purpose of anti-terrorism investigation, to seek a court order that allows access to the personal records of any person without the person's knowledge. In view of this we cannot absolutely guarantee the full confidentiality and anonymity of your data. With your consent to participate in this study, you acknowledge this.

Contact: Should you have any questions regarding the study itself, please contact Brandon Djukic (Principal Investigator; research@csmls.org). As well, you may contact the study investigator associated your membership organization:

- CSMLS: Brandon Djukic, research@csmls.org
- SC: Tara Chegwin, profpractice@sonographycanada.ca

By participating in this survey, it is assumed you fully understand the study and consent to participate. While your identity will remain anonymous throughout the data collected in this project, it is assumed you consent to the use of your responses in this study.

Sincerely,

Canadian Society for Medical Laboratory Science
Canadian Association of Medical Radiology Technologists
Sonography Canada