

# CommonGround

## Research participants needed

**CommonGround** is a new intervention to support the emotional well-being for people living with long-term conditions.

Co-developed by King's College London and people with physical health conditions, **CommonGround** is a **peer support website** where patients can anonymously **share experiences, support each other**, and access **evidence-based self-help** information.

### What does the research involve?



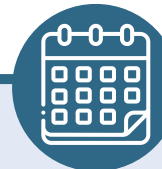
Two short online assessments (Checking if you can participate)



3 months of access to one of the interventions (via any device)



Online questionnaires at the start, middle, and end



The study will take **5-6 months** (Including a wait period whilst other people sign-up)

If you volunteer for our research, you will access either:

- **CommonGround**: Our new peer support platform
- **NHS Mental Health web pages** on managing mental health

You can participate if:

- You are an adult (>18yrs) living with any **long-term physical health condition**
- You have access to the **internet**
- You **do not have a diagnosis of severe mental illness** (bipolar, psychosis, post-traumatic stress disorder, schizophrenia) **or dementia**

### All diagnosed long-term conditions

INCLUDING  
**Asthma, Arthritis, COPD, diabetes, epilepsy, HIV & AIDS, liver disease, multiple sclerosis, sickle cell disease**

**To take part, contact us or scan here:**

Link: <https://bit.ly/commongroundresearch>

Dr Grace Lavelle & Hannah Jones  
Email: [commonground@kcl.ac.uk](mailto:commonground@kcl.ac.uk)

