

## Information Sheet

The Shift App Project is part of the NSW Health **JMO Wellbeing and Support Plan** and was developed by the Black Dog Institute in collaboration with NSW Health

### Background:

The NSW Ministry of Health has partnered with the Black Dog Institute to develop a smartphone app, Shift, tailored to the mental health needs of doctors in training. Shift aims to reduce negative emotions, enhance wellbeing and improve work-life balance through a range of content.

While the overall strategy to improve doctors' mental health should include a range of interventions including organisational change, it is hoped that delivering mental health support directly via an app will overcome some known barriers to help-seeking, such as time constraints and concerns about confidentiality.

### Project Plan:

Researchers at the Black Dog Institute are conducting an evaluation study of the Shift app. Participation is completely voluntary and participants can withdraw at any time.

Eligible doctors are employed as a doctor in training in Australia (interns, hospital medical officers, resident medical officers, non-accredited trainees, postgraduate trainees, principal house officers, registrars, and specialist trainees) and own an internet-enabled smartphone with an Apple or Android operating system.

Over a four-month period, consenting participants will be asked to complete a 15-minute baseline questionnaire, download the app and use it for 30 days, and answer two 10-minute follow-up questionnaires. Participants in the control group will also be asked to complete a follow-up questionnaire four months after completing the baseline questionnaire. The questionnaires will assess levels of depression, anxiety, and other mental health and functioning symptoms over the course of the study.

### JMOs, register now to trial the app

Contact the Shift research team at:

[shift@blackdog.org.au](mailto:shift@blackdog.org.au)



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