

# YOUR HEALTHWISE WALES NEWSLETTER 2021



## A MEANINGFUL PAUSE IN RECRUITMENT AND NEW RESEARCH QUESTIONNAIRES FOR HEALTHWISE WALES

### A MESSAGE FROM THE HEALTHWISE WALES DIRECTOR / PRINCIPAL INVESTIGATOR

"Over the last five years, 42,000 Welsh citizens have contributed to HealthWise Wales– from promoting the research in the local community, to giving blood samples.

It is incredible to see the impact the people of Wales have made to research through the HealthWise Wales platform, and how many researchers we have been able to support as a result.

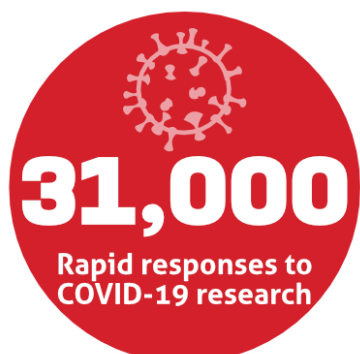
Due to the current uncertainties in funding and sustainability, we have had to delay collecting new data and recruiting new research. The information you have provided will continue to help researchers produce research publications. We will keep you up to date with the research outcomes.



**Dr  
Sunil  
Dolwani**

Thank you for your time and contribution to HealthWise Wales. I hope we will be able to continue to make research accessible for you to take part in, and for researchers to access the valuable data and opinions you provide in the near future."

## HEALTHWISE WALES IS - CURRENTLY ON HOLD -



Therefore, due to the uncertainties noted above, we have to suspend new registrations and new HealthWise Wales research promotions. It would not be ethical to continue to register new participants at this time.

The contribution that you and the other 42,000 Welsh citizens have made to research is incredible. Thank you all for taking part.

# — YOU HAVE — CONTRIBUTED:



# WHAT'S NEXT FOR HEALTHWISE WALES — AND YOU —

We will continue to use your research contributions into 2021 to produce impactful research outcomes that can influence Government Policy and NHS Wales long term decisions.

The HealthWise Wales team are working hard to secure funding to continue the work that so many of the Welsh population have contributed to and hope we can restart this work in the future.

We will contact you again before September 2021 to inform you of the further research outcomes, and to provide you with information, if necessary, on how a research study is closed, and data is securely stored.

If you have any queries,  
please contact us at

[HealthWiseWales@cardiff.ac.uk](mailto:HealthWiseWales@cardiff.ac.uk)

# COVID HEALTH AND — HELP-SEEKING — BEHAVIOUR STUDY

Our team, led by Cardiff University's Prof Kate Brain, was awarded funding from the UK Research and Innovation Rapid Response COVID-19 Call to conduct a study exploring how COVID-19 and social distancing have affected the ways that people across the UK look after their health, like consulting their doctor. It was really important to us that we had representative recruitment.

This means having different types of people from all across the UK taking part. We know from previous studies that some people are less likely than others to take part in health research; this includes men, those living in certain areas and those from an ethnic minority background.



Bearing this in mind, we worked with HealthWise Wales to carefully target the invitations to take part in our study. 2,070 of you responded!

This is a brilliant

achievement, and we would like to say a huge thank you to those of you who consented to take part and filled in the first questionnaire. We would also like to thank HealthWise Wales for their fantastic support. Across the UK we had just over 8,000 people take part. It is wonderful that over 2,000 of these are from Wales.

The first results from our study, and policy briefings for people like the NHS and Public Health Wales, will be released shortly. We will share these with you and HealthWise Wales soon. For those of you who took part, please keep an eye on your emails for the next survey which will be on its way to you in February.

If you have any questions or would like any more information on the study please contact us on [CABS-COVID19@Cardiff.ac.uk](mailto:CABS-COVID19@Cardiff.ac.uk) or follow [@CABSCovid19](https://twitter.com/CABSCovid19) for updates.

Visit the [COVID-19 HealthWise Wales Research page](#) for more information on the research you have contributed to.



Economic and Social Research Council

## REACHING OUT TO YOUNG CARERS THROUGH RHYTHM AND POETRY DURING COVID-19

In early 2020, HealthWise Wales (HWW) partnered with Ministry of Life (MoL) to use their expertise working with young people in need to reach out to young carers and help them share their stories through music. The stories reflect the

challenges of being a young carer, especially during the COVID-19 pandemic, and highlight the benefits of arts based methods for engaging young people who are at



risk of isolation.

We have [previously reported](#) that data provided by HWW participants show that carers have unhealthier lifestyle behaviours and poorer mental health than non-carers. Young people who provide care for a loved one are at increased risk of experiencing poor mental health due to the disruptive impact of this role on day-to-day activities. The threat of COVID-19 and consequent lockdown have disrupted daily lives and caring routines adding to the usual caring burden through increased practical, mental health and financial pressures.

Supported by the Wellcome Trust Institutional Strategic Support Fund administered via Cardiff University, HWW worked in partnership with MoL, a community interest company, young carers and their support workers, to develop and deliver a skills-based, music engagement activity that provided a form of respite during lockdown and an opportunity for young carers to voice their own experiences in a safe, virtual setting.



[READ MORE HERE](#)

# SURVEY AMONG — WELSH CITIZENS — ON CONTACT TRACING APPS FOR COVID-19

The purpose of the survey was to gain views among members of the Welsh public on the use of contact tracing apps for COVID-19. This is a brief summary report to provide the main findings of the survey.

The survey was distributed among 4,000 HealthWise Wales participants, targeted to correctively weight for responses among men, and ethnic groups other than White. The survey was open from 22-28 May 2020 and a total of 976 responses were received during that period. At the time of the survey the NHSX app was being trialled on the Isle of Wight and there was no predicted launch date. Shortly following the survey, that version of the app was shelved and the current NHS app launched on 24th September 2020.



Please take a moment to provide your views on how we have presented these research reports

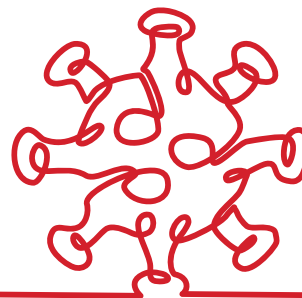
## — PUBLICATIONS —

With your input and support, researchers have been able to publish a number of papers in 2020 that provide valuable information on lifestyle, behaviours and medical insights from the citizens of Wales. Thank you for all your time and contributions.

### SCIENTIFIC PUBLICATIONS THIS YEAR

The published research ranges from the first research questionnaire in Wales that asked participants about their knowledge and opinions of sun damage and sun protection, - to the impact on behaviours and mental health of the COVID-19 pandemic. Below are research papers published in 2020 that HealthWise Wales participants have taken part in:

### COVID-19 PANDEMIC RESEARCH



7,681 of you took part in the University College London's Covid-19 and its effects on mental health and wellbeing -

<https://www.covidsocialstudy.org/results>

### Abuse, self-harm and suicidal ideation in the UK during the COVID-19 pandemic

*Job E, Steptoe A, Fancourt D (The British Journal of Psychiatry, July 2020)*

### The Cummings effect: politics, trust, and behaviours during the COVID-19 pandemic

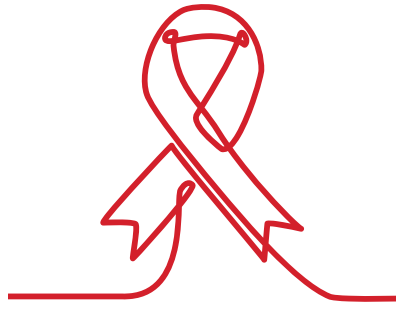
*Fancourt D, Steptoe A, Wright L (The Lancet, August 2020)*

### Loneliness during a strict lockdown: Trajectories and predictors during the COVID-19 pandemic in 38,217 United Kingdom adults.

*Feifu Bu, Steptoe A, Fancourt F (Journal of Social Science & Medicine, November 2020)*

## CANCER RESEARCH

6,466 participants answered the online questionnaire 'Sunbed and sun exposure' on the HealthWise Wales website. This is the first study to ask the citizens of Wales about their



knowledge and opinions of sun damage and sun protection:

### **Skin cancer awareness and prevention behaviour in Wales**

Ziaj S, Tseliou F, Datta D and Abbott (Br J Dermatol, November 2020)

## BRAIN AND MENTAL HEALTH



HealthWise Wales module data from 2,518 participants were included in a pilot study of how well people understand and can use health and medical information.

### **Health literacy and mental health in Wales: a national online population survey**

Tseliou F, Paranjothy S, Ashfield-Watt P (SAPC, 2020)

2,400 participated in Cardiff university's School of Psychology study into Persistent postural perceptual dizziness (PPPD) and its effects on other brain health conditions:

### **Visually-induced dizziness is associated with sensitivity and avoidance across all senses**

Powell G, Derry-Sumner H, Shelton K et al (Journal of Neurology, April 2020)

### **Persistent postural perceptual dizziness is on a spectrum in the general population**

Powell G, Derry-Sumner H, Rajenderkumar D, Rushton SK, Sumner P (Neurology May 2020, 94 (18))

## IMPROVING HEALTHCARE IN WALES

### **Preference-based measurement of mobility-related quality of life: developing the MobQoL-7D health state classification system.**

Bray N and Tudor Edwards R (Journal of Disability and Rehabilitation, November 2020)

### **The prevalence of hidradenitis suppurativa is shown by the Secure Anonymised Information Linkage (SAIL) Databank to be one per cent of the population of Wales**

Ingram J, Collins H, Atkinson M and Brooks C (British Journal of Dermatology, May 2020)

## PUBLIC INVOLVEMENT AND ENGAGEMENT

### **Developing and evaluating a model of public involvement and engagement embedded in a national longitudinal study : HealthWise Wales**

Townson J, Davies J, Hurt L, Ashfield-Watt P, Paranjothy S, (International Journal of Population Data Science, Sept 2020)

### **Rhythm and Poetry: a narrative approach to engaging young carers with population health research**

Tseliou F, Paranjothy S, Ashfield-Watt P (SAPC, 2020)

### **Alternative approaches to managing respiratory tract infections: A survey of public perceptions**

Moore A, Cannings-John R, Butler C, McNulty C, Francis N (BJGP Open 8 2020)

### **A qualitative investigation of participants' experiences of engaging with the Health Wise Wales Initiative (Executive Summary)**

## FOR ALL HEALTHWISE WALES PUBLICATIONS, VISIT OUR WEBSITE

