

COV/UHI/20/01 - Using participatory digital platforms to enhance resilience and mental health of Scottish frontline health and care staff during COVID-19 (NHS Highland as a testbed)

To test a digital platform that will facilitate the psychological self-care of frontline NHS staff within Highland and mitigate the potential negative mental health impacts of working through the COVID-19 pandemic. The platform will allow staff to monitor their mood & anxiety in a way that gives them feedback and provides a method of evaluating our intervention. It involves participatory methods that will enable participants to develop personalised mental health 'toolkits', rooted in evidence-based positive psychology principles that both treat psychological distress and enhance resilience. Ongoing feedback and interactive messaging will promote self-awareness and prompt participants to utilise their toolkits.