

Ref: Patient's NHS number

General Practitioner's name

Address 1
Address 2
Address 3
Address 4
Postcode

SONAR 1
Department of Anaesthesia
University College Hospital
London
235 Euston Road
London
NW1 2BU

Private and confidential

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LOCAL SITE TOWN

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Dear [General Practitioner Name]

Regarding a patient's recent participation in SONAR 1 study

The above-named patient recently participated in the Snapshot Obstetric National Anaesthetic Research 1 (SONAR 1) study which is conducted by University College Hospital London.

As part of this study, we have assessed quality of recovery at 24 hours and at 6 weeks (+/- 3 days) after caesarean delivery. We use the Edinburgh Postnatal Depression Scale (EPDS), Generalised Anxiety Disorder checklist (GAD 7) and the Post Traumatic Stress Disorder checklist (PCL-5) as screening tools. We are contacting you as the patient scored;

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≥ 11 on the EPDS and/ or

> 30 on the PCL-5 checklist and/or

>10 on the Generalised Anxiety Disorder checklist

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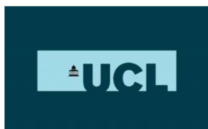
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This would suggest that they may be suffering from symptoms of postpartum depression, anxiety and/or posttraumatic stress disorder. These tools are screening IRAS 265964

Version 1.3

12/12/24



tools and not diagnostic, with clinical judgement important in interpreting these scores. We have informed the patient in writing and over the telephone that their score has met these thresholds. We have encouraged self-referral to their GP or health visitor for further assistance.

If you required any further information, please do contact us.

Yours Sincerely,

[INSERT LOCAL PI NAME] Principal Investigator for SONAR 1

Deleted: Dr James O'Carroll

NOTES FOR USER – delete EPDS, GAD 7 or PCL-5 as appropriate to ensure recipient is clear on what score the patient triggered the threshold.

Please provide local contact details for research team

IRAS 265964

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