

Monitoring Request.

Hello,

Welcome to your MoodMaster group.

It is important to us to monitor the effectiveness of the Moodmaster groups – to see if they are helping and how much. So, while you are attending the groups we would like to contact you to check on how you are feeling and collect your answers to see how it changes. We will do this by e-mail if you are happy for us to do so, with a short message each week asking if you attended the group and how you would rate your mood.

If you are happy for us to do this please enter your email address here:

Thank you,

The MoodMaster Team

For office use only (group leader to complete please).

Group (e.g. Depression):

Group leader(s) name(s):

Organisation:

Date of first attendance:

How will we use your e-mail address and information:

- We will contact you weekly to ask if you attended the group and how you rate your mood.
- Your answers can be a simple reply of yes or no and a number (out of 10).
- Your answers will be saved anonymously – not linked to your email address or anything else that could identify you. (We don't collect any other information about you at MoodMaster HQ)
- We will use the data to look at the impact of the MoodMaster groups, any reports will retain your anonymity. (We're excited about the MoodMaster groups, which are based on best practice and recommendations and have seen great results. We want to build the evidence for recommending the groups.)
- We may contact you at the end of the group for feedback.
- We will stop e-mailing you if you ask us to do so.
- We will not contact you regarding anything unrelated to MoodMaster.
- We will not give or share your email address with anyone outside of MoodMaster.
- You won't lose out in any way if you don't give your email address.
- The office email is not monitored continuously. We unfortunately won't be able to respond in an emergency or to clinical needs; these should be addressed by your usual contacts, such as your GP or mental health team.
- If you do not wish to be contacted via e-mail, you can feedback to your group leader when you attend the group.

**If you have any further
questions regarding this,
please contact us at:
feedback@moodmaster.co.uk**